

Lesson Plan

School Counselor: JG

Date: April 15, 2021

Activity: Guided Curriculum- Peer Pressure

Grade(s): 7-9

ASCA Mindsets & Behaviors (Domain/Standard):

Domain: Social/Emotional

Standard: M 1: Belief in development of whole self, including a healthy balance of mental, social, emotional and physical well-being.

Behavior:
Self-Management Skills

B-SMS 7: Demonstrate effective coping skills when faced with a problem.

Social Skills
B-SS 8: Demonstrate advocacy skills and ability to assert self, when necessary.

Learning Objective(s) (aligns with competency):

1. Students will gain the tools to demonstrate socially appropriate conflict resolution skills to manage peer pressure by acknowledgement of different information or perspectives expressed by others and, when warranted, modify their own views in order to create positive and respectful relationships with others.
2. Students will create positive and supportive relationships with other students by engaging effectively in a range of collaborative discussions with diverse partners on self management topics, and issues.
3. Students will strengthen their ability to advocate for themselves and their healthy choices by developing methods of managing stressful social situations.

Materials:

Computer

Internet

Google Survey

Procedure:

- 1) Students will be provided with a time and zoom link to meet for guided curriculum on peer pressure.
- 2) Definition of peer pressure and goals of presentation will be reviewed
- 3) Activity : Padlet of negative and positive peer pressure that teens face
- 4) Students will review how to recognize peer pressure.
- 5) Chat break. Students will take a break to send their thoughts in the chat on "How can peer pressure affect us?"
- 6) A Video on managing peer pressure with helpful tips will be played
- 7) Students will review methods of managing peer pressure which were shared in the video.
- 8) A 6 question survey will be provided at the end of the lesson to gather data on student perceptions and understanding of peer pressure.

Plan for Evaluation: How will each of the following be collected?

Process Data: I will collect attendance through zoom at the beginning of the lesson to determine how many students are being served.

Perception Data: Students will participate in a collaborative padlet activity to assess their understanding of peer pressure prior to the lesson. Students will complete a 6 item survey following the lesson plan to collect post data on their understanding of the topic.

Outcome Data: Behavioral and conduct referrals 2 weeks before and 2 weeks after the lesson will be compared to determine change in students succumbing to negative peer pressure.

Follow-Up: The counselor will follow up with more lessons on related topics such as social influence, identity, setting goals etc. and conduct interviews with classroom teachers to assess what issues seem to be a hindrance to academic achievement.