



Peer Pressure Lesson Plan

STEP ONE - Understand what peer pressure is

What is peer pressure?

Our family defines peer pressure as “a persuasive influence from people around you to fit in with the crowd.”

When we discuss peer pressure as a family, our emphasis tends to make it negative factor but the stress to change can also be positive. The crowd can be one that promotes a lifestyle opposed to God, but it could also be a group of people who encourage you in your faith.

The important thing is to recognize what the Bible says about peer pressure.

Two different types of people are clearly defined in the Bible. Typically, a person who is seeking to serve God is called “righteous” while negative peer pressure is represented by these words:

- wicked (Psalm 37:32)
- sinner or sinners (Proverbs 1:10, Proverbs 13:6)
- fools or foolish (Proverbs 15:20)
- the world (John 15:18)
- pattern of this world (Romans 12:2)
- company (1 Corinthians 5:11)

Once your child has a basic understanding of what peer pressure is, you are ready to proceed with the peer pressure object lesson.

STEP TWO - Peer pressure object lesson

This peer pressure object lesson is exactly what I said/did to guide my children through recognizing peer pressure and the meaning of being in the world, but not of the world.

Supplies

To teach your kids about peer pressure, you will need:

- a paper plate or container
- confetti stars or stars cut from construction paper
- OREO sandwich cookies

Before the children gather with you, place a package of OREO cookies in the middle of the table.

Once everyone is settled, read 1 John 2:15-17.

Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world. And this world is fading away, along with everything that people crave. But anyone who does what pleases God will live forever.

1 John 2:15-17 New Living Translation (NLT)

Explain the verse and when you reach the part about physical possessions, ask the children,

“How many of you are craving these OREOs right now?”

Talk about other cravings including those for what is seen, pride in achievements, and pride in possessions. Get real with examples you have seen in your home and relationships with one another.

Things of this world

To explain more about the difference between things that are in the world, use the paper plate and confetti stars.

Place the paper plate on the table and tell the children that the plate represents "the world."

Drop the stars onto the plate.

Explain to the children that they are God's stars, designed to shine brightly in the world, but to look closely...

"The stars were made in a different location than the paper plate, but now the stars are resting on the paper plate. Does that mean they are part of the paper plate?"

The answer, of course, is NO. The stars are in the paper plate but do not become the paper plate.

After this analogy, read Proverbs 1:10,15:

My child, if sinners entice you, turn your back on them! My child, don't go along with them! Stay far away from their paths.

Proverbs 1:10, 15 New Living Translation (NLT)

Ask if the children have heard anyone say that they did not believe in God.

Explain how important it is to choose our friends wisely and to stay away from people who are opposed to God because they might be challenged to do and participate in activities they know are not right.

Ask the children for examples of behavior they have seen in their school or community that they know is in opposition to what God wants.

Do not be afraid to be very specific with your child regarding examples of the behavior in your community that are opposed to what you believe. If your children might see it or hear it, let them learn about it from you first.

OREOs and peer pressure

This is where you need the OREO cookies.

Tell your children:

"Sometimes it's really, really hard to do the right thing and the OREO can be our example."

Ask them, "What makes up the OREO cookie?"

The answer: There's three parts. Of course, it's the cookie, the cream, and then the cookie, right? So the cream is surrounded by darkness.

Press hard on the cookie so the cream begins to squeeze.

Remind the children no matter how hard the world presses in, we as Christians are supposed to remain focused on God.

Allow the kids to examine the cookie and ask:

"Did the cream become a cookie? No. Even though it's pressed really hard, the cream remains the cream."

Return to pressing on the cookie until the cookie breaks.

Use the broken pieces as an example of the broken people in our world by saying:

"There are people in the world who need us to share God's love with them. They may not know that they need God, but we know they do. That's why we are in the world but not of the world... to make a difference in their lives."

How to resist peer pressure

Transition the conversation towards resisting peer pressure by asking:

"How is it possible to stay the cream? How can we as Christians stay bright and full of love when the world is dark and angry?"

Read Romans 12:2:

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2 New Living Translation (NLT)

Say: "Knowing how to deal with peer pressure means paying attention to what you think."

Explain to your children that if you start thinking like the world, it will be harder to stay focused on God.

Ask the children for things they can do to focus on God every day. Look for examples like:

- reading the Bible as a family
- having a personal quiet time with God
- memorizing Scripture

Roleplaying peer pressure

Now it is time for practicing.

Ask the children:

“Has there ever been a situation when you felt pressured to do something you knew was wrong?”

Role play peer pressure situations that are relevant to their age group and your community.

As you act through different issues, ask your children about what they are thinking.

Encourage your children to voice their thought processes so you can guide them to transform negative thoughts into godly thoughts.

Making a difference

As the peer pressure object lesson draws to a close, pull out another OREO cookie.

Say: “I know you want to make a difference in your school, and right now it might seem hard.”

Admit that it can be hard to share God's love with others when they want to get away as fast as they can.

Gently twist and pull the OREO cookie apart.

Show your children how the cream sticks to the cookie and say:

"If you're focused on living your life for God, you're making a difference even when it doesn't feel like it. Because what you say and do sticks with them forever."

STEP THREE: Encouraging kids to be honest about peer pressure

Once you have shared the peer pressure object lesson with your children, remain observant for stressed behaviors or signs of depression in your kids.

Periodically ask your children, "Were you the cookie or the cream today?" and gently help your child turn their thoughts toward God's Word.

By being available to your children and encouraging their openness and honesty regarding any peer pressure they experience, you will be more effective in protecting your children from the stress of the world.

Additional Resources

- [A Bad Case of Stripes Unit Study](#) at Meet Penny
- [Peer Pressure vs. True Friends](#) at Amazon
- [Free Peer Pressure Scenario Cards](#) at TES
- [Peer Pressure Gauge](#) at Amazon
- [Quick Tips for Resisting Peer Pressure](#) at The Cool Spot
- [10 Common Peer Pressure Taunts](#) at Christianity Cove
- [How to Spot and Stop Online Peer Pressure](#) at Ask, Listen, Learn