



**teaching
sexual
health.ca**

Grade 7
Learning Activity
Peer Pressure

Learning Outcome

W-7.13 Examine the influences on personal decision making for responsible sexual behaviour.



Think – Pair – Share

What pressures are there for teens to become sexually active?

Think about this on your own. What general pressures might teens feel? (This is not personal – no names or personal stories needed). Jot your ideas down here.

Pair with someone and share your ideas. Jot down something new you heard.

Share your ideas with the class if you're comfortable.

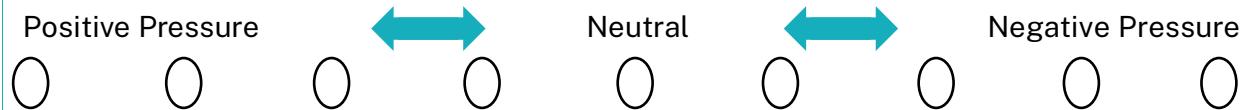


Peer pressure continuum

Peer pressure can be positive, negative or neutral. Consider each scenario below.

Your friend says, “Everyone our age is hooking up. You should just get it over with.”

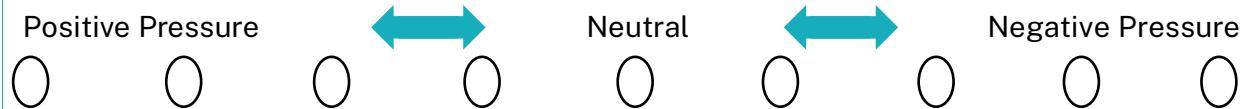
Shade in a circle:



Explain your answer:

Your group of friends talks openly about crushes and relationships. You don't have much to add, but no one pushes you to share.

Shade in a circle:



Explain your answer:

Peer Pressure

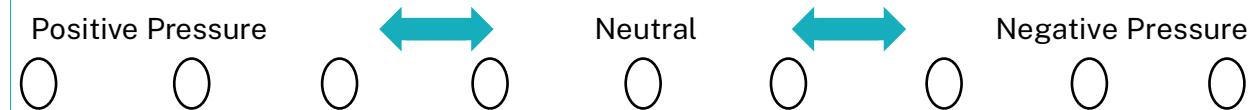
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At lunch, your friends tease you for being the only one in the group who hasn't had a first kiss or relationship.

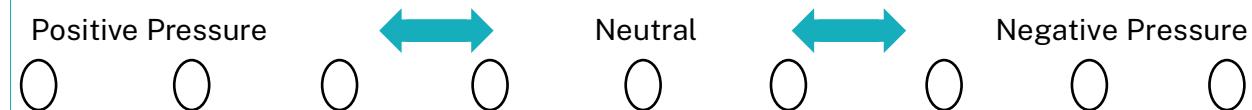
Shade in a circle:



Explain your answer:

You're in a group chat where people are sharing sexual stories. Someone tags you and says, "Don't be boring, tell us yours!"

Shade in a circle:



Explain your answer:

Peer Pressure

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Your friends agree to make a pact to support each other in making healthy choices in relationships and not to make fun of each other for their choices.

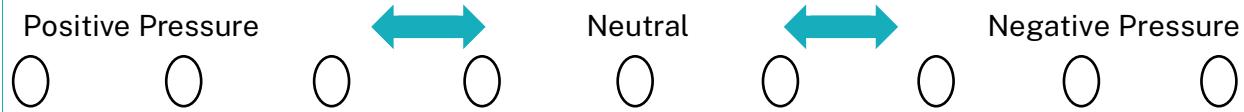
Shade in a circle:



Explain your answer:

A close friend reminds you that you don't have to do anything just because others are, they say, "You will know when you're ready."

Shade in a circle:



Explain your answer:

Peer Pressure

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Your friends talk about how they're choosing to wait until they feel ready for sexual activity, and say they respect your choice to wait too.

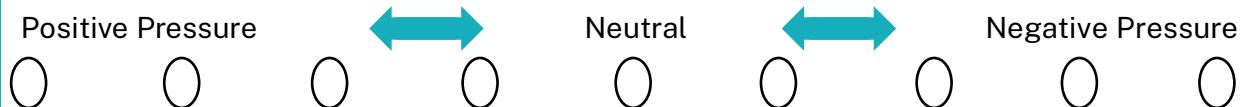
Shade in a circle:



Explain your answer:

You hear someone say, “If you don’t do something soon, your partner is going to dump you,” and others in the group nod in agreement.

Shade in a circle:



Explain your answer:

Peer Pressure

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Your friends start joking that you must be asexual or weird for not wanting to date or hook up.

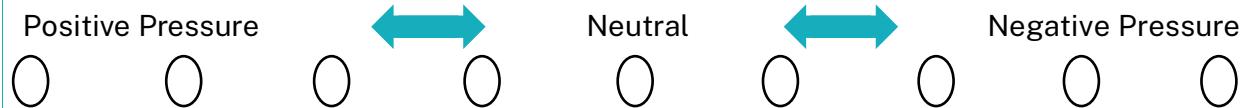
Shade in a circle:



Explain your answer:

A friend says, “I waited until I felt ready, and it worked out fine for me. But honestly, it’s not that big of a deal either way.”

Shade in a circle:



Explain your answer:

Peer Pressure

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A group of friends is planning to go to a party where they know people might be drinking and hooking up. When you say you're unsure, one of them says, "Don't be boring, live a little."

Shade in a circle:



Explain your answer:

Your friend tells you they're thinking about having sex with their partner and asks, "What would you do if you were me?"

Shade in a circle:



Explain your answer:



Reflection

Choose two questions to answer in writing:

1. What surprised you during this activity?
2. How can peer pressure affect someone's decisions around sexual activity?
3. What's one way you can stay true to your values when you feel pressure?
4. Why is it important to make your own decisions instead of doing what others expect?
5. How is *not making a decision* still a decision?

Question:

Question:



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