

Activity 8

Handling Peer Pressure

Having good friends and being part of a peer group can be a satisfying experience. Peers can encourage you to do your best so that you gain more confidence. This is called positive peer pressure. However, peers might also try to persuade you to do something that goes against your values. This is called negative peer pressure.

Part I Directions: Think of all the good experiences you have had as a result of positive peer pressure. Perhaps friends persuaded you to try out for the school play. Maybe they cheered you on when you took part in a sporting event. In the spaces below, describe some experiences you had as a result of positive peer pressure.

Examples of Positive Peer Pressure	
1.	
2.	
3.	
4.	
5.	

Activity 8 *continued*

Part II Directions: Now think about experiences you have had as a result of negative peer pressure. Perhaps some peers persuaded you to skip class or stay out late. Use the spaces below to describe some examples of negative peer pressure. To the right of each example, explain how you would handle the situation differently another time.

Examples of Negative Peer Pressure	How would I handle this situation if it happened again?
6.	
7.	
8.	
9.	
10.	

Activity 9

Harmful Substances

The use of alcohol, cigarettes, and illegal drugs is extremely dangerous. The physical effects of using these substances can be severe or even fatal.

Directions: The chart below describes many of the serious effects certain drugs have on the body. Use information from the chart to answer the questions on the next page.

Substance	Examples	Physical Effects and Related Problems
Alcohol	Beer, wine, whiskey	Nausea, vomiting, unconsciousness, coma, heart failure, brain damage
Cannabis	Marijuana, hashish	Hallucinations, loss of short-term memory, delayed sexual development, lung cancer, heart disease
Nicotine	Cigarettes, cigars, chewing tobacco	Addiction, lung cancer, dental disease, heart attack, impaired healing processes, respiratory disease
Cocaine	Powdered cocaine, crack	Anxiety, depression, addiction, damaged nostrils, brain seizures, heart failure, respiratory failure, AIDS, other infections from unsterilized needles
Narcotics	Opium, heroin	Addiction, tremors, nausea, diarrhea, sleeplessness, panic, respiratory failure, AIDS, other infections from unsterilized needles
Hallucinogens	LSD, PCP, mescaline	Nausea, delusions, memory loss, seizures, flashbacks, permanent brain damage, heart damage
Inhalants	Aerosols, glue	Confusion, dizziness, hallucinations, permanent brain damage, heart failure, respiratory failure
Over-the-counter medications	Cough and cold medicines	Confusion, blurred vision, slurred speech, dizziness, nausea, vomiting, life-threatening seizures, hallucinations

Activity 9 *continued*

1. What are the harmful effects of using alcohol?

2. What are three harmful effects of using cocaine or crack?

3. Which substances can cause heart failure, damage, or disease?

4. Which substances cause lung cancer?

5. Which substances can cause damage to the brain?

6. Why do you think people who know about these dangers still use drugs?

7. How could using harmful substances affect your goals?

8. What can you do to avoid harmful substances?
