

## Activity: Session 6 PEER INFLUENCE

**Objective:** Help participants understand the power of peer pressure/influence.

### Materials Needed

- One (1) Blindfold

### Sign In and Welcome

Mentors meet and greet your protégés and sign in

### Group Activity: "Resisting Danger"

Ask for one volunteer (a protégé), who is willing to be blindfolded, to leave the room. With the rest of the group, set up a maze of obstacles with chairs, books, desks, and other objects in the room. Make sure the maze has a fairly wide walkway so the volunteer will not suffer from injury. Explain to the group that when you come back with the volunteer, that person (protégé) will be blindfolded and the group is to yell out advice and try to convince the volunteer to bump into things or go the wrong way.

Go outside and explain to the volunteer, (protégé) that you're going to blindfold him/her. Explain that he/she will be going through an obstacle course blindfolded and that he/she needs to listen to you as you whisper advice on which way to go.

Return to the room and start the activity. Stay close to the volunteer and constantly whisper good advice on how to get through the maze as the other people are yelling the opposite. Allow this to continue for a few minutes or until the volunteer finishes the maze.

Afterward, take the blindfold off the volunteer and discuss the activity.

- Ask the volunteer, whom did they trust at first? Why?
- Who did the volunteer learn to trust? Why?
- Why did you eventually resist doing what the bigger group was saying?
- How hard was it to listen to the leader once the volunteer realized that the group was trying to pressure him or her to make wrong turns?
- How is this activity similar to what it's like to try to resist peer pressure and dangerous situations? Why?
- How can having strong resistance skills be helpful to you?

## One-on-One Time

Discuss the issue of peer pressure and peer influence.

- Have you ever had an experience where you were pressured by your peers to do something you felt was wrong? Explain.
- How did you feel? What did you do?
- Brainstorm and discuss ways to resist negative peer pressure in the future.

## Wrap up Discussion and Closure

As a group share and discuss some of the ideas the teams brainstormed to resist peer pressure. Encourage protégés to remember these ideas and think about the activity when they are faced with pressure in a situation.

## Optional Activities/Discussions

### Group Activity "Model Photo Album"

#### Materials Needed –

- Photo Album worksheets (see attached)
- Markers and pens

Choose two friends you really look up to. Write their names in the middle of each frame on the worksheet. Around their name write the attributes, characteristics, and behaviors that you admire about that friend.

Have the group share about the friends they chose. Encourage them to share these worksheets with those people and tell them what good friends they are.

### Group Activity: "Friendship Verse"

Have the group form teams of four (4). Have each team choose one simple tune, such as "Twinkle, Twinkle Little Star" or "Row, Row Row Your Boat", or an advertising jingle; that the group is familiar with and write a verse that deals with positive friends. When finished, have each team perform the tune/jingle for the entire group.

#### Example:

"Mary Had a Little Lamb"

"Friends who care and friends who share  
are great friends  
are great friends  
Friends who're there when you feel blue  
are the best friends to have"

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Developed by the California Friday Night Live Partnership in partnership with the FNL Mentoring Policy Committee



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