

**Workshop 5: Under Pressure****Quick Project****Peer Advice**

*How should younger kids handle peer pressure?*

**Project:** Write a letter about peer pressure to a younger kid. Choose someone you know who's at least 2–3 years younger than you.

**Procedure****1. Brainstorm ideas/take notes.**

Imagine a kid comes to you. She is upset about being picked on. Or imagine a kid telling you about being pressured to do something he knows is wrong. Use your experience to help give advice about handling peer pressure. Write notes on each of the following questions:

- How would you handle being pressured by peers this way?
- Have you been through a similar situation? Think about advice you could give from your own experience.
- What are three important things a kid should keep in mind?

**2. Write your letter.**

Use your notes and ideas to write your letter. Here are some suggestions:

- Explain the purpose of your letter.
- Give specific advice or suggestions that will help the child try to solve the problem or handle it better.
- Sound positive and be sensitive. As you know, it's tough dealing with peer pressure. Give words of encouragement.

**3. Present.**

Write your letter or type it on the computer. Deliver it to the person, or find out if you can read it to kids in a younger class.