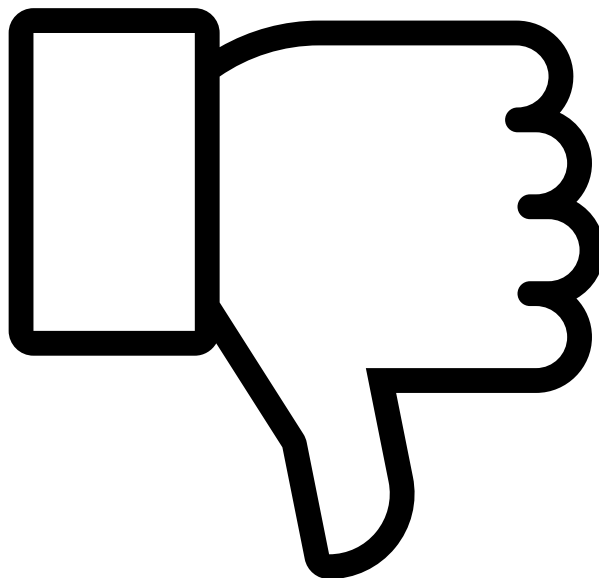


Which Way S2: Worksheets

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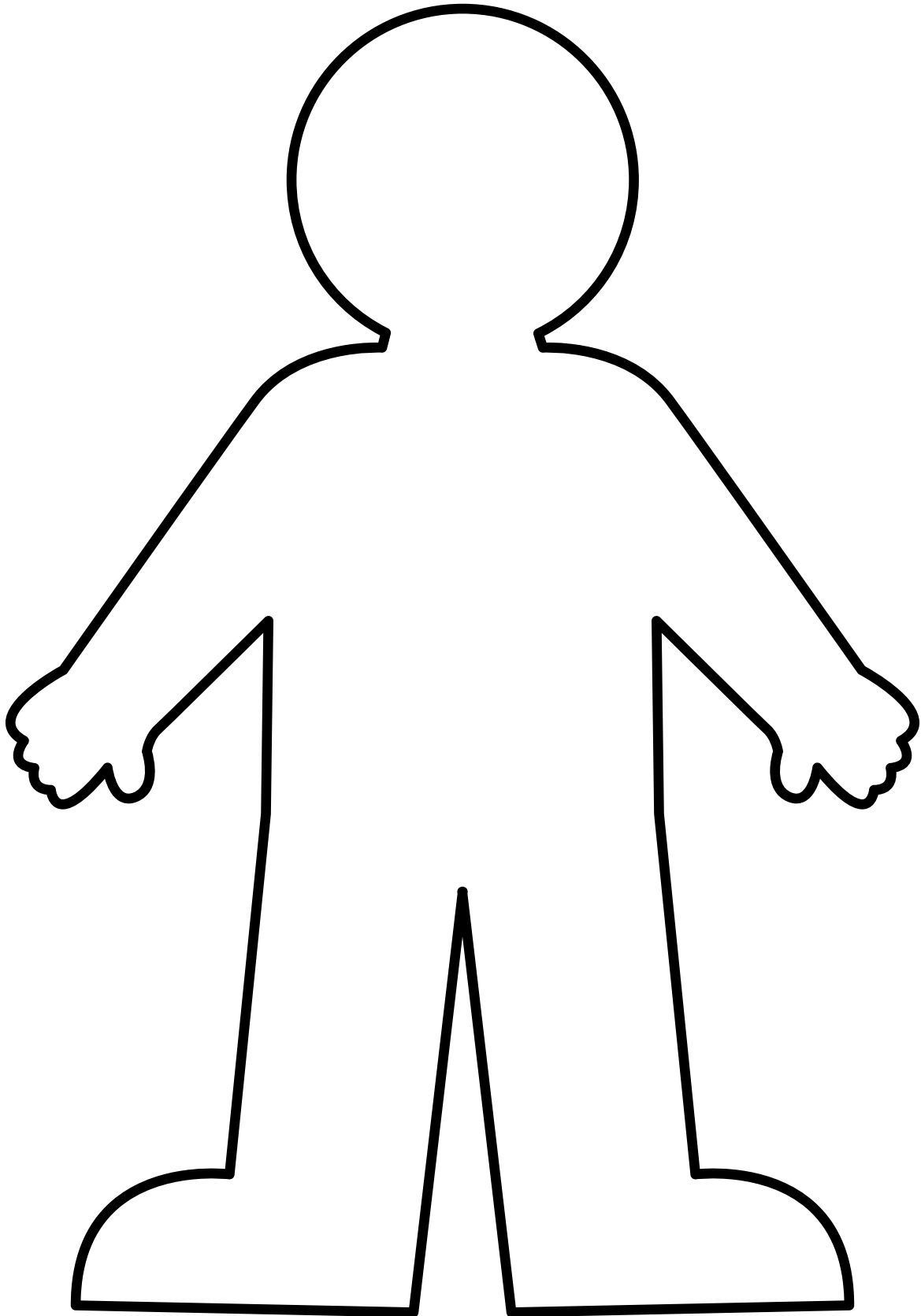
Worksheet 1: Thumbs up/down



Worksheet 2: Risk Statements

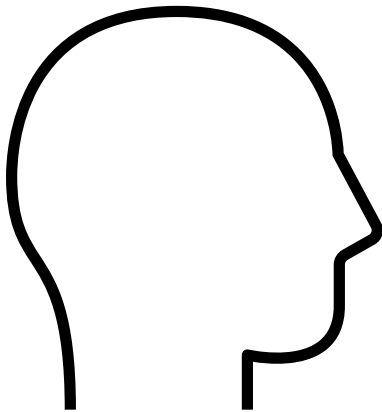
Truancing/bunking school	Substance use (smoking/vaping/alcohol/drugs)
Trying out for the football team	Shoplifting
Taking up a new hobby	Smoking/ Vaping
Ending a friendship	Setting off a fire alarm
Getting involved in a fight	Crossing the road without looking
Carrying a knife	Purchasing a Loot box
Jumping into the canal for a swim	Putting a firework through someone's door
Speaking to someone you don't know online	Excessive screen usage (TV, mobile phones, computer, gaming etc.)
Not telling a trusted adult/friend where you are going	Condomless sex
Quitting your job for a new one	Drinking alcohol

Worksheet 3: Body outline

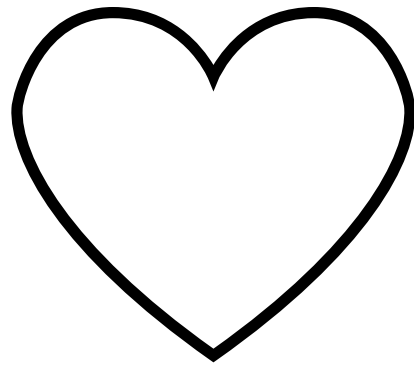


Worksheet 4: Head, Heart, Bin, Bag (evaluation activity)

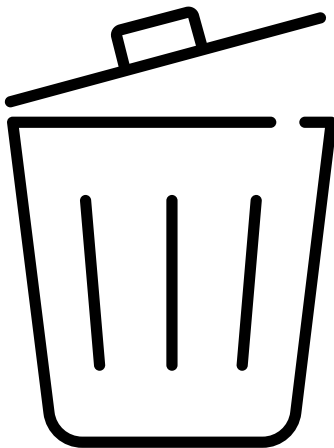
HEAD



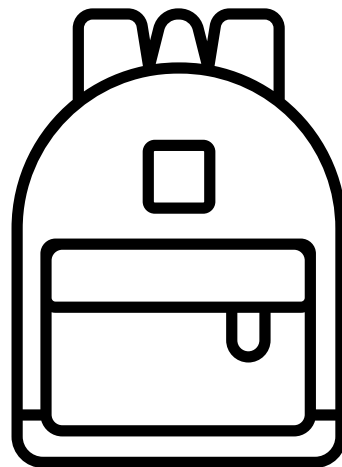
HEART



BIN



BAG



Worksheet 5: What's the Story?

Image 1



Image 2



Worksheet 5: What's the Story?

Image 3



Image 4



Worksheet 5: What's the Story?

Image 5



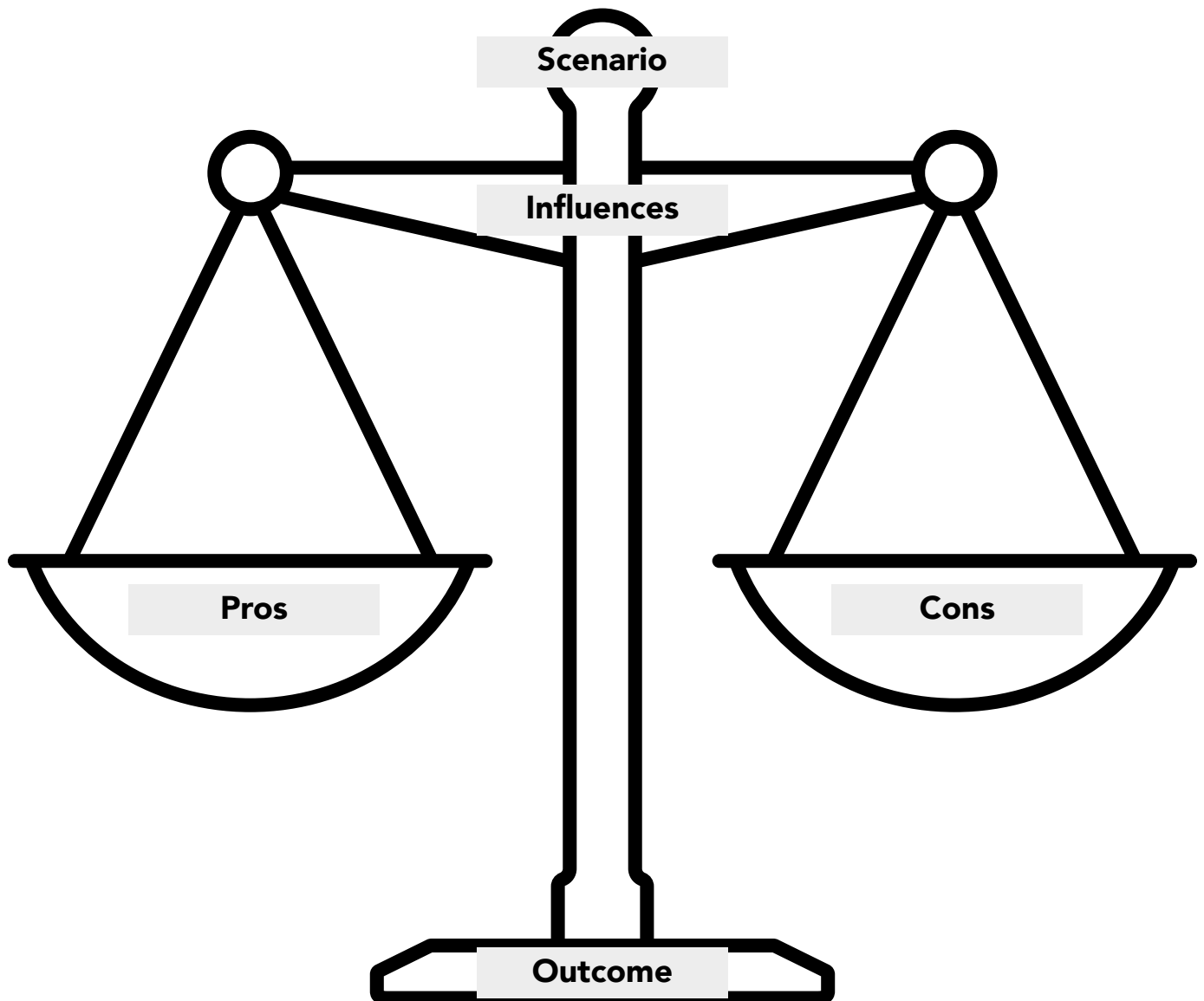
Image 6



Worksheet 6: Scales

Consider the following:

- What/who **influences** this decision?
- The **pros/cons** of the decision.
- Why did they make **that decision**?
- Was it **easy** to come to that decision?
- What was the **outcome** of the decision?



Worksheet 7: Who influences me?

Read each statement and tick who influences your decision making in the following categories. The column with the most ticks will show you who influences your decisions the most.

Who influences us?	Parents/ Carers	Friends	Partner (girlfriend/ boyfriend)	Teacher	Social media	Other (who/ what?)
What you wear						
How you have your hair						
What you do after school						
What groups/ clubs you join						
How hard you work in school						
What you spend your money on						
What subjects you study						
What time you go to bed						
Who you meet up with after school						
What TV you watch						
What music you like						
What sports you play/ watch						

Worksheet 8: What is a friend?

Circle the three most important qualities that you look for in a friend.

A friend is someone that...

shares their things with me	I trust	has cool clothes	is fun to be with	likes and dislikes the same things
will stand up for me	wants to hang out every day	helps me make safe choices	never lets me down	agrees with everything I say
I can rely on	supports me if I struggle	makes me laugh	keeps secrets	listens to me

Which 3 boxes have the most ticks?

1. _____
2. _____
3. _____

Worksheet 9: Peer Pressure Quiz and Answers

Quiz

Q1. Your peers are:

- a) People your own age
- b) Your parents/guardians
- c) Teachers, Police, Doctors
- d) Younger siblings or other kids you may babysit

Q2. True or False:

Peer pressure is always negative.

Q3. Peer pressure can influence:

- a) The way you dress
- b) How you style your hair
- c) The phone you use
- d) All of the above

Q4. List three things people might do to get others to do what they want:

- i) _____
- ii) _____
- iii) _____

Q5. List three ways friends can be a negative influence on each other:

- i) _____
- ii) _____
- iii) _____

Which Way

(S2)

Worksheets: Lesson Plan

Q6. List ways friends can be a positive influence on each other:

- i) _____
- ii) _____
- iii) _____
- iv) _____

Q7. True or False:

Peers can pressure each other without even speaking.

Q8. List three ways how a person can be made to feel excluded:

- i) _____
- ii) _____
- iii) _____

**Q9. Identify three things a person could do to resist negative peer pressure:
e.g. Walk away.**

- i) _____
- ii) _____
- iii) _____

Worksheet 9: Peer Pressure Quiz and Answers

Answers

Q1. a) People your own age

Q2. False:

Peer pressure isn't always negative. e.g. they could encourage you to join a club or to leave a difficult situation etc.

Q3. d) All of the above

Q4. Examples include;

tease, call names, say they're not cool, threaten, exclude from group, ignore, etc.

Q5. Examples include;

encourage each other to take risks i.e. smoke, drink, try drugs, encourage to be sexually active, cheat, lie, steal, bully, be lazy, not do homework, etc.

Q6. Examples include;

encourage others: not to engage in: drinking, smoking, drugs, risky relationships; encourage others to work hard in school or sports; try a positive new activity; volunteer; believe in themselves; be kind; encourage being healthy and active; helps when you are worried or upset; be honest; etc.

Q7. True:

Peers can pressure each other without even speaking. For example, body language and non-verbal communication. e.g. by glancing at you, passing you an alcoholic drink, cigarette or vape.

Q8. Examples include;

pointing, giggling, eye rolling, whispering etc.

Q9. Examples include;

Self-confidence, assertiveness, problem solving, suggest something else to do

Worksheet 10: Relationships

List positive traits that you would like to see in a person you have a relationship with (i.e. friends, boyfriend/girlfriend/partner, family) and the traits you would not like to see in a person you have a relationship with.

Positive traits	Negative traits
e.g. kind, thoughtful	e.g. leaves me out, puts me down

Worksheet 11: Managing Emotions



Excited



Scared



Worried



Sad



Angry



Confused

Please circle the emoji/ emotion you would identify each statement within the box below.

Situations						
You had a huge fallout with your friends						
You go to a party where people are taking drugs						
You go on a rollercoaster						
Someone shares a photo of you online without your permission						
You find drugs in your brother/sister's bedroom						
You find out all your friends met up over the weekend and didn't invite you						
You just moved into a new school						
You laughed along with someone who was nasty to a classmate						
You hear a rumour about yourself						
You are offered a cigarette or vape						

Worksheet 12: Star Tips

**Walk
away**

**Stay
calm**

**Stay
true to
yourself**

**It's OK to
say No**

**Be
clear**

**Be
confident**

Worksheet 13: Scenario grid

The following worksheet can be used with all scenarios.

Scenario:	
What if they say yes?	What if they say no?
How might they feel?	What advice would you give them?