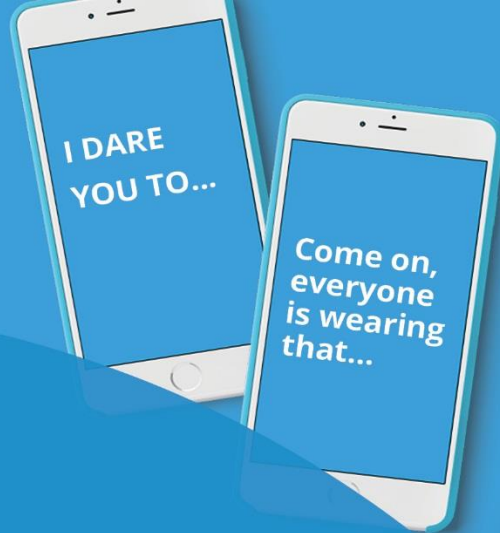




THE DIANA AWARD



Peer Pressure Online

**Be
STRONG
ONLINE**

An Ambassador Programme
From The Diana Award



Learning Objectives

- Students will be able to demonstrate an understanding of online peer pressure and give examples
- Students will be able to identify how peer pressure in the online world is different to offline

Activity A: Students will be able to define online dares and crazes and formulate arguments for and against taking part in them

Activity B: Students will be able to identify possible consequences of being peer pressured online and develop practical strategies to cope with challenging online situations

Activity C: Students will be able to give definitions for the terms 'bystander' and 'upstander' and identify positive actions to take to be an upstander to peer pressure online

Activity D: Students will be able to identify examples of 'risky' online behaviours and possible reasons why young people may engage in them

Ground Rules

- Everyone has the right to 'pass' on a question if they don't want to answer
- Everyone has the right to be listened to
- There should be no shouting out
- Everyone should feel comfortable asking questions

Activity A: Online Dares Debate

Team A:
Online Dares and crazes
can be **positive**

Team B:
Online Dares and crazes
can be **negative**

Activity A: Online Dares Debate

Hints

Team A:
Online Dares and crazes
can be **positive**

- *They can raise money for charity*
- *Raise awareness about good causes*
- *Help young people meet others and make friends*
-

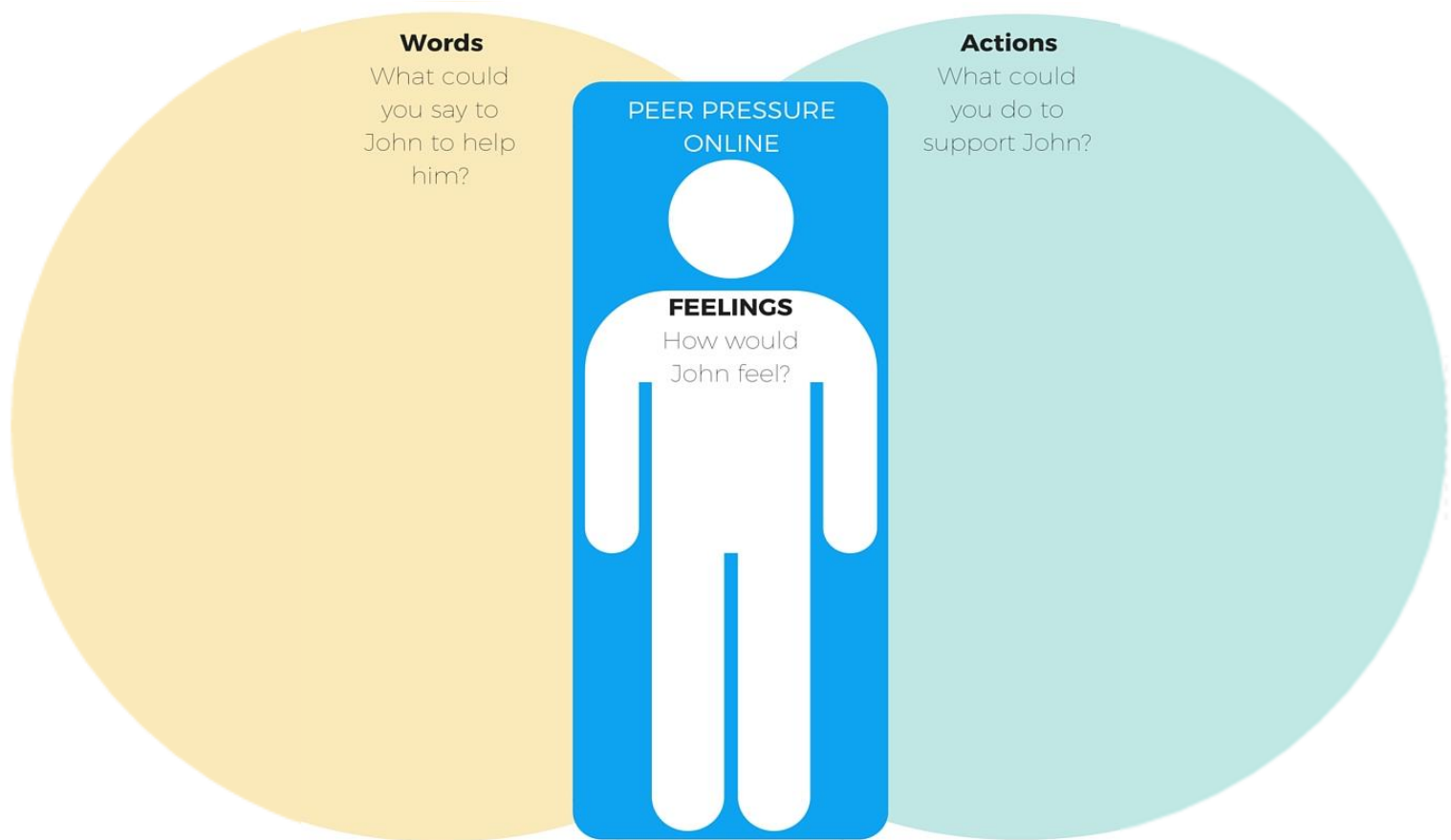
Team B:
Online Dares and crazes
can be **negative**

- *They can backfire*
- *Some online crazes – like fitness ones – might lower self-esteem*
- *People might take risks just to 'fit in'*
- ...

Activity B: Theatre Activity

- What might happen if this person gave into the peer pressure?
- Who could this person turn to for help?
- What could this person do to get out of this situation?
- How could this person avoid the situation if it happened again?

Activity C: Bystander vs Upstander



Activity D: Risky Behaviour Activity

- Post selfies
- Make mean comments about others
- Saying hurtful things just to get a reaction
- Sexting
- Smoking or drinking because they've seen others doing it
- Get a large amount of likes on pictures
- Showing off things they've bought
- Skipping school
- Fear of missing out
- Buying things you can't afford because others are doing it
- Bullying

REFLECTION STATEMENTS

- In my opinion...
- I wonder why....
- I noticed...
- I believe/believed...
- I feel/felt...
- I predict...
- I don't/didn't understand...
- What if...

Thank you!

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