

Guidelines—Skill 3: Dealing Constructively With Negative Peer Pressure

Ask participants to describe an original or real situation, or use one of the suggested situations. Have the participants start role-playing the skill, then freeze the role play after the negative pressure has been established. Discuss the skill steps, then resume the role play. Have only the participants dealing with the pressure follow the steps.

For this role play, **you will choose one or more partners.** Follow the instructions your facilitator gives you.

Step 1: Think “Why?”

Think about what the other persons are saying. What is it they want you to do? Why do they want you to do it?

Step 2: Think ahead

Think about the consequences if you do what they want you to do. Who might get hurt? How might you feel if you go along? How *should* you feel if you go along?

For Steps 3 and 4, you will need your partner.

Step 3: Decide what you should do

What reasons will you give the person or persons? (This will help with Step 4.) What will you suggest to do instead? (This will help with Step 5.)

Instruct the coactors to rejoin the role play.

Step 4: Tell

In a calm and straightforward way, without putting anyone down, tell one of the persons what you have decided. Give a good reason—for example, how the pressure makes you feel or who might get hurt if you do what they want.

Encourage the role-player to tell his or her decision to one person only. Giving a good reason for not going along may help the group rethink what they should do.

Step 5: Suggest something else to do

This could be something responsible but still enjoyable.

Point out that this social skill is a good tool for helping group members with an Easily Misled problem. It is also important to stress that blaming irresponsible behavior on negative peer pressure involves a Blaming Others thinking error.

SUGGESTED SITUATIONS FOR USING THIS SKILL:

1. Some older friends want me to carry their gun because I am underage.
2. My friends are going to hijack cars from old people at gas stations. They want me to go with them.
3. My boyfriend/girlfriend wants me to take naked pictures of myself and text them to him/her.

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4. My boyfriend wants me to prostitute so we will have money; he says he will set it up and keep me safe.
5. Friends are going to steal packages from people's houses and want me to go.
6. My friend calls and wants to go back to our gang hangout spot.
7. An EQUIP Brother/Sister is trying to convince me to bring in some drugs to the agency.
8. I am at my friend's house, and someone rolls up a joint and tries to pass it to me.
9. My friends don't like the "new" (sober) me and want me to start drinking/using with them again.
10. My friends are trying to get me to go out with some people that I know are up to no good.
11. My friend is asking me to take some pills and says that he/she knows they won't show up on a drug test.
12. My friends want me to go out of town to a concert, and I'm supposed to report to my probation officer during the time we will be out of town. They are telling me that missing one appointment won't hurt anything.
13. My boyfriend/girlfriend is trying to convince me to be an accomplice in a crime.
14. Another youth is asking me to be the lookout in the restroom so that he can go in and smoke. Smoking is not permitted.
15. One of the group members has asked me to keep something that is not permitted (e.g., pornography, drugs) for them.
16. Some people have decided that they do not want to follow the rules about an activity (e.g., smoking, texting during class) and want me to join them.

Appendix B: Sample How I Think (HIT) Questionnaire items, per category

Self-Centered

- ▶ If I really want something, it doesn't matter how I get it.
- ▶ Rules are mostly meant for other people.
- ▶ If I lied to someone, that's my business.

Blaming Others

- ▶ If someone is careless enough to lose a wallet, they deserve to have it stolen.
- ▶ People force you to lie if they ask too many questions.
- ▶ If people don't cooperate with me, it's not my fault if someone gets hurt.

Minimizing/Mislabeling

- ▶ Stores make enough money that it's OK to just take things you need.
- ▶ Everyone breaks the law, it's no big deal.
- ▶ Taking a car doesn't really hurt anyone if nothing happens to the car and the owner gets it back.

Assuming the Worst

- ▶ I can't help losing my temper a lot.
- ▶ No matter how hard I try, I can't help getting in trouble.
- ▶ If you don't push people around, you will always get picked on.

From Gibbs, J. C., Barriga, A. Q., & Potter, G. B. (2001). *How I Think (HIT) Questionnaire*. Research Press.