



Peer Pressure Unit Grade 8 • Ages 14-16

TIME FRAME

Preparation: 20 minutes

Instruction: 30 minutes

MATERIALS

Glass bottle with a mouth small enough so that hard-boiled egg won't fit through with force

Two hard-boiled eggs (peeled), match, paper

Large, self-adhesive poster sheets

RAK Journals

Kindness Concept Posters:

Assertiveness, Responsibility, Respect, Self-Discipline and Integrity

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.8.1

Colorado: Comprehensive Health S.3, GLE.2, EO.c, IQ.2; Reading, Writing and Communicating S.1, GLE.1, EO.a; Science S.1, GLE.1, EO.a

SEL: Self-awareness, Self-management, Responsible decision making

[Learning standards key](#)

Egg And Bottle

Students will discuss the affects of pressure on their thinking and their lives.

Lesson Background for Teachers

In adolescence children heavily integrate their peer's guidance into the guidance they receive at home. Knowing when and how to draw the boundaries and distinguishing between good and negative pressures is a skill we learn throughout our lives.

KidsHealth - Teacher's Guide to Peer Pressure - https://classroom.kidshealth.org/classroom/6to8/personal/growing/peer_pressure.pdf

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

RESPONSIBILITY	Being reliable to do the things that are expected or required in your life, home, community and environment.
RESPECT	Treating people, places, and things with kindness.
ASSERTIVENESS	Standing up for yourself and what you believe in while being respectful of the rights and beliefs of others.
INTEGRITY	Acting in a way you know to be right and kind in all situations.
SELF-DISCIPLINE	Controlling one's words and actions for the benefit of self and others.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.



The RAK paradigm is the framework for teaching and building kindness skills.



TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Repeating the experiment a few times and making additional predictions about how much paper and flame is needed to create a vacuum.
- Creating a t-chart after the discussion with two columns: "Positive Peer Pressure" and "Negative Peer Pressure." Have students write down experiences or thoughts they have about this topic and share their responses with a partner or in a small group.
- Rearranging the desks so that all students can see the experiment.

Resources

Video instructions of egg experiment: <https://www.youtube.com/watch?v=X-Al-daPHQdE>

Share (3 mins)

Tell the person next to you about a time you a time you felt pressured to do something and if you did it or not!

Inspire

Egg And Bottle (5 mins)

We are going to start with a science activity where we look at the impact of pressure.

Note: If you cannot do the experiment yourself, ask students if they think it's possible to put an egg into a jar with a small mouth. Then show the video of the egg experiment listed in resources.

Put peeled, boiled egg on the mouth of the glass bottle and ask students to make a prediction of what will happen if you try to push the egg into the bottle.

Then ask for a few volunteers to come to the front of the class. Tell the first student to try to push the egg into the glass bottle without breaking it, then ask the second, etc.

Explain that you are going to light a piece of paper and drop it in the bottle. Ask the students to make a prediction about what will happen when you drop the lit paper in the bottle and put the egg on the bottle.

Now take the half piece of paper and loosely roll it up. Hold the paper in a horizontal position and light one end with the match. Allow it to begin burning and then drop it down into the glass bottle. Immediately put the second hard boiled egg on top of the glass jar, with the narrower end of the egg pointed into the glass bottle. Almost immediately, the egg will be sucked down into the bottle.



Empower

Pressure Discussion (15 mins)

Then ask the following questions:

- Why couldn't the volunteers push the egg into the bottle? (Answer: The egg was too big to fit in the bottle.)
- Why was the egg sucked in once the flame was inside the bottle? (Answer: The burning paper consumed all of the air inside the bottle and created a vacuum. The air pressure pushing down on the outside of the egg forced it into the bottle, and the vacuum pulled the egg into the bottle.)
- Like this egg, we can resist pressure for a while, but eventually we can get sucked into situations that make us uncomfortable or that we don't want to be in. What do you think makes it difficult to resist negative peer pressure?
- What is integrity? What is responsibility? How does giving into peer pressure threaten those?
- What are some ways that 8th graders pressure others to do things they don't want to do?
- What situations "suck us in" and make it tempting to give in to negative peer pressure? (Possible answers: Worried what others think, friends might ditch me, feeling lonely, lack of support at home.)
- Can peer pressure ever be a positive thing? When?
- Do you think it is important to resist peer pressure? Why or why not?.

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

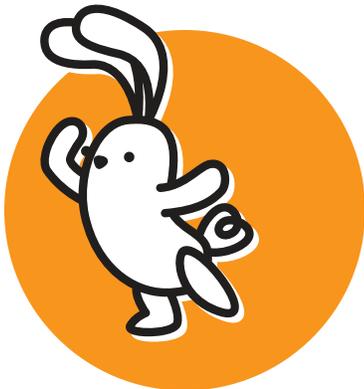
- What is pressure?
- What are some ways we experience pressure in our lives?
- How does peer pressure threaten our integrity and responsibility?

Reflection

- Write about a time when you experienced either negative or positive peer pressure and how you responded.
- Do you get pressure from people other than your peers? Who?
- When do you feel like that egg being sucked into the bottle?

Summary

Today we saw a very real example of what pressure can do to us. Pressure from other people can feel the same. It can threaten our integrity and responsibility to ourselves and others. Giving in to pressure and going against what we know in our hearts to be the right thing is hurtful. The kindest thing you can do for yourself is to resist peer pressure and stand up for others being pressured.





Act (2 mins)

Kindness Minute

Take some of the pressure you feel off your shoulders by reaching up and giving yourself a shoulder massage. Roll your shoulders back a few times. Stretch them up to your ears then back down and massage the muscles in your neck with your hands.

Kindness in Action

Think about the word integrity. Our definition is: Acting in a way you know to be right and kind in all situations. Come up with your own definition for the word and write it below. We will share these in the next lesson!

