



Activity Guide (HS)

Date:	Materials: Presentation, activity sheet
Subject: Illicit fentanyl and opioid-use prevention	Notes:
Lesson: Peer influence and prescription pill misuse	

Objectives

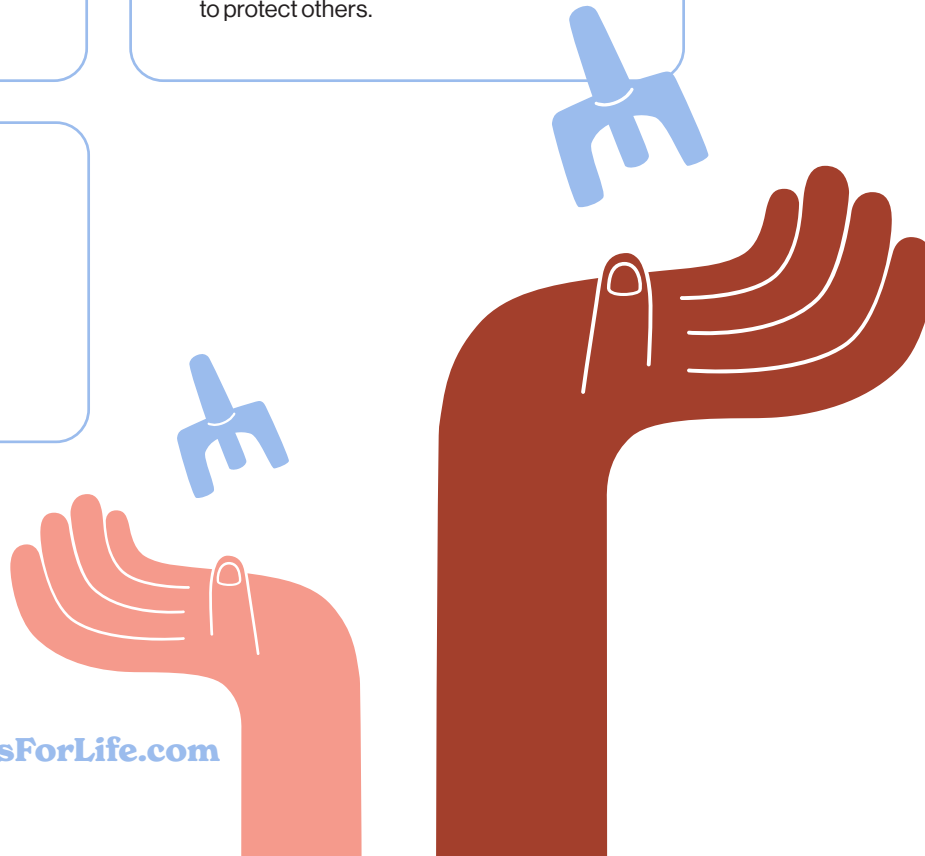
- Students estimate the amount of trust their peers report having in different groups of people and reflect on the amount of influence they have on their friends.
- Students brainstorm how to best use their influence to help their friends avoid experimenting with drugs like prescription pills.

Goals

- Students recognize the influence they have over their friends (and vice versa) when it comes to experimenting with drugs like prescription pills.
- Students personalize the idea of being a positive peer influence and are empowered to protect others.

Key vocabulary:

- fentanyl
- illicit
- opioid
- peer pressure
- prevention



Lesson — Part 1 — Trusted messengers (15 min)

- Say: “A national survey asked young people how likely they would be to listen to and trust the following people for advice not to use – or to stop using – drugs and alcohol:
 - Doctors, nurses, other health care providers
 - Friends or peers
 - Parents or other adult guardians
 - Counselors or therapists
 - Teachers or other educators
- In pairs, students use the activity sheet to estimate what percentage of young people said they would trust each group (from 0-100% for each).
- Give students a couple minutes to complete reflection questions 1 - 2 on the activity sheet.
- Ask: Which group do you believe to be most trustworthy? Why?
- Display the real results of the survey:
 - Doctors, nurses, other health care providers – 68%**
 - Friends or peers – 67%**
 - Parents or other adult guardians – 63%**
 - Counselors or therapists – 54%**
 - Teachers or other educators – 49%**
- Give students a couple minutes to complete reflection questions 3 - 4 on the activity sheet.
- Ask: Did any of these results surprise you? What does this tell you about how much your friends value your advice when it comes to not using drugs? (Responses might include: **Young people put a lot of trust in their friends’ advice, etc.**)

Lesson — Part 2 — Peer Pressure Isn’t All Bad (15 min)

- Say: “Your friends care about what you think, and you can use that influence for good.”
- In pairs, students use the activity sheet to build word webs with examples of positive and negative peer pressure.
 - Positive peer pressure examples: **encouraging a friend to try a new hobby, to apply to their dream college, to step out of their comfort zone, etc.**
 - Negative peer pressure examples: **skipping class, cheating on a test or quiz, drinking, experimenting with drugs, etc.**
- Student work on their own to respond to reflection questions 1 - 3:
 1. In your opinion, what is the difference between positive and negative peer pressure? (Responses might include: **The way it makes me feel or the way it makes me act, etc.**)
 2. Write about a time when you positively influenced one of your friends. What did you do or say to help change their mind/their behavior?
 3. What could you do or say to help if you knew one of your friends was thinking about or already experimenting with prescription pills? (Responses might include: **talk to them, ask questions and listen to what they say, encourage them to get help, give them information, include them in healthy activities, etc.**)
- In pairs, students share their response to the second prompt.

Sources:

<https://pages.thenationalcouncil.org/rs/773-MJF-379/images/National-Council-Message-Guide-Getting-Candid-WEB.pdf>

Find out more at WaFriendsForLife.com



Activity (HS)

Trusted Messengers

A national survey asked young people how likely they would be to listen to and trust the following people for advice not to use – or to stop using – drugs and alcohol:

Messenger	Percentage of teens who say they trust this messenger (0 - 100%)	
	Your guess	Survey results
Doctors, nurses, health care providers		
Friends or peers		
Parents or other adult guardians		
Counselors or therapists		
Teachers or other educators		

Reflection

1. Which group do you believe to be most trustworthy?

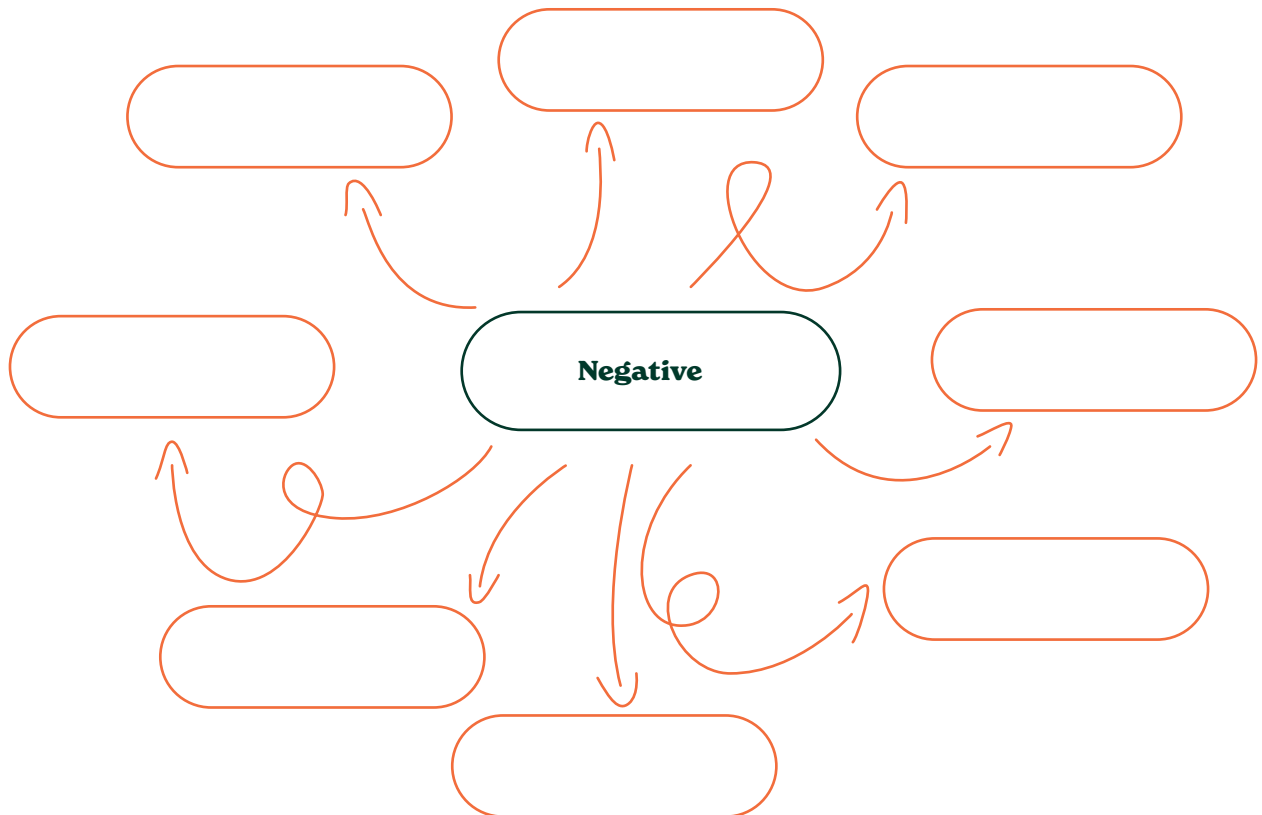
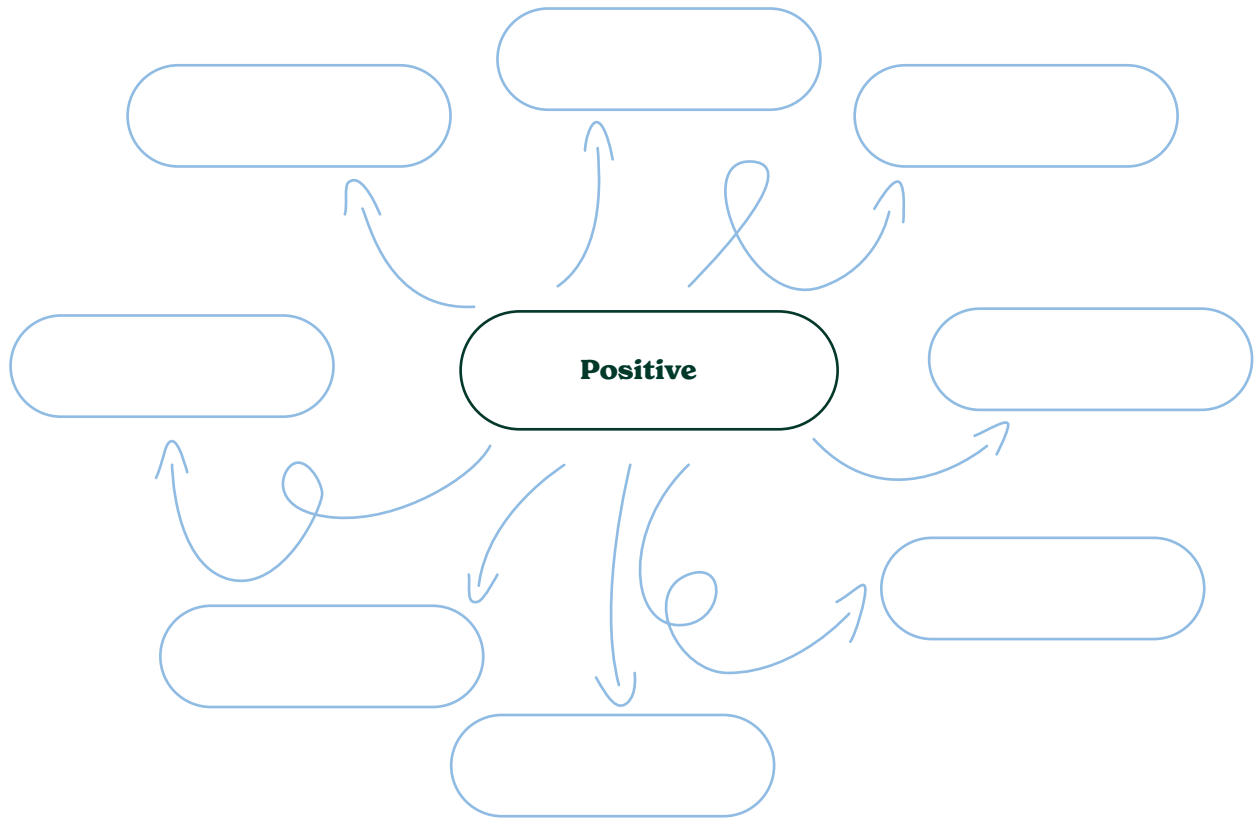
2. Why do you think that?

3. Did any of these results surprise you? If so, which ones?

4. What does this tell you about how much your friends value your advice when it comes to not using drugs?

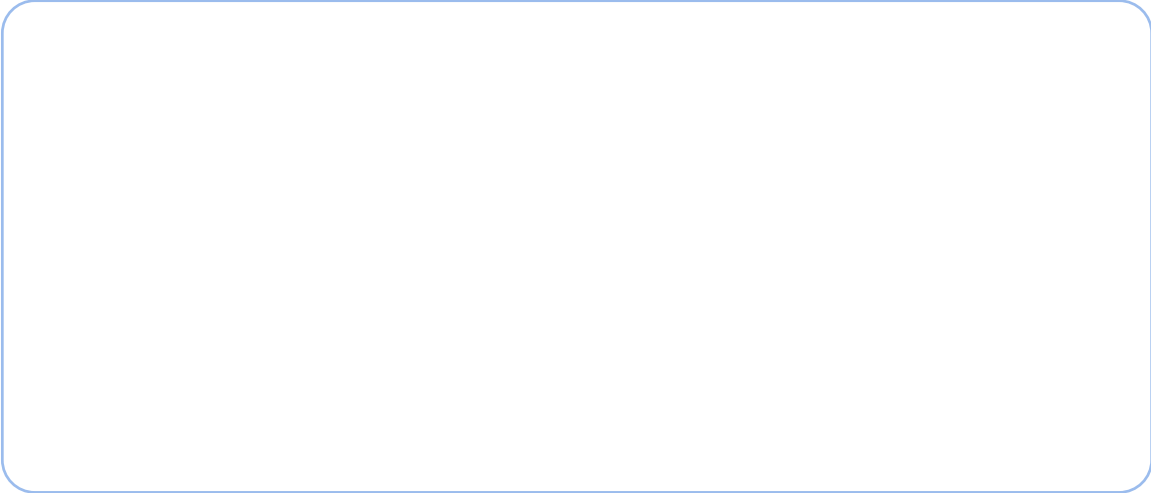
Peer Pressure Isn't All Bad

Using the word webs below, brainstorm as many forms of both positive and negative peer pressure as you can.

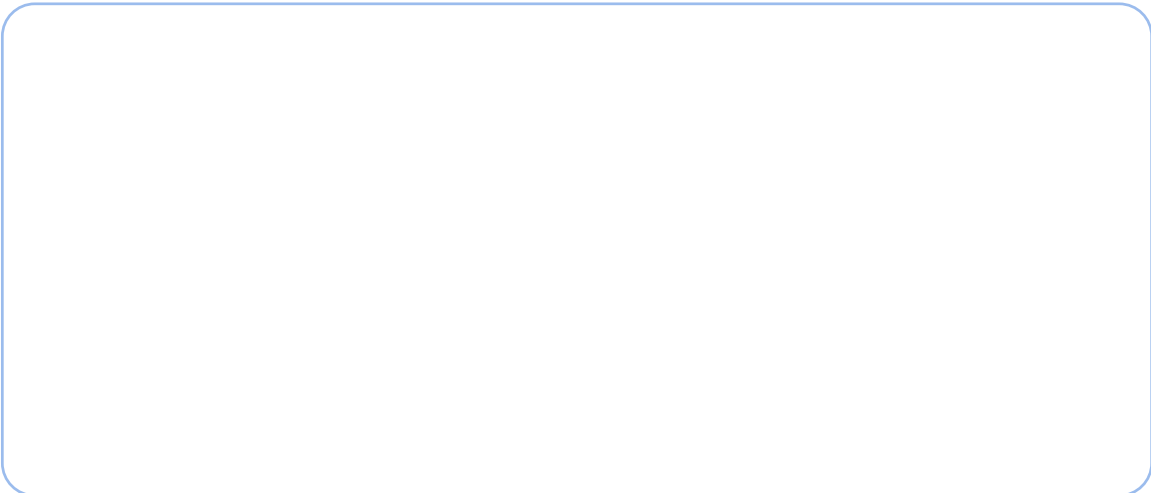


Reflection

1. In your opinion, what is the difference between positive and negative peer pressure?



2. Can you think of a time when you positively influenced a friend? What did you say or do to help change their mind or behavior?



3. What could you say or do to help if you knew one of your friends was thinking about or was already experimenting with prescription pills?

