

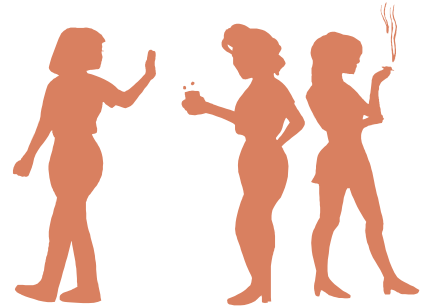
Resisting Peer Pressure

PURPOSE

To help family members better prepare for resisting peer pressure

MATERIALS

- Story, [Mr. Archuleta's Apricots](#) (younger children)
- Story, [Calling a Square a Square](#) (older children)



SONG SUGGESTION

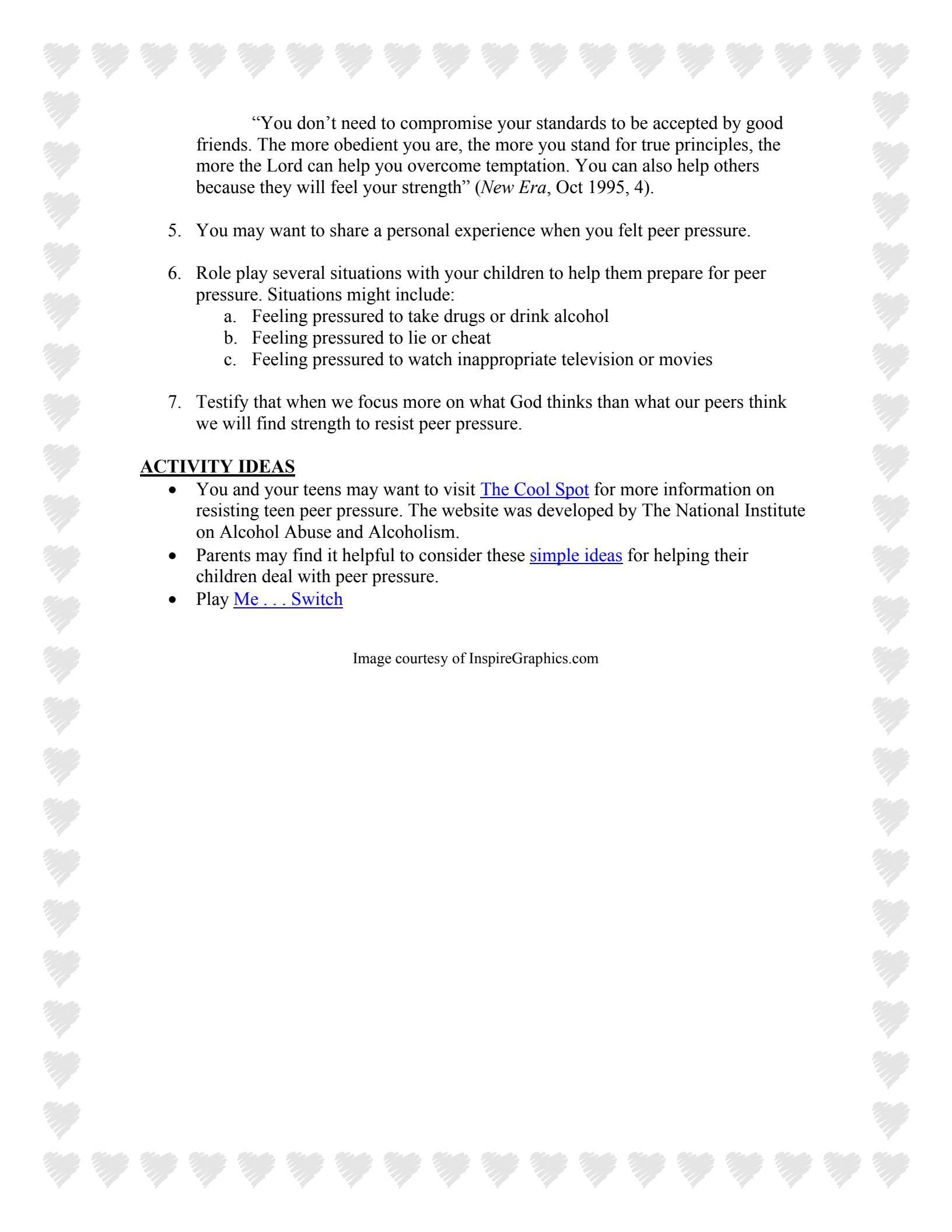
- “As Zion’s Youth” #256 in *Hymns*

LESSON IDEAS

1. Begin by asking a family member to explain what peer pressure is (doing something because of the strong influence of others). You may want to give an example your children can understand:
 - a. Stealing something because friends want you to do it
 - b. Drinking alcohol because friends are encouraging it
 - c. Dressing inappropriately because everyone is doing it
2. Read Daniel 1:1-20 (or *The Old Testament Stories* reader, pp. 150-151) and encourage your family to look for answers to the following questions:
 - a. What did Daniel and Shadrach, Meshach and Abednego feel pressured to do? (Eat food that was against the Law of Moses)
 - b. What helped them resist the pressure? (They focused on what God thought rather than what the king thought)
 - c. How did God reward them for their obedience? (see verse 17)
3. Share a modern example of peer pressure by reading one of the following stories:
 - a. Story, [Mr. Archuleta's Apricots](#) (younger children)
 - b. Story, [Calling a Square a Square](#) (older children)
4. Quote by Elder Richard G. Scott:

“You can’t please God without upsetting Satan, so you will get pressure from those he tempts to do wrong. Individuals who do wrong want you to join them because they feel more comfortable in what they are doing when others do it also. They may also want to take advantage of you.

“It is natural to want to be accepted by peers, to be part of a group—some even join gangs because of that desire to belong, but they lose their freedom, and some lose their lives. One of the hardest things for you to recognize is how truly strong you already are and how others silently respect you. We have great confidence in you.



“You don’t need to compromise your standards to be accepted by good friends. The more obedient you are, the more you stand for true principles, the more the Lord can help you overcome temptation. You can also help others because they will feel your strength” (*New Era*, Oct 1995, 4).

5. You may want to share a personal experience when you felt peer pressure.
6. Role play several situations with your children to help them prepare for peer pressure. Situations might include:
 - a. Feeling pressured to take drugs or drink alcohol
 - b. Feeling pressured to lie or cheat
 - c. Feeling pressured to watch inappropriate television or movies
7. Testify that when we focus more on what God thinks than what our peers think we will find strength to resist peer pressure.

ACTIVITY IDEAS

- You and your teens may want to visit [The Cool Spot](#) for more information on resisting teen peer pressure. The website was developed by The National Institute on Alcohol Abuse and Alcoholism.
- Parents may find it helpful to consider these [simple ideas](#) for helping their children deal with peer pressure.
- Play [Me . . . Switch](#)

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