



Introduction (10 minutes)

Read the introduction and answer the following questions:

1. What are some common challenges that 14-year-olds face in social relationships?

2. How can understanding social relationships and peer pressure help you make informed decisions?

3. What are some strategies for building positive relationships with your peers?

Understanding Social Relationships (20 minutes)

Complete the following exercises:

1. What are the characteristics of a healthy relationship?

2. How can you build and maintain positive relationships with your peers?

3. What are some common signs of an unhealthy relationship?



Peer Pressure (25 minutes)

Complete the following exercises:

1. What is peer pressure, and how can it affect your decisions?

2. How can you resist negative peer pressure and make positive choices?

3. What are some strategies for saying no to peer pressure without jeopardizing your relationships?

Case Study (20 minutes)

Read the following scenario and answer the questions that follow:

Sarah is a 14-year-old student who is pressured by her friends to skip school and go to the mall. She doesn't want to skip school, but she doesn't want to lose her friends either. What should Sarah do?

1. What are the pros and cons of skipping school with her friends?

2. What are some alternative solutions that Sarah could consider?

3. How can Sarah communicate her decision to her friends in a respectful and assertive manner?



Role-Playing Activity (25 minutes)

Divide into small groups and role-play the following scenario:

You are at a party and someone offers you a drink that you don't want. How do you handle the situation?

1. What are some possible responses you could give to decline the offer?

2. How can you assertively communicate your decision without offending the person offering the drink?

3. What are some strategies for leaving the situation if you feel uncomfortable or pressured?

Reflection (15 minutes)

Individual Reflection:

1. What did you learn from this worksheet about social relationships and peer pressure?

2. How can you apply the skills and strategies learned in this worksheet to your own life?

3. What are some challenges you may face in navigating social relationships and peer pressure, and how can you overcome them?



Conclusion (10 minutes)

Read the conclusion and answer the following questions:

Navigating social relationships and peer pressure can be challenging, but with the right skills and strategies, you can build positive relationships and make informed decisions. Remember to always prioritize your own values and well-being, and to seek help and support when needed.

1. What are some key takeaways from this worksheet?

2. How can you use the skills and strategies learned in this worksheet to improve your relationships with your peers?

3. What are some additional resources or support systems that you can use to help you navigate social relationships and peer pressure?

