PEER PRESSURE

Say No Scenarios - Role-Play Cards - Reflection Pages - Grades 3-6



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This is a fillable PDF

- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a box, type, and Save As once per student.
- Every page prints on a standard home or school printer.
- It works offline. No account, no subscription, no internet connection needed.

Student information

A finished plan, log or reflection page carries a real student's name and words. Store, hand over and destroy this file the same way you would any other student record.

What this is, and is not

A practice and discussion set for saying no to peer pressure. It is not a test, a screening or a counseling program, it has no scores to compare against, and it does not replace the plan or advice of a school counselor or other licensed professional. Any worry about a student's safety goes to a trusted adult by your school's own rule.

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The Pack at a Glance

Every page and what it is for. Other teacher pages: Start Here, this page, the family note (page 26), teacher notes and answers (page 27) and the binder organizer (page 28).

Page	Name	What it does
5	20-Minute Lesson	Teacher page: a timed plan that uses pages from this pack.
6	What Is Peer Pressure?	Defines a peer, pressure and your choice, with one line each.
7	Positive or Negative?	Two kinds of pressure, and three questions to ask yourself.
8	Name It	10 statements. The student marks positive or negative.
9-12	Cut and Sort	4 pages (school, friends, team, online), 24 strips to cut and glue.
13	The Say No Ladder	Four steps, each with a line to say.
14-15	Climb the Ladder	Write what you would say at each step. Two scenarios.
16-17	Scenario Cards	16 cards: grades 3-4 and grades 5-6, 8 each.
18	Role-Play Prompt Cards	4 pressure lines and 4 ladder step cards.
19	Role-Play Plan	Plan what to say, then check the talk.
20	What Would I Do?	A reflection page for any card.
21	My Trusted Adults	Who I can tell, and what I can say.
22	Phrase Bank	Words to say no, give a reason, make a kind joke and ask for help.
23	Practice Log	10 rows and a count box.
24	Filled Example	An invented student's log, with the counts worked out.
25	Discussion Guide	Ten open questions. No answers to look up.

Your own order, or pages you add (write it here)

PREVIEW

Name _____

What Is Peer Pressure?

Read. Look at each kid.





A Peer

A kid about your age. A classmate, a friend or a teammate.

Do you want to play with us?

sounds like: a friendly question



Pressure

Someone pushes you to do something. They use words, jokes or leaving you out.

Come on! Everybody is doing it!

sounds like: pushing, teasing, a dare



Your Choice

You get to decide. You can say yes. You can say no.

No, thanks. I will pass.

sounds like: calm, clear, fair

Peer pressure can help you. It can also hurt you. You can choose.

PREVIEW

Name _____

Name It

Read. Put an X in one box.



Read it	 Positive	 Negative
1. Everybody is doing it. Do not be a chicken.		
2. If you were really my friend, you would do it.		
3. Come practice with us. We can all get better.		
4. I will tell everyone your secret if you say no.		
5. Let's all wear helmets. Then we can ride.		
6. Join our team. We help each other.		
7. Do not tell. Nobody will find out.		
8. Let's invite her. No one should sit alone.		
9. Just try it once. You will not get caught.		
10. I will go with you to tell a grown-up.		

PREVIEW

Name _____

Cut and Sort: With friends



Cut. Glue each one where it fits.



Positive pressure

helps me and others



Negative pressure

could hurt me or others

Cut on the dashed lines.

1. Kids say, “Leave her out. She is not cool.”
2. A friend says, “Let’s invite the new kid to play with us.”
3. A friend says, “Let’s make a card for our sad friend.”
4. A friend says, “Take that toy. Nobody is looking.”
5. A friend says, “Ride bikes with us. We all wear helmets.”
6. A friend says, “Tell him his drawing is dumb. Everyone will laugh.”

PREVIEW

Name _____

Cut and Sort: Online

Cut. Glue each one where it fits.





Positive pressure

helps me and others



Negative pressure

could hurt me or others

Cut on the dashed lines.

1. A friend says, "Tell me your password. Best friends share."
2. Your group chat says, "Let's send kind notes to our new classmate."
3. Kids say, "Post a mean joke about her. Everyone is laughing."
4. A friend says, "Download it now. Do not ask a grown-up."
5. A friend says, "Let's share what we learned for our class project."
6. Your team chat says, "Ask first before you post a photo."

PREVIEW

Name _____

Climb the Ladder

Write what you would say.



A group says, "Let's hide Jo's backpack. It will be funny."

Step 1: Say no clearly.

_____

_____

Step 2: Give a reason or a joke.

_____

_____

Step 3: Suggest another idea.

_____

_____

Step 4: Walk away. Tell a trusted adult.

_____

_____

PREVIEW

9 School

Friends want you to skip your turn as class helper and hang out.

Yes or no? Pick a step on the ladder.

10 Friends

A friend wants you to take candy from the store without paying.

Yes or no? Pick a step on the ladder.

11 Online

A friend says, “Everyone is posting a mean comment on her picture. Add yours.”

Yes or no? Pick a step on the ladder.

12 Sports

Teammates say, “Say the ball was in. The ref did not see it.”

Yes or no? Pick a step on the ladder.

13 School

A group says, “Blame the new kid for the mess. He will not tell.”

Yes or no? Pick a step on the ladder.

14 Friends

A friend says, “Keep this secret. Do not tell any adult.” It worries you.

Yes or no? Pick a step on the ladder.

15 Online

A player in a game chat asks for your name and your address.

Yes or no? Pick a step on the ladder.

16 Sports

A friend says, “Quit the team with me.” You like the team.

Yes or no? Pick a step on the ladder.

PREVIEW

Name _____

Role-Play Plan

Plan it. Say it. Check it.



Card number _____ My partner _____

What is happening?

The pressure line I heard

The first step I will use. Put an X.

Step 1 ☐ Step 2 ☐ Step 3 ☐ Step 4 ☐

What I will say

Check the talk	Me	My partner
Said no clearly		
Calm voice		
Gave a reason or another idea		
Showed how to tell an adult		

Next time I will

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Name _____

My Trusted Adults

Who can I tell?



A trusted adult helps me stay safe.

At school	Where I can find them

At home or in my town	Where I can find them

PREVIEW

What I can say:

- I need to talk to you.
- Something is bothering me.
- Do you have a minute?

A safe place at school where I can go

_____

_____

_____

Practice Log

One row for each time the student practices. Type any mark you like. This is a record, not a result.

Name _____

Teacher or counselor _____ From _____ To _____

Card or situation	First step (1-4)	2 or more steps?	Calm voice?	Date	Notes

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Count the marks

Step 1 first _____ Step 2 first _____ Step 3 first _____

Step 4 first _____ 2 or more steps (of how many rows) _____ Calm voice (of how many rows) _____

What I noticed (words only)

_____

_____

The team's own rule for what it means

_____

_____

A Filled-In Practice Log (Invented Student)

"Maya" is invented. Everything Maya did is made up to show how the log is used. It is not a finding.

Maya's log: 8 rows

Row	Card or situation	First step	2 or more steps?	Calm voice?
1	Card 1: School	1	no	yes
2	Card 3: Online	2	yes	yes
3	Card 4: Sports	1	no	no
4	Card 6: Friends	3	yes	yes
5	Card 7: Online	2	yes	yes
6	Card 2: Friends	4	no	yes
7	Card 5: School	2	yes	no
8	Card 8: Sports	1	no	yes

The counts for these 8 rows

Step 1 first	Step 2 first	Step 3 first	Step 4 first	2 or more steps	Calm voice
3	3	1	1	4	6

Where each count came from

- First step: step 1 in rows 1, 3 and 8 (3). Step 2 in rows 2, 5 and 7 (3). Step 3 in row 4 (1). Step 4 in row 6 (1). 3 + 3 + 1 + 1 = 8 rows.
- Two or more steps: yes in rows 2, 4, 5 and 7 (4 of 8).
- Calm voice: yes in every row except 3 and 7 (6 of 8).
- The log records what happened. What the pattern means is for you and your team's own rule; write it on page 23.

What the teacher wrote, in their own words (invented)

- Said no clearly on the password card and kept a calm voice.
- Needed the whole ladder for the group chat card.
- Asked to try the line cutting card again.

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Family Note and Team Handoff

A note home with blanks for your own words, and a handoff for whoever picks the pages up next.

Student _____ Date _____ Sent by _____

Family note: fill in the blanks

We have been talking about peer pressure. Peer pressure is when kids around your age push you to do something. It can be positive, like studying together, or negative, like a dare. We practiced the Say No ladder: say no clearly, give a reason or a joke, suggest another idea, and walk away and tell a trusted adult.

What we practiced _____ What your child did well _____

Try this at home: ask your child who their trusted adults are, and what they could say to start the talk.
In our own words:

_____

_____

_____

_____

_____

Team handoff: for a substitute, a new teacher or a counselor

- The lesson plan is page 5; the sorts are pages 9-12; the cards are pages 16-17 and 18.
- Answers are on page 27. Log practice on page 23.
- All names and stories in the pack are invented. Use made-up names when you role-play.
- If a student shares something worrying, follow the school's own rule. Hand the folder back to the teacher or counselor.

Meeting sentence: fill in the blanks

"On peer pressure, [Student] used the first step of the Say No ladder in ___ of ___ practice rows and two or more steps in ___ of ___. Our next step is ___."

When to use this page

- Before a parent conference or a team meeting.
- When a new adult takes over the group.
- The week you send practice home.
- Keep a copy in the student's folder.

PREVIEW

Binder Cover and Divider Tabs

A cover for the group folder, six divider tabs, and a setup list.

Folder cover and spine label

Student or group _____

Teacher or counselor _____

School year _____

First day _____

Next look date _____

Divider tabs: print and cut

01 Start Here
How to use the pack, the lesson plan.

02 Learn
What it is, helps or hurts, name it.

03 Sort
Four cut-and-sort pages.

04 Say No
The ladder, climb it, the phrase bank.

05 Role-Play
Scenario cards, prompt cards, the plan.

06 Think and Record
Reflections, trusted adults, log, example.

PREVIEW

Before the first lesson

- Print the sort pages, 9-12, one for each student, and keep scissors and glue sticks ready.
- Print and cut the 16 scenario cards, pages 16-17, and the 8 prompt cards, page 18. Laminate if you can.
- Save a copy of this file with the student's name.
- Keep the answer key, page 27, out of the students' folder.
- Print the cover and the six tabs on heavier paper if you have it.
- Put the filled example, page 24, in the back.