

Do the Right Thing



Identify when I might have to make different choices to those around me.

- I can explain what a tricky situation is.
- I can describe strategies I can use to help me make positive choices and describe how I can apply them.

The Big Questions

How can we know when we might have to make a different choice to those around us?



How can we do the right thing even if others do not?



Reconnecting

Tricky Situations

Which of the following would you describe as tricky situations?
We can all find ourselves in tricky situations.

Your friend invites you to play at their house.

Your friend says you can sit down next to them.

Your friend asks if you want to try something you know you are not allowed to do.

Your friend asks if you want to go shopping with them.

Your friend tells you to run across the grass at school as a dare when you're not allowed to go on it.

Tricky situations are ones which make you feel uncomfortable, ones which are dangerous and ones which involve resisting pressure to do something you feel is wrong.



Exploring

Doing the Right Thing

If you find yourself in a tricky situation, you need to make sure you feel confident enough to do the right thing.

What could you do if your friends were trying to encourage you to do something that you did not want to do?

Share your thoughts with a partner and then with the class.



Doing the right thing doesn't always feel easy but it is important you make choices which keep you safe, happy and healthy.

Making Positive Choices

How can you make choices which keep you safe, happy and healthy when you are in a tricky situation?



You can remove yourself from the situation.

Having a set code with a trusted family member can ensure you can get away from a situation. This might be putting 'xxx' at the end of a text message or having a code word in a phone call. You might also feel able to get away from the situation yourself. Once you are physically away from the situation you can have the space to make your own choice and voice this from a distance.

Making Positive Choices

You can tell a **trusted adult**.

If you are in a friendship where you are being put in tricky situations, then the friendship itself is unhealthy. By telling a trusted adult about this friendship you will have support and guidance on how to handle the situation.



You can be **assertive**.

You have the right to make your own choices, no matter who the other person is. If you confidently say what you want to do or do not want to do, then that choice cannot be taken away from you.

It can help to practise saying the words aloud beforehand to help you sound strong and confident.



Making Positive Choices

Look at your Tricky Situations Scenario Cards.
Discuss these and then record a solution to each one.

Each solution needs to include those involved in the situation doing the right thing by making a positive choice.



Scenario One

Your friends have told you to snatch a ball from another child so they can play with it. You want to play with the ball but know snatching from another child is not the right thing to do. Your friends are teasing you and saying you're scared.



Scenario Two

Your friends are all planning to go to a new friend's house to stay the night and have invited you too. You have never met this friend before and your friends are telling you not to tell your parents where you are really staying. You are feeling worried that this might not be safe but you don't want to miss out.





Scenario Three

Your friends are all meeting at the park this evening. You want to go too but you feel worried as the last time you went there, there were some older children who made you feel uncomfortable.



Scenario Four

Your friends have told you that they have deliberately written their names underneath the school tables and have said if you want to stay friends that you have to do this too. You feel worried as you know you should not damage school property.



Zoom

Consolidating

Peer Pressure

Peer pressure is when your friends are influencing the choices and decisions you are making. Can you make a role play showing how you could resist peer pressure in one of these situations? Remember to use the strategies you have learnt in today's lesson.

Scenario One: Your friends are all saying they are going to leave your football team as they have heard another team has a better kit. You like your team and have played for them for years. You do not want to leave but your friends are saying that if you are their friend you will come to the new team too.



Scenario Two: It is the school disco on Friday. Your friends are all saying they are going to wear makeup to the disco. You don't normally wear makeup as your mum and dad think you're too young to wear it. Your friends are saying you won't look like them if you haven't got makeup on and that they will sneak some makeup in their pocket for you to put on at the disco.



The Big Questions

