

# Friends Club



Peer Pressure

## Additional Project Ideas

**Make a list.** Have the girls prayerfully consider what they would like to be remembered for or what they would like to do in their lifetime. Let the girls make a list of several of these things. Encourage the girls to set smaller goals for achieving these things. Allow time for the girls to share their lists and plans with the group. Talk to the girls about the importance of sharing these goals with one another and avoiding negative peer pressure to achieve their goals.

**Say thank you.** Have each girl think of an authority figure who has had a positive influence in her life. Provide the girls with stationery and have each girl write a note to the authority figure thanking them for the positive influence they've had in her life. Talk about the importance of positive peer pressure.

**Make new friends.** Pair each girl with a trusted woman (post-high school or older) within the church. You can meet at church or at another location. The pair should conduct an activity together. Depending on each pair's individual interest and expertise, let them choose a project together (learn to do a craft together, cook or bake, organize a party, write a Bible study, etc.). Have the girls journal about what they learned from working with a mature Christian woman and how positive peer pressure can be helpful.

**Invite a guest.** Have a mature Christian woman come talk to your girls about her experience with peer pressure when she was in junior high, what choices she made (right or wrong), and the consequences of those decisions. Encourage her to talk about what she did to withstand peer pressure and if she still experiences peer pressure today.

**Get creative.** Have the girls create a painting, drawing, sculpture, or other piece of art representing how it feels to endure peer pressure.

**Write a story.** Have the girls write stories about a girl who encounters peer pressure, how she handles it, and what the consequences of her decisions and actions were. Have the girls write stories individually or in groups and provide time for the girls to share their stories if they'd like.

**Encourage positivity.** Encourage the girls to join or start a Youth Alive Club or become a Campus Missionary. If her school doesn't already have a group, help her research how to start one. The Youth Alive website (<http://yausa.com/>) and Campus Missionary website (<http://yausa.com/campusmissionary/>) are great resources.

# Resource Ideas

- *The Six Most Important Decisions You'll Ever Make: A Guide for Teens* by Sean Covey, Simon & Schuster, 2006.
- *Truth: Seeing Black and White in a Gray World* Barbour Press, 2006.
- *Growing Up Christian: Have you Taken Ownership of Your Relationship with God?* By Karl Graustein & Mark Jacobsen, P&R Press, 2005.

# Additional Discussion Questions

## Discovery #1

- What is peer pressure?
- What are some examples of peer pressure you've experienced in your school? At church? When you're spending time with friends?
- Why do we feel a need to fit in? What does God say about fitting in?

## Discovery #2

- Why do we give in to peer pressure?
- What should you do if you're feeling pressured to do something you know you shouldn't?
- What are some TV shows, movies, or songs that affect the way you act?

## Discovery #3

- How does peer pressure affect you?
- What kind of fruit are you bearing?
- What kinds of things are important to you? How can you change those things to reflect what God thinks is important?

## Discovery #4

- What is positive peer pressure?
- Give some examples of how friends have influenced you positively.
- Do you experience more positive or negative peer pressure? Why do you think that is?

## Discovery #5

- What does it mean to be "the light of the world"?
- How would you like to influence others?
- What should you do if a friend asks you about Jesus?

## Discovery #6

- How do we stand against negative peer pressure?
- If you recognize a friend is consistently influencing you negatively, what should you do?
- What should you do if you see a friend who is being influenced negatively?