



Good evening
everyone

It's nice to meet you

Introductions 😊

- What's your name?
- What's your major?
- Where do you work?
- What are your hobbies?
- Do you have any siblings ? (if yes, please share their name/names)

Find someone who...

...has a pet.	...likes very spicy food.	...takes baths instead of showers.	...bites his/her fingernails.
...ate at McDonalds® in the last week	...is a lefty (left handed)	...owns more than two watches.	... lived abroad.
... drank coffee at breakfast today	... has a celebrity autograph.	... speaks more than two languages	... was born in January
...is a vegetarian.	... does not like broccoli	... snores.	... wears socks to bed.
...who is afraid of spiders.	...wakes up early.	...has twins.	...can't swim.

Tell me....

- What puts pressure on you?
- Do you have lots of pressure in your day?
- How well do you perform under pressure?
- What do you do to relive your pressure?



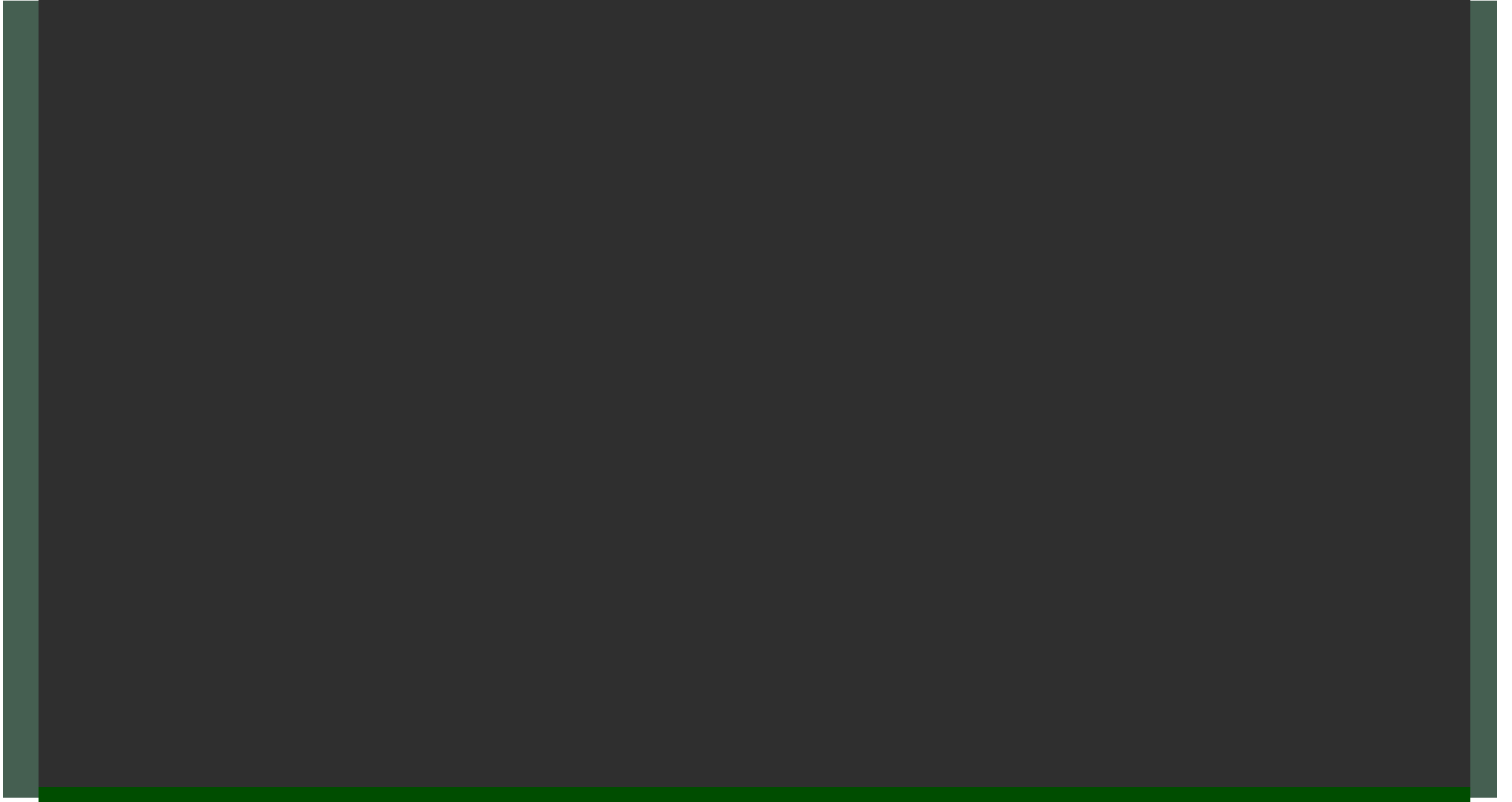
True or False

- Choking is the action that occurs when you mess up on an important event.
- Pressure is defined only by our fear.
- Distractions are caused when we must focus on many different things at the same time.
- Our mental scratch pad is just like our long memory, it can handle lots of information at one time.
- When being under pressure you aren't able to solve long math problems based on memory.
- Pressure takes those who are more subconscious.
- The old age saying says "practice, under pressure, with focus, and with glorious end goal in sight makes perfect."

Have you ever done something
you didn't want to do but you
did it because you had to?

In groups discuss

- Define peer pressure.
- Are teenagers the only ones vulnerable to peer pressure?
- What are some examples of peer pressure?
- How can you say no to peer pressure?
- Is peer pressure a fact of life, or can it be eliminated?



Let's discuss these questions:

- What did she do?
- What were her reasons?
- How did she plan it?
- What do you think she should have done?
- Did the police officers come at the right time?
- How did her parents react? Was it the right way to react?

Vocabulary Time !!

- Burden
 - Harass
 - Oppress
 - Adversity
 - Nag
 - Hound
- Search online with your partner for the meanings of these words and create an interview with a partner: one will be a principal of high school and the other will from BBC news.
 - Use some vocabulary words in your interview to discuss the situation of peer pressure at school.

Discuss then Let's listen to Cd 1.28 : Who answers the questions with these options Laila or Susan.

- 1. When do most peer pressure situations occur?
 - _____ Before school _____ During school _____ After school.
- 2. Which type of worse: Direct pressure or indirect pressure?
 - _____ Direct pressure _____ Indirect pressure _____ They're equally bad.
- 3. What's the best way to avoid peer pressure?
 - _____ Make friends with people with the same value.
 - _____ Write the person a message saying how you feel.
 - _____ Make an excuse to get out of something.
- 4. Who is the best person to talk to if you feel peer pressure?
 - _____ Your best friend _____ Your parents _____ your teacher.
- 5. Can peer pressure be a positive thing?
 - _____ Yes _____ No _____ it depends

Let's listen again: Number the topics from 1 to 6 in order.

- A. _____ indirect peer pressure.
- B. _____ the definition of peer pressure.
- C. _____ direct peer pressure.
- D. _____ if peer pressure can be positive.
- E. _____ why people pressure others.
- F. _____ how to avoid peer pressure.
- G. _____ when most peer pressure situations occur.
- H. _____ who to talk if you feel peer pressure.

Let's turn these negative situations
positive: How can we stop or
reduce peer pressure?

Assignment 😊: Use your own words to complete the sentences:

- 1. If oil spills from a ship, the oil will _____ on the water.
- 2. If you get a notice like this, just _____ it. It's not important.
- 3. I'm _____ giving my opinion; I'm not saying your wrong.
- 4. The _____ that are most important to me are love and respect.
- 5. You should never _____ people. It's wrong and could be dangerous.
- 6. The _____ of the ship during the storm made me feel sick.
- 7. You _____ stress well. What's your secret?
- 8. I got 100% on my exam. _____, I was very happy !
- 9. My parents didn't _____ me to clean my room. I wanted to do it.