Lesson Wrap Up: Peer and Media Pressure; Assertiveness Practice

Part 1: Check for Understanding

Directions: Check your understanding of today’s lesson by answering the following True-False questions.

T   F    In order to sell their products, some advertisements actually portrays unhealthy or risky behaviors.
T   F    Sometimes pressure to do something can actually be good or healthy, like “stay in school, don’t use drugs and avoid an unplanned pregnancy.”
T   F    Ways to avoid a risky sexual situation includes using non-verbal communication, and even walking away.
T   F    Ways to avoid a risky sexual situation includes using assertive communication to firmly state your limits and expectations.

Part 2: Family-Home Assignment

Directions: Share/discuss the following with your parent(s) or a trusted adult:
1. The results of your Media Analysis worksheet assigned in class.
2. What do they recommend you do when you are being pressure to do something you know you shouldn’t?

Part 3: Reflections

Directions: In a summary format, address the following questions. (Be sure to use a minimum of 5 complete sentences.)
1. What did you learn from your parent(s) or trusted adult?
2. Share your own thoughts about what you learned from the family home assignment (Part 2).