



TOPIC

Respect & Responsibility

LEVEL

Fourth Grade

THEME

Say "No" to Peer Pressure

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Explain what peer pressure is and why it's important to resist it.
- Use respectful words and actions to say "no" to negative peer pressure.
- Show support for peers who make responsible choices.

MATERIALS

- Chart paper or whiteboard and markers
- Ways to Say No List
- Role-play Scenario Cards
- Index cards or sticky notes
- Writing utensils

ESSENTIAL QUESTIONS

- What is peer pressure and how can it affect our choices?
- How can showing respect for ourselves help us say "no" in a kind but firm way?
- How does standing up for ourselves and others connect to Aavidum's "I've Got Your Back" message?

CHECK-IN / WELCOME (5 MINUTES)

Say: "In Aavidum, we say 'I've got your back.' That means we respect ourselves, respect others, and help each other make good choices, even when it's hard. Today, we'll talk about peer pressure and how we can use respect and responsibility to stand strong."

Check-In Question:

- "Raise your hand if you've ever been asked to do something you weren't sure was a good idea. How did you feel?"
 - A few share-outs help normalize the feeling of being pressured.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Write "Peer Pressure" on the board.

Ask: "What do you think peer pressure means?"

- Take responses.

Explain: "Peer pressure happens when someone your age tries to get you to do something, sometimes good, sometimes not so good. It's our responsibility to think about what's right, even if others disagree."

Discuss:

- "What types of things might someone peer pressure you to do?"
- "Why might it be hard to say no?" (Fear of losing friends, wanting to fit in.)
- "What happens when we respect ourselves and stand up for what's right?" (We build trust and show responsibility.)

Say: "Part of 'I've got your back' means we help friends make responsible choices and support each other, even if it's not the popular thing."

ACTIVITY: SAYING "NO" WITH RESPECT (20 MINUTES)**Instructions:**

- Display the "Ways to Say No" list.
- Practice saying these phrases aloud with confident voices and calm tones.
- Remind students that saying "no" isn't rude when it keeps you and your friends safe and responsible.
- Split students into pairs or trios. Give each group a scenario card.
- Students role-play: one applies peer pressure, the other practices a respectful "no."
- Have students switch roles.
- After a few rounds, discuss:
 - "Which phrases worked best?"
 - "How did it feel to stand up for yourself respectfully?"
- Say: "When you say no kindly and help your friends make good choices, you're saying: 'I've got your back!'"

WRAP-UP (5 MINUTES)**Ask:**

"How does saying 'no' respectfully show respect for yourself?"

"How can you also have someone else's back if they're feeling pressured?"

Say: "When we support each other in making good choices, we live out Aavidum's message: 'I've got your back.'"

Consider giving each student a mini print-out of the "Ways to Say No" sheet for future use.