

Transition to High School Scenarios



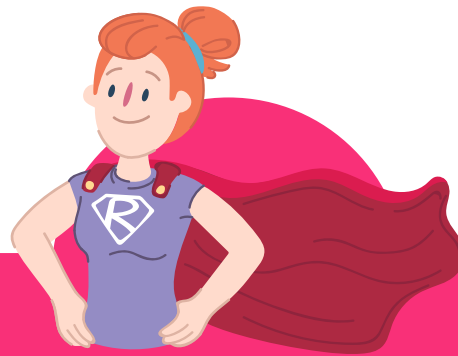
1. You've just arrived in your English class and realised that you brought the wrong text book.
What will you do?
2. It's Friday night and you have 2 assignments all due on Monday. On Saturday you know that there is going to be a family BBQ and on Sunday there is your baby cousin's christening.
What will you do?
3. You're on the bus and you see some Yr II boys bullying a girl in your year.
What will you do?
4. You're feeling worried because you don't understand what the Science teacher is telling the class, but everyone else seems to understand.
What will you do ?
5. You get home and you realise that you've left the text book that you need for your homework back in your locker at school.
What will you do?
6. You're away on school camp and some kids want you to go with them and have a cigarette. You don't want to but you're worried about them not liking you.
What will you do?
7. You're 10 minutes late for class and the teacher has already started her lesson. You're standing outside, about to walk in.
What will you do and say?
8. You can see a group of students in your year talking and laughing and you would like to join in.
What will you do and say?

Tips on how to respond to peer pressure



Delay

- “I’ll have to ask mum and get back to you”.
- “First let’s do this”
- “Maybe tomorrow”



Be assertive and stand tall

- Stand tall and with your head up high say;
 - ◆ “No!”
 - ◆ “I don’t want to”



Put it back on them


- “Why do you want me to do it so badly?”
- “Why should I?”
- “A friend wouldn’t want me to do something I don’t want to do”



Weigh up the consequences and what’s your gut feeling?

Signs your gut is telling you this isn’t OK for you

- shaking/sweaty
- butterflies/churning in your stomach
- tight chest or feel like your breathing fast/not getting enough breath



Remember: If the person won’t listen then you can walk away. You don’t have to keep justifying your decisions.