

Be River Safe

Peer Pressure

Notes for Teachers & Leaders

PEER PRESSURE TO PARTICIPATE IN RIVER-BASED ACTIVITIES

Young people and learners can get into difficulty in rivers when they are not able to tell the group that they do not have the skills or confidence to do a planned activity. They can feel pressured to keep quiet and participate when the activity is beyond their competence level.

The attitude of leaders and group members influences both how individuals assess their competence and how they communicate with the group.

Use of Be River Safe DVD material

The Be River Safe DVD, in the River Safety section, has a segment Being a Mate.

The drama is a brief look at peer pressure and models positive behaviour.

A group of young people are jumping into a river. One teenager is reluctant to jump into the river. While under pressure from the group to jump, he indicates he has never swum in a river and the group change their attitude and agree to take him to a safe swimming hole.

If Only... River Story

The website has a short drama **If Only... River Story** written and acted by intermediate school students. In this drama a young visitor to the area does not tell his new friends that he has not swum in a river. While trying to swim to a rock in the river he is swept downstream and drowns.

Teachers and leaders with older students or learners may want to view this drama and decide if their group will respond positively to this drama that features younger actors.

*This drama is also available on the **If Only...** DVD available from: www.watersafety.org.nz*



Be River Safe ... look out for your buddy

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Resources provided

- Be River Safe DVD.
- If Only... River Story on website or on the If Only... DVD.
- A series of activities about responding to peer pressure including a role-play

Discussion

Discussion about pressure to take part in river based activities can focus on:

- individuals knowing their abilities
- how easy it is to tell your mates that you can't do something or are not confident to do something
- what makes it easy to tell people you can't do something and what makes it hard to tell them
- how mates can help mates.



Be River Safe ... *if in doubt STAY OUT*