

# CAREGIVER RESOURCES

## GROUPS, CONSENT & CONNECTING TO YOUR VALUES



Scan me!

### YOUR CHILD IS LEARNING

- Understanding the impacts of diffusion of responsibility
- Reflecting on their personal values
- Standing up for their values with peers
- Critically analyzing the negative impacts of group mentality
- Shifting from blame to accountability in issues of consent
- Understanding the negative impacts of pornography
- Creating positive cultural change

### DID YOU KNOW?

Your child is learning about types of peer pressure.

Did you know 90% of high schoolers have reported that peer pressure has directly impacted their decision-making process? Implicit, or subtle, peer pressure (e.g., a condescending look, everyone else doing something, etc.) can be the most influential in teens due to the unconscious ways it can impact what we do. Discuss signs and relevant examples of implicit peer pressure with your child, so they can immediately identify when it happens to them.

### FIVE TIPS TO REINFORCE THIS LEARNING (FOR STUDENTS)

1	2	3	4	5
<p>Journal Entry:</p> <p>What should you do if you are feeling a strong drive to go along with a crowd that is doing something that doesn't align with your personal values?</p>	<p>Discuss these questions as a family:</p> <p>Why is the subtle, implicit peer pressure the most dangerous kind? How do you counteract subtle peer pressure?</p>	<p>Journal Entry:</p> <p>Write down at least 5 things you value and are important to you.</p> <p>Share these with your family members.</p>	<p>Brainstorm at least three helpful strategies you could utilise if you find yourself facing peer pressure <u>in person</u> (E.g., ignoring, be kind, widen social circle).</p>	<p>Brainstorm at least three helpful strategies you could utilise if you find yourself facing peer pressure <u>online</u> with social media (E.g., blocking accounts, choosing who you follow, limiting screen time).</p>