

Standing Strong

Lesson Objective:

Students will explore the concept of peer pressure and develop strategies to make confident, independent decisions that align with their values.

Materials Needed:



- Copy of Chapter 9: Standing Strong on Halloween Night
- S.T.A.R. Strategy Poster
- Pencils and markers
- Standing Strong worksheet
- Peer Pressure Scenario cards (one for each group)
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion on peer pressure. Ask students if they've ever felt pressured to do something because others were doing it and how it made them feel.

Greeting and Circle Time Teacher Script

1. Warm Welcome and Opening Discussion:

- "Has anyone ever tried to pressure you into doing something you weren't sure about? Maybe someone dared you to do something, or maybe you felt like you should do something just because everyone else was doing it "



2. Discussion Starter

- "Who would like to share a time when they were pressured into something that they didn't feel comfortable about?"
- Wait for a few children to respond and acknowledge their answers.
- "How did you resolve the situation?"

Read the Chapter (15 minutes)

Story Time Outline:



- Read Chapter 9 aloud. Pause at key moments to engage students and make sure they are following the story.
- Ask questions during key parts of the story.

Story Time Teacher Script:

1. Prepare the Students for the Story:

- "It sure can be hard to know how to handle peer pressure situations. . We're going to read Chapter 9 from *Ollie's Superpower Squad- Fourth Grade Challenges*. Today, we'll read about how Ollie and his friends deal with peer pressure on Halloween night."
- (Read the chapter aloud, pausing at key moments to ask questions and engage the children.)

2. Read the Chapter with Emphasis on Key Moments:

- **While reading**, pause during key moments.
- **Ask Questions:**
 - Why was Ryan trying to pressure Ollie and his friends?
 - How did Harriet feel when Ryan said they were scared?
 - Why was Ollie unsure about going to Old Man Jenkins' house?
 - What did Buzz think about the giant candy bars?
 - How did Betty help the group think about their decision?



- Why did Benny think it wasn't the right idea to go to Old Man Jenkins' house?
- How did Sammy help the group recognize peer pressure?
- What strengths did Ollie use to help the group make a good decision?
- Why do you think Ryan was trying to pressure them into doing something they didn't want to do?
- How did the group feel after they made their decision?

Chapter 9: Standing Strong on Halloween Night

Halloween night had finally arrived, and the air was electric with excitement. Ollie, Harriet, Benny, Sammy, Buzz, and Betty were ready for a night of trick-or-treating. They had been planning their costumes for weeks, and now they were out in full force. Harriet was a pirate, Buzz was a mad scientist, Betty was a detective, Ollie was a wizard, Sammy was a ghost, and Benny was Captain Earth, his homemade superhero.

The streets were buzzing with laughter, flashing lights from decorated houses, and the rustle of candy bags. It was the perfect night for a Halloween adventure.

As they walked from house to house, collecting candy, they met up with a group of kids from school. These kids were known for being a bit mischievous. Their leader, a boy named Ryan, walked over to them with a sly grin. “Hey, why don’t you guys come with us?” he asked.

“We’re going to hit up Old Man Jenkins’ house. I heard he gives out giant candy bars—if you’re brave enough to knock.”

The friends exchanged glances. Old Man Jenkins’ house was known for being creepy. His lights were always off, and rumors flew around school that he was grumpy and didn’t like kids. Some said he had a mean dog, and others whispered that he never gave out candy.

“Uh, I don’t know...” Benny started, looking unsure. “It sounds a little risky.”

Harriet, always full of energy, crossed her arms. “Why would we go there if he doesn’t even like Halloween?”

Ryan smirked. “What, are you scared? Maybe you’re not brave enough to handle it.”

That was when the peer pressure began to settle in. Ollie, who loved planning and thinking things through, could sense the tension rising. He knew his friends were excited about Halloween, but this didn’t feel right. His brain, using the lessons they’d learned from Grandma and Ms. Sanchez, started predicting how everyone was feeling.

Ryan’s words echoed in Harriet’s mind. She hated the idea of someone calling her scared. She was always the brave one, the one who rushed into things without fear. “I’m not scared,” she muttered, feeling a flicker of frustration. “We could totally go.”

Buzz, who was always up for trying something creative, was intrigued. “Giant candy bars? That sounds awesome.”

But Ollie could see that they were being swayed by Ryan’s taunts. He took a deep breath.

“Hold on, guys. Let’s think about this for a second.”

Betty, the problem-solver, nodded in agreement. “Do we really want to do this just because Ryan says we should? It feels like we’re being pressured into something we might not actually want to do.”



Sammy, always empathetic, sensed how his friends were feeling. “I think we need to listen to how we’re feeling. Are we going because we want to, or because we don’t want Ryan to call us scared?”

Benny, who was usually the steady voice of reason, added, “Just because someone else thinks it’s cool doesn’t mean it’s the right thing for us.”

Harriet paused, her frustration easing. “I guess I don’t like the idea of being called scared. But now that I think about it, I don’t actually want to go to Old Man Jenkins’ house.”

Ollie smiled. “Exactly. Remember what we learned about peer pressure? It’s important to make decisions based on what feels right for you, not what others say you should do.”

Buzz, who had been imagining the giant candy bars, now looked more thoughtful. “Yeah, you’re right. I don’t even know if there’s any candy there. It’s just a rumor.”

Ryan crossed his arms, frowning. “Whatever. I guess you guys just aren’t brave enough.”

Betty, always ready to stand up for her friends, spoke up confidently. “It’s not about bravery, Ryan. We’re just making a choice that’s right for us.”

Ryan rolled his eyes. “Fine. Suit yourselves.”

As Ryan and his group walked away, the friends stood together, feeling stronger than before. They had used their personal strengths to navigate the situation—Ollie’s planning, Betty’s problem-solving, Sammy’s empathy, Benny’s steady reasoning, Harriet’s courage, and Buzz’s creativity. And they had made a choice that felt right, not because of pressure, but because they listened to themselves and each other.

“Wow, I’m glad we didn’t go,” Harriet said, laughing a little. “I don’t even care what Ryan thinks.”

“Me neither,” Buzz added. “We don’t need giant candy bars to have a fun night.”

Benny smiled. “And we stuck together. That’s what really matters.”

Ollie felt proud of his friends. “Exactly. We made our own decision, and that’s what counts.”

As the night continued, they trick-or-treated at the houses they had planned to visit, filling their bags with candy and laughing as they admired each other’s costumes. The weight of Ryan’s pressure was gone, and they felt more confident than ever in their ability to stand up for themselves.

At the end of the night, as they sat in the park comparing candy hauls, Grandma appeared, her eyes twinkling. “How did everything go tonight?” she asked, already sensing that something important had happened.

“We had a little run-in with peer pressure,” Ollie said, grinning. “But we used our strengths and made our own choice.”

Grandma nodded, proud of them. “That’s wonderful, kids. Peer pressure can be tricky, but when you stay true to yourselves, you’ll always make the right decision.”

Betty smiled, feeling proud of how they had handled the situation. “Yeah, we didn’t need to follow Ryan just because he dared us to. We had our own fun.”

“And that’s the most important thing,” Grandma said. “You’ve learned to trust yourselves and respect each other’s perspectives.”

As the night drew to a close, the friends felt closer than ever. They knew that peer pressure would come and go, but with their personal strengths—and each other—they could handle it with confidence.

And as they made their way home, bags of candy in hand, they felt ready for whatever challenges or adventures fourth grade would bring next.

3. Post-Chapter Teacher Script

- **Teacher:** “It can sure be difficult when faced with peer pressure, but Ollie and his friends faced it by using their strengths and staying true to themselves..”

4. Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- Have you ever felt like you had to do something just because everyone else was doing it?
- How did Harriet’s feelings about being called scared affect her decision at first?
- Why is it important to take a moment to think before making a decision, like Ollie did?
- How can friends help each other when facing peer pressure?
- Why do you think Ryan tried to make them feel like they had to go to Old Man Jenkins’ house?
- What might have happened if they had gone to the house just because Ryan pressured them?
- How did Betty’s problem-solving skills help the group make the right decision?
- How can you use your strengths when you feel pressured to do something you’re unsure about?
- Why is it important to stand up for yourself and make your own choices?
- How did Ollie and his friends feel after they made the decision not to go?



Do an Activity (20 minutes)

- Students will work in small groups to practice how they would handle different peer pressure situations. Each group will receive a scenario card and discuss how to respond using the "Standing Strong" strategy: *Stop*, *Think*, *Decide*, and *Act*.

Activity: Personal Coping Plan (20 minutes)

1. Introduce Activity

"Just like Ollie and his friends faced peer pressure on Halloween night, sometimes we face situations where we feel like we have to do something because others are telling us to. Today, we're going to practice how to handle those moments by thinking through different scenarios."

2. Activity Instructions

Step 1: Divide students into small groups and give each group a Peer Pressure Scenario card.

Peer Pressure Scenario Cards

Scenario 1:

Your friend asks you to skip doing your homework and play video games instead. They say, "It's not a big deal if you skip it just this once. You can always do it tomorrow."

Scenario 2:

A group of kids is teasing another student in the hallway. One of your friends tells you to join in and make fun of them. "Come on, it's just a joke. Everyone's doing it."

Scenario 3:

Your friends dare you to ride your bike really fast down a steep hill, even though you don't feel comfortable doing it. They say, "Don't be scared! It'll be fun!"

Scenario 4:

Your classmates are sneaking snacks into class, even though the teacher has asked everyone not to. They offer you some and say, "Nobody will find out. Everyone else is doing it."

Scenario 5:



During recess, a friend asks you to help them cheat on a math test by giving them the answers. They say, “Come on, I really need a good grade, and you’re smart! Just tell me the answers.”

Scenario 6:

You’re hanging out with your friends, and they all want to watch a scary movie that you’re not allowed to watch. One of your friends says, “It’s fine! Your parents won’t find out. Let’s watch it.”

Scenario 7:

A group of kids is making fun of your costume at a Halloween party. Your friend tells you to change into something else because “Everyone thinks it’s weird. You don’t want to stand out, right?”

Scenario 8:

Your soccer team is celebrating after winning a game, but some of your teammates are being mean to the other team. One of your friends says, “Who cares? We won! Let’s rub it in their faces.”

Scenario 9:

Your friend tells you to lie to your parents about where you’re going so you can hang out together. They say, “It’s just a little lie. They don’t need to know everything!”

Scenario 10:

At lunch, your friends are all trading their healthy snacks for candy. They ask you to give up your sandwich and trade it for some sugary snacks, saying, “Don’t be boring! Everyone’s trading snacks.”

Step 2: Have each group read their scenario and discuss how they would handle the situation using the *Stop, Think, Decide, Act* method.

- Stop: Take a moment to pause before reacting.
- Think: Consider how you’re feeling and what the consequences of the action might be. Make a decision based on what feels right to you.
- Act: Stand strong and follow through on your decision.
- Reflect: Think about how things turned out. Would you do the same thing again or would you do something different?

Step 3: Have each group present their scenario and how they would handle it to the class.



Step 4: Discuss as a class how using the *S.T.A.R.* strategy can help them make confident choices in peer pressure situations.

Wrapping it Up



Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- End with a group discussion about the importance of standing strong and making decisions that align with their values, even when faced with peer pressure.

Review and Reflection Teacher Script

1. Gather in a Circle for Reflection:

- “Let’s all come back together in a circle.”



"Today, we saw how Ollie and his friends stood strong in the face of peer pressure.."

2. Closing

- "Great job, everyone! Remember, it’s important to make decisions that feel right to you, not just because someone else says you should. By taking a moment to think, you can make choices that are best for you."

Home Connection Letter

1. Sending Information Home:

- “Before you go, I have a letter for you to take home. It explains that we learned about peer pressure and the strategies that we’ve practiced in class to stand strong when facing tough decisions..”
- Hand out the letters as the children prepare to leave.



Parent Letter

Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Parent(s)/Guardian(s),

Today in class, we read Chapter 9 of *Ollie's Superpower Squad*, where the characters faced peer pressure on Halloween night. Through this lesson, your child learned about the importance of standing strong and making decisions based on their values, even when others try to influence them.

We discussed strategies for handling peer pressure, including stopping to think before making a decision and acting confidently on their choice. Your child also participated in an activity where they practiced responding to different peer pressure scenarios.

We encourage you to continue the conversation at home by asking your child about the scenarios they discussed and how they plan to stand strong in their decisions.

Thank you for your continued support!

Best Regards,

