



Activity: 7-8.5.1

Key Messages

- Peers impact on the behaviour and choices of young people during adolescence.
- This impact may include pressure to conform to a certain image or undertake risky sexual behaviour.
- It is important to have a range of strategies to assert your own choices and to deal proactively with challenging life situations.

Activity Details

Victorian Curriculum

Health & PE Examine barriers to seeking support and evaluate strategies to overcome these
VCHPEP125

Capabilities VCECD017, VCPSCS0042

Time 30 minutes

Levels 7 & 8

Equipment • class set of *How would you feel?* handouts

How would you feel?

Purpose

To reflect upon the influence peers have on the behaviour of individuals.

To identify forms of sexualised bullying and explore appropriate response options.

Teaching notes

This activity can be used as a literacy activity with students writing up their answers and presenting them to the class.

Procedure

1. Ask students to reflect on the different types of bullying.
2. Introduce the idea of sexualised bullying and how this can put pressure on a young person to act in contradiction to their values.
3. Have students form small groups.
4. Hand out copies of the worksheet.
5. Ask students to read through the scenarios, answer the questions after each and decide on a positive outcome for the question, 'what could you do?'
6. Debrief as a class.



How would you feel?

a. There is a boy/girl in your year that you have known since kindergarten because your parents and their parents are friends. Both families go on a beach holiday together over summer. When you get back to school, your friends find out that you spent a week away with him/her. They start teasing you, saying that he/she is your boyfriend/girlfriend.

How do you feel? _____

What could you do? _____

b. You are a boy who likes to play netball. You are really good at it and have been playing since you were in grade 3. Now that you're in year 7, the boys in your year level have started teasing you. They say you should be playing footy with them instead of playing a "girls' game". No one seemed to care what you played when you were younger.

How do you feel? _____

What could you do? _____

c. You are having your first mixed birthday party soon. Your friends are looking forward to having a chance to 'hook up' on the night. You tell them there probably won't be a chance for anything like that happening because your parents will be supervising on the night. They say they won't bother coming to the party then.

How do you feel? _____

What could you do? _____



How would you feel? (continued)

d. You went shopping with your mum to choose a dress for the end of year social. While you were in the shop, you saw some popular girls from your year level shopping for their dresses. They were trying on short, sexy looking things. Your mum said there was no way you would be wearing something so revealing. She picked out some frilly pink thing for you. The girls laughed at you.

How do you feel? _____

What could you do? _____

e. You are going to the movies with your friends. When you get there, one of your friends takes off his jumper to reveal a t-shirt with a picture of a naked woman on it. The others laugh and say sexual things about it. You feel uncomfortable about it and try to avoid looking at it. Your friend notices and the whole group tease you about it.

How do you feel? _____

What could you do? _____

f. A girl in your class is having a big party this weekend and has invited you to come. You don't know the girl very well and are worried because older guys from school will be there. Some of them are known to try and hook up with younger girls. You tell a few girls in the class about your worries and they tease you about being frigid.

How do you feel? _____

What could you do? _____

