



Sample Workshop Outline

Please allot approximately 60-75 minutes for the completion of this workshop. The Parent Involvement Coordinator is encouraged to use this workshop outline and PowerPoint as a template; therefore, you should adapt and edit it to meet the needs of your families, school and system.

- I. Introduction (5 minutes)
 - a. Your name and title
 - i. Ask parents if they had a smooth transition getting to the workshop and if school personnel were friendly and helpful?
 - b. Title of the workshop
 - i. Ask parents what are some of the challenges their teen is facing when it comes to coping with peer pressure? Allow for response.
 - c. State the Objectives
- II. Identify the forms of peer pressure (2-3 minutes)
- III. Gangs and Cliques (3-5 minutes)
 - a. Ask parents what are some other reasons teens may feel pressured to join gangs/cliques? Allow for response.
- IV. Pressure to Date (3-5 minutes)
 - a. Ask parents what are some other reasons teens may feel pressured to date before they may be ready? Allow for response.
- V. Spreading Rumors and Gossip (5-7 minutes)
 - a. Ask parents what are some other reasons teens may feel pressured to spread rumors and gossip? Allow for response.
 - b. Address the "bully" issue that many students are experiencing and allow parents to provide feedback and express their opinions about the matter.
- VI. Cheating (3-5 minutes)

- a. Ask parents why do they think there is such a low percentage of parents who think their child is capable of cheating although over 90% believe that cheating happens all the time? Allow for response.
- VII. Name Brand/Revealing Clothing (3-5 minutes)
 - a. Ask parents what are some other reasons teens may feel pressured to wear name brand and/or revealing clothing? Allow for response.
 - b. Ask parents what role do they believe they play in this behavior if they are being financially supportive? Allow for response.
- VIII. Alcohol/Drug Abuse (3-5 minutes)
 - a. Ask parents what are some other reasons teens may feel pressured to use/abuse drugs and/or alcohol? Allow for response.
 - b. Stress that parents should seek help immediately if they suspect that their teen is using drugs.
- IX. Lifestyle Choices (3-5 minutes)
 - a. Ask parents what are some other reasons teens may choose risky lifestyle practices or those which are not considered the norm for their family? Allow for response.
- X. Prevention Methods (25-30 minutes)
 - a. Review the prevention methods.
 - b. Distribute the "Communicating with Your Teen" conversation starter and highlight five questions of your choice to share with your audience.
 - c. Distribute and review the "Peer Pressure Checklist." Engage in small group discussions.
- XI. Problem Solving Strategies (3 minutes)
 - a. Ask parents what steps have they taken with their teen to resolve the problem of peer pressure? Allow for response.
 - b. Distribute the "Peer Pressure Parent-Child Exercise"
- XII. Additional Support and Resources (1-2 minutes)
- XIII. Questions and Closing (2 minutes)