



Funtastic Family Home Evenings
Easy to Prepare! Fun to Share!

WE HEDED THEM NOT

(Ages ~ 8 and older)

PURPOSE

- To help family members better understand the importance of resisting peer pressure through faith in Jesus Christ

MATERIALS

- Scriptures

SUGGESTED SONG

- “[Choose the Right](#)”, #239 in *Hymns*



LESSON IDEAS

1. Begin by asking someone in your family to explain what peer pressure is. (People who are your age are called peers. When they try to influence how you act, to get you to do something, it's called peer pressure.)
2. Read 1 Nephi 8:19-34 as a family. Invite family members to watch for incidents of negative peer pressure.
3. Read the story, [Gulp!](#) After reading the story you may want to ask:
 - a. “What did the boy with the beer say to put peer pressure on the other boys?”
 - b. “Why did some of the boys drink even when they didn’t want to?”
 - c. “Why didn’t Rick drink?”
 - d. “How did Rick’s example affect the other boys?”
 - e. “Can peer pressure be a positive thing?”
4. Point out how Rick demonstrated his faith in Jesus Christ by resisting the negative pressure of his peers.
 - a. Testify that when we exercise faith in the teachings of Jesus Christ, our example can have a positive influence on others.
5. You may want to share:
 - a. A personal experience when someone’s example influenced you or how your example influenced someone else.
 - b. Mormon Channel’s broadcast: [Overcoming Negative Peer Pressure](#) (29 minutes)
 - c. Several of the comments at the end of [this article](#) by LDS teens as to how to resist peer pressure.
6. It might be helpful to role play several negative situations family members might face. Help them discover ways to resist peer pressure and be an influence for good. Role plays might include:

- a. A friend inviting a family member to watch an improper movie
 - b. Someone offering drugs, alcohol or pornography
 - c. Someone asking to cheat off of a test or homework
 - d. A friend encouraging a family member to disobey family rules
7. Testify that when we live the teachings of Jesus Christ we can be a power in influencing those around us.

ACTIVITY

- Play **“Who’s The Leader?”** The object of the game: To imitate the actions of the leader without the leader being spotted.

How to Play:

1. Select one family member to send out of the room.
2. Someone in the room is chosen to be the leader. When the person comes back into the room the selected leader begins to do certain actions (crossing his legs, blinking his eyes, rubbing his arm, etc.). The rest of the family imitates the actions of the leader. The trick is for everyone to follow the actions quickly so that the leader won’t be spotted as the leader.
3. When the leader is spotted, he/she then leaves the room and another leader is chosen.
4. You can use this game as an example of one person’s actions influencing other actions.