

PEER EDUCATION SESSION FOR CLASSES IX AND X

“To be yourself in a world that is constantly trying to change you is the greatest accomplishment.”

On 31ST March'22 and 6th April'22, a peer education session on '**PEER PRESSURE**' was conducted for the students of Classes IX and X. The session included discussion on identifying and recognizing a 'peer' around us, followed by a discussion on the type of peer pressure that one would face in different walks of life. Activities like the fishbowl activity, role play, quiz, dumb charades were conducted and the children found these activities engaging and interesting.

The session also addressed issues like low self-esteem, anxiety, isolation, being judged, distancing from friends and family and the fear of being alone in a crowd. The session was concluded with an exchange of thoughts between the peer educators and the students on staying true to themselves, dealing and coping with peer pressure and collective views were taken on how to stay positive and pragmatic.

This session provided a great opportunity to the peer educators to connect with the students on a relatable topic like "peer pressure'. The response received from students was incredible and exciting making the session quite interactive.

