



# Peer Pressure Module

**This module aims to increase the learner driver's awareness of how peer pressure can influence their driving.**

**The outcomes are for the learner driver to better understand:-**

1. Times when they are at an increased risk of being influenced by others in the vehicle;
2. How this pressure may impact on their driving;
3. To have simple coping strategies to help them deal with this pressure.

**Ask the learner to complete the pre-module evaluation sheet (1)**

## **Exercise**

**After a short drive where the pupil has displayed a reasonable standard of driving, ask the pupil how they felt they have had driven using a 1 to 10 scale, with 1 being poor and 10 being good. Once the score has been given ask the pupil what possible influence the following people would have had on the scores:**

1. 3 friends
2. A parent / Carer
3. A young child

### **Then ask:**

1. Out of the coping strategies in the clip, which is most likely to work for you?
2. Why do you think this could work for you?
3. If that one didn't work, what other strategy could you use?

### **Additional discussion points could include:**

1. Can you think of any journeys you can make where others in the vehicle could influence your driving?
2. Can you think of any other strategies that you could use to reduce or remove the influence?
3. Who do they feel would have a positive impact on their driving?

### **Key Learning to be summarised by the instructor:-**

1. Having others in the vehicle can influence the decisions we make as a driver
2. It is important that you have some simple coping strategies to reduce this pressure
3. You said you would (remind them of the coping strategies they had selected) and if this failed you would (remind them of their alternative strategy).

**At the end of the lesson ask them to complete the post-module evaluation sheet (2).**