



Smart School Councils

DEBATE PACK

Are you passionate about sharpening your critical thinking and speaking skills?

DO GIRLS RECEIVE MORE PEER PRESSURE THAN BOYS?



WWW.SMARTSCHOOLCOUNCILS.ORG.UK

How to Use this Debate Pack

Whether you have just a few minutes or a full lesson, this Debate Pack has got you covered. Check out the Certificates at the end too.

How to find the debate video and send to teachers

1. Log in to the [Smart School Councils platform](#) using your school details.
2. Click on the blue Class Meeting Tool button in the dashboard.
3. Click on 'Next Meeting' at the top of the page.
4. To get started, click on 'click here' to browse existing questions and options.
5. If the debate topic is part of this week's question, it will appear there. Otherwise, click 'Search All' and type in the debate topic you're looking for.

Got five minutes?

Play the debate video straight through and dive right into the debate. No need to pause at the prompts. It's a quick, engaging way to get your students thinking.

Got 10/15 minutes?

Pause at the prompts in the video to explore additional ideas your class might have. Use the additional points or Power Facts if you'd like.

Want to extend to 30 minutes or a full lesson?

Check out the lesson plan and writing tasks below. There is also a full Fact Sheet with amazing further reading if your students want to go deeper on the topic.

What do the icons in the pack mean?



This is what the presenter says on the video



This is a Power Fact to explain or prompt debate that's not in the video



This is an additional debate point you can use that's not in the video

Introduction and Brain Gym Question

Introduction



Welcome to the Big Debate Club! My name is Becky and today we are debating the question... Do girls receive more peer pressure than boys?

Peer pressure is when people your age—your peers—try to influence how you act, what you wear, or even what you think. This could look like they want you to act a certain way towards someone else or wear the things they do. We here at Smart School Councils want you to embrace who you are, not be someone else, but sometimes these pressures happen. Both girls and boys experience peer pressure but can girls' or boys' experiences create more pressure?

So in this debate you can either argue that girls receive more peer pressure than boys or that they don't.

Brain Gym Question

Before we get started, I have a question for you...

According to a 2010 Survelum survey, what percentage of the young people asked said they teased somebody because their friends were teasing them?

- a. 36%
- b. 46%
- c. 56%
- d. 66%

Which of the 4 potential answers will you choose? Pause the video, turn to your partner and tell them your answer.

35% of teenage girls feel significant peer pressure to look good, compared to 23% of boys. This pressure is often amplified by societal expectations and the influence of social media, which disproportionately target young women's self-image. [Article.](#)



FOR: Girls receive more peer pressure than boys

We're going to share reasons for both sides of the debate, then it's up to you to think of the rest!

Girls feel pressure to feel a certain way

You might be thinking that girls often feel more pressure to look a certain way. Girls might feel more pressure especially when it comes to things like makeup, fashion, and body image in order to fit their culture's beauty standards - social media, TV, and even their friends can create a lot of pressure to fit into these standards, which can result in stress or bullying if they cannot achieve that.

Girls feel pressure to be/act 'perfect'

You could say that Girls can experience pressure to be "perfect". Whether it's how they look, how they behave, or even how well they perform at school or in social situations, there can be an expectation of being well-behaved, polite, and 'ladylike'. The constant pressure to meet these high standards from society can create more anxiety compared to the kinds of peer pressure boys face.

Can you think of another reason why girls experience more peer pressure? 🗨️

This would shift responsibility rather than solve the causes

Girls experience more online peer pressure through social media which can affect them 24 hours a day. A Time article notes that girls are more affected by negative comments on appearance and social standing, which can lead to mental health challenges like anxiety and depression.

Mental Health Issues

According to BBC research, teenage girls are three times more likely than boys to report struggling with mental health issues, often linked to peer and societal pressures.

Girls experiencing academic and social pressures

Studies reveal that girls are more likely to feel academic and social pressures. For example, 24% of girls versus 17% of boys reported feeling peer pressure to perform better in school. Girls also face expectations to maintain friendships and avoid conflict, which can intensify stress. [Article](#).



AGAINST: Girls do not feel more peer pressure than boys

Now let's change positions and consider why you might argue that girls do not feel more peer pressure than boys.




Boys have just as much pressure in terms of image

You might be thinking that boys have just as much pressure in terms of their image too. Boys often face pressure to act tough and hide their feelings. This kind of peer pressure can make it hard for boys to show their emotions or ask for help, which can be just as stressful, if not more, than the pressures girls face.

It would encourage more countries to help

Or you could argue that many boys feel intense pressure to do well in sports or to be competitive. Whether it's on the field or in video games, this kind of pressure to win and be the best can lead to stress, especially if they feel like they have to meet certain expectations to fit in.

Can you think of another reason why girls do not feel more peer pressure than boys? 

Encouraged risk taking behaviour



Boys are often pressured to engage in risky behaviors, such as drinking, reckless driving, or physical altercations, to prove their masculinity. Studies suggest this type of peer pressure can have long-term impacts on their health and safety.

Pressure to be physically dominant



Teenage boys report feeling 42% more pressure to excel in sports than girls, reflecting societal expectations of physical dominance in order to display their masculinity. [Article.](#)

FactSheet: Do girls receive more peer pressure than boys?



Here's six key facts - three on each side - if you'd like to go a little deeper.

Girls receive more peer pressure than boys

Body Image Pressure:

Girls are 50% more likely to feel pressure about their appearance than boys. Social media platforms amplify these pressures, contributing to lower self-esteem and leading to more serious mental health conditions. [Source.](#)

Academic Pressure:

In the Netherlands, a 2021 study showed that 35% of teenage girls felt academic pressure from teachers compared to 17% of boys. Additionally, 31% of girls identified parental expectations as a significant source of stress, slightly higher than the 30% for boys. [Source.](#)

Anxiety is more regular in girls:

Research by the CDC indicates that girls are 40% more likely than boys to report symptoms of anxiety or depression during adolescence, often linked to peer and social pressures they experience in their daily life over a long period of time. [Source.](#)

Girls do not receive more peer pressure than boys

Peer pressure to fit in affects both:

Both boys and girls experience social peer pressure, but the intensity differs. About 28% of teens feel pressure to fit in, with boys often pressured to adopt dominant or aggressive behaviors, while girls focus on appearance and maintaining friendships. [Source.](#)

Boys are encouraged to engage in risky behaviour:

Studies show that boys face higher peer pressure to engage in risky behaviours such as drinking, reckless driving, or illegal activities, with nearly 25% of boys reporting such experiences compared to 15% of girls. This aligns with traditional gender roles promoting risk-taking. [Source.](#)

Boys feel pressure to act 'tough' and suppress their emotions:

Over 60% of boys in a study reported feeling pressure to act "tough" and suppress emotions, aligning with societal expectations of masculinity. This pressure is linked to higher rates of risky behaviours, including aggression and substance use, among boys. [Source.](#)



Sentence Starters

POINT

LEMON & HERB: One reason why I (agree/disagree) with this debate is because...

MEDIUM: One point I have for this debate is...

HOT: You could say that...

EVIDENCE

LEMON & HERB: One way I can prove my point is through this example...

MEDIUM: I can show this works through the fact that...

HOT: I know this because...

EXPLANATION

LEMON & HERB: The evidence I have discussed above proves my point as...

MEDIUM: This example proves my point because...

HOT: Therefore, this proves my point as...

LINK

LEMON & HERB: All together, this answers the debate question asked by...

MEDIUM: This point answers the overall question because...

HOT: These ideas answer the debate as...





**Post your debate on
social media!**

SHARE YOUR VOICE

We shout out the best opinions each week

#BIGDEBATECUB

TWITTER @SSCCTY

INSTAGRAM @SMARTSCHOOLCOUNCILS



WWW.SMARTSCHOOLCOUNCILS.ORG.UK

DEBATER OF THE WEEK

We are proud to present this certificate to...

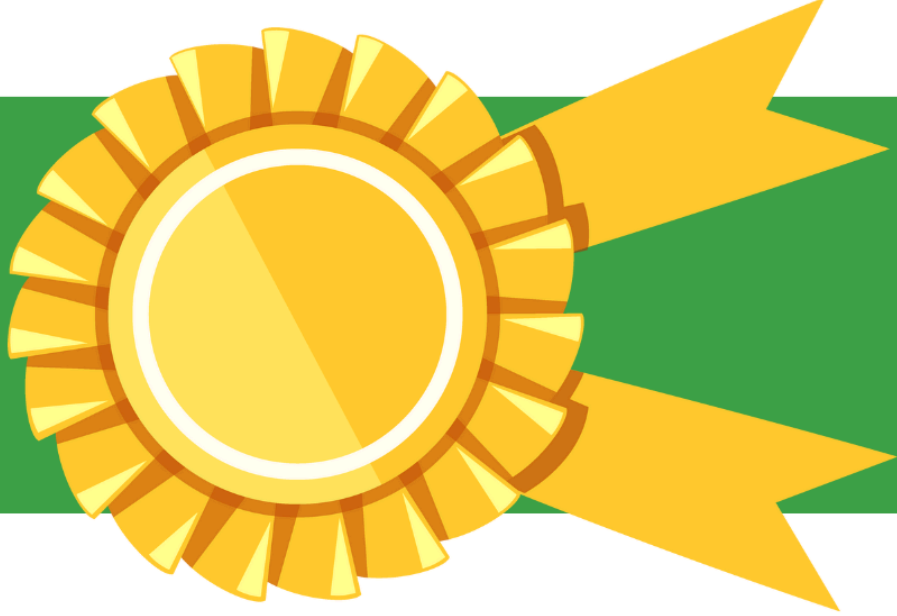
For debating fairly, respectfully and persuasively. Well done!

Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!



Greg Sanderson

Founder, Smart School Councils



Smart
School
Councils
Community



CLASS MEETING LEADER OF THE WEEK

We are proud to present this certificate to...

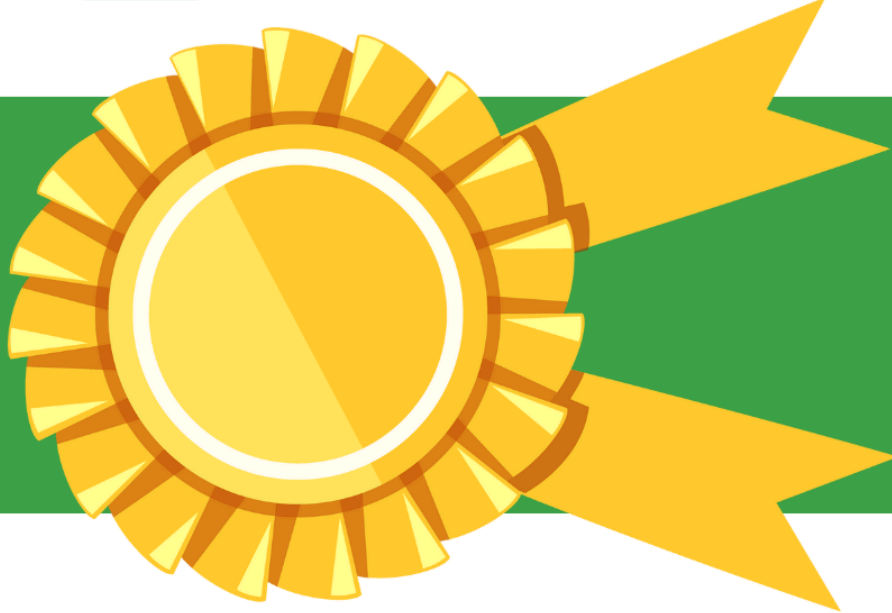
For showing skill and confidence in leading today's Class Meeting.

Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!



Greg Sanderson

Founder, Smart School Councils



Smart
School
Councils
Community



BEST IDEA OF THE WEEK

We are proud to present this certificate to...

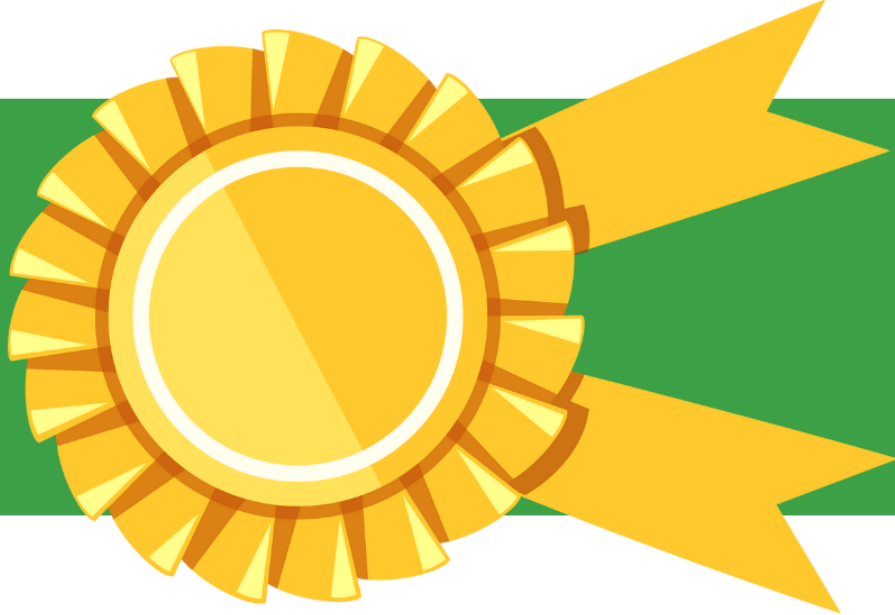
For speaking up with a great new idea on today's topic. Amazing.

Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!



Greg Sanderson

Founder, Smart School Councils



Smart
School
Councils
Community

