

CUP CHOICE

THIS ACTIVITY EXPLORES:

Peer pressure, confidence, group influence, changing your mind

YOU WILL NEED:

- 10 cups
- A small token, sticker or prize
- Paper slips
- Pens

HOW TO SET-UP?

- Place 10 cups upside down in a row.
- Number the cups 1 to 10.
- Hide a small token, sticker or prize under one cup.

TIME NEEDED: 10-15 MINUTES

HOW TO RUN IT

1. Ask everyone to write their name and where they think the prize is hidden on a slip of paper. Fold the paper and hand it in.
2. Ask them to pair up and talk about their guess. They can stick with their first answer or change their mind.
3. Choose one person to come up and ask where they think the prize is?
4. Let the group give advice for a few seconds.
5. Ask: "Are you sticking or switching?"
6. The young person picks a cup.
7. After they pick, read out their first guess from the slip. Ask: "Did your answer change? What influenced that?"
8. If the prize is not there, remove that cup and repeat with another person.

QUICK DEBRIEF

- Who changed their mind?
- What made you change?
- Did the group make the choice feel easier or harder?
- Was the loudest advice right?

KEY MESSAGE

Pressure is not always obvious. Sometimes it is confidence, noise, repetition or a group making one choice feel like the obvious one. This can happen around smoking, vaping or nicotine products too. If people make something sound normal, popular or low risk, it can feel easier to go along with.