

THIS ACTIVITY EXPLORES:

Peer pressure, safe choices, confidence, getting out of pressure

YOU WILL NEED:

- Compass signs
- Pressure cards
- My Choice Compass sheets
- Pens

HOW TO SET UP

- Put the four compass signs around the room or on a table.
- Give each pair or small group one pressure card.
- Give each young person a My Choice Compass sheet.

TIME NEEDED: 15-20 MINUTES

HOW TO RUN IT

1. Give each pair or small group a pressure card.
2. Ask them to move around the four compass points.
3. At Notice, they name the pressure. Where is the pressure coming from?
4. At Say, they choose one line that feels realistic. For example: “I’m good”, “Not for me” or “I’ll pass”.
5. At Exit, they choose one way to get out of the moment. For example: change the subject, move to another group or go and do something else.
6. At With, they choose who could help. For example: a friend, older young person, youth worker, teacher, parent, carer or trusted adult.
7. Ask each young person to fill in their own My Choice Compass sheet.
8. Finish by asking them to choose one reminder line they want to keep.

QUICK DEBRIEF

- Which pressure felt most realistic?
- Which response would feel easiest to use?
- What helps someone leave without making a big scene?
- Who could help someone stick with their choice?

KEY MESSAGE

You do not need the perfect comeback. A simple plan can help you notice pressure, say what works for you, exit the moment and know who could help. This can help when smoking, vaping or nicotine is made to feel normal, popular or harmless.

BYDDWN YN EDRYCH AR:

Pwysau gan gyfoedion, dewisiadau diogel, hyder a gadael sefyllfa o bwysau

BYDD ANGEN:

- Arwyddion y cwmpawd
- Cardiau pwysau
- Taflenni Fy Nghwmpawd Dewis
- Pennau

SUT I BARATOI?

- Rhowch bedwar arwydd y cwmpawd o amgylch yr ystafell neu ar fwrdd.
- Rhowch un cerdyn pwysau i bob pâr neu grŵp bach.
- Rhowch daflen Fy Nghwmpawd Dewis i bob person ifanc.

AMSER: 15–20 MUNUD

SUT I'W WNEUD

- Rhowch gerdyn pwysau i bob pâr neu grŵp bach.
- Gofynnwch iddyn nhw symud o amgylch pedwar pwynt y cwmpawd.
- Yn Sylwi, maen nhw'n enwi'r pwysau. O ble mae'r pwysau'n dod?
- Yn Dweud, maen nhw'n dewis un ymadrodd sy'n teimlo'n realistig. Er enghraifft: "Dw i'n iawn", "Ddim i mi" neu "Na, diolch".
- Yn Gadael, maen nhw'n dewis un ffordd o adael neu newid y sefyllfa. Er enghraifft: newid y pwnc, symud at grŵp arall neu fynd i wneud rhywbeth arall.
- Yn Gofyn, maen nhw'n dewis pwy allai helpu. Er enghraifft: ffrind, person ifanc hŷn, gweithiwr ieuenctid, athro, rhiant, gofalwr neu oedolyn maen nhw'n ymddiried ynddo.
- Gofynnwch i bob person ifanc lenwi ei daflen Fy Nghwmpawd Dewis ei hun.
- Gorffennwch drwy ofyn iddyn nhw ddewis un ymadrodd atgoffa maen nhw am ei gadw.

CWESTIYNAU CYFLYM

- Pa bwysau oedd yn teimlo fwyaf realistig?
- Pa ymateb fyddai hawsaf i'w ddefnyddio?
- Beth sy'n helpu rhywun i adael heb wneud ffws mawr?
- Pwy allai helpu rhywun i gadw at ei ddewis?

PRIF NEGES

Does dim angen ymateb perffaith. Gall cynllun syml helpu rhywun i sylwi ar bwysau, dweud beth sy'n gweithio iddo, gadael y sefyllfa a gwybod pwy all helpu. Gall hyn helpu pan fydd ysmegu, fepio neu nicotin yn cael eu cyflwyno fel rhywbeth normal, poblogaidd neu ddiniwed.