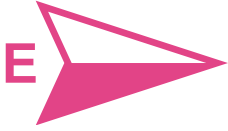


NOTICE 

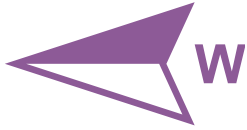
What pressure is showing up?

SAY 

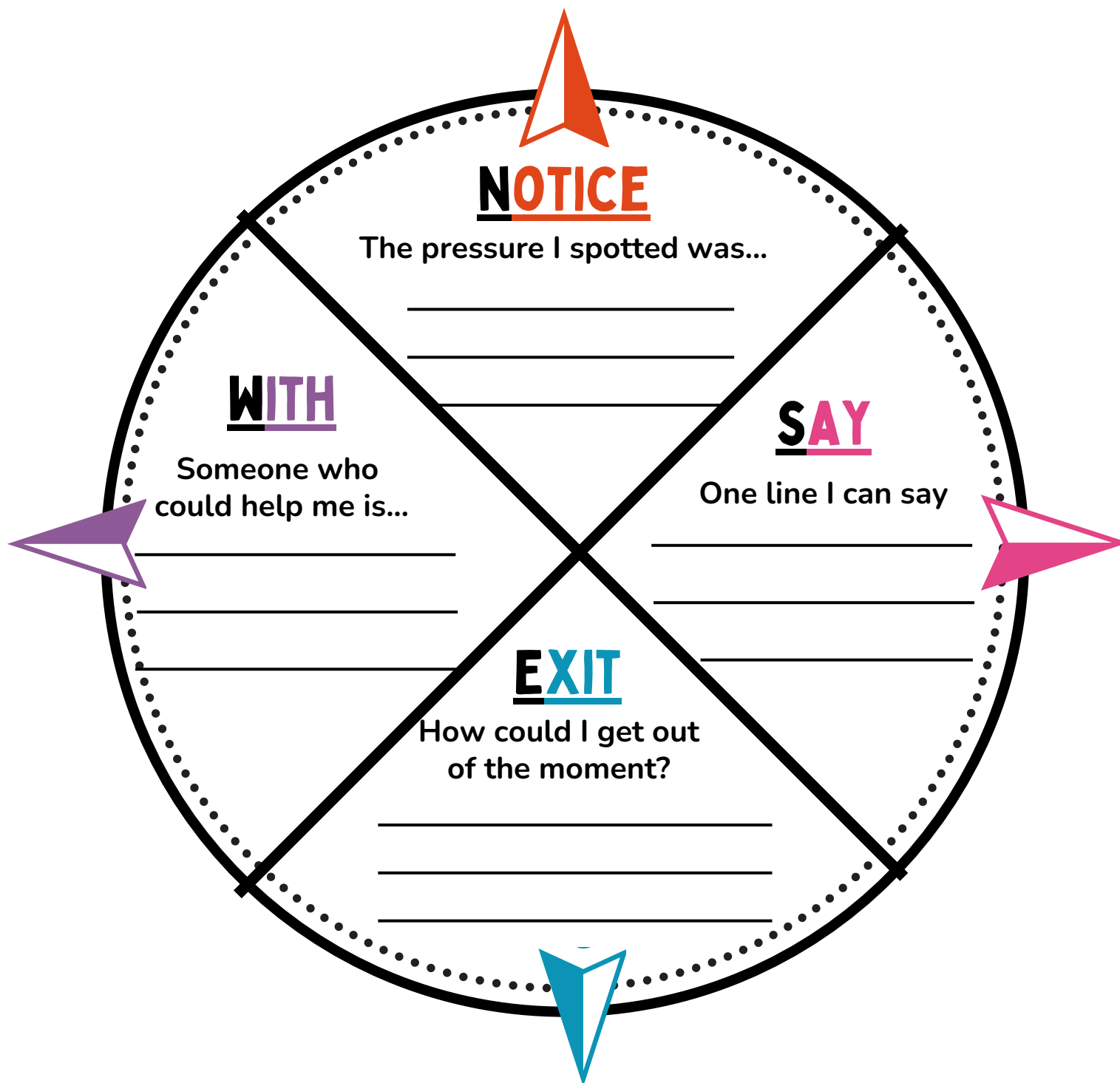
What could I actually say?

EXIT 

How could I leave or change the moment?

WITH 

Who could help me or come with me?



A circular diagram divided into four quadrants by two intersecting diagonal lines. Each quadrant is associated with a colored arrow pointing towards it: an orange arrow at the top, a purple arrow on the left, a pink arrow on the right, and a blue arrow at the bottom. The quadrants are labeled as follows:

- Top (Orange Arrow):** **NOTICE**
The pressure I spotted was...

- Right (Pink Arrow):** **SAY**
One line I can say

- Bottom (Blue Arrow):** **EXIT**
How could I get out of the moment?

- Left (Purple Arrow):** **WITH**
Someone who could help me is...

WHEN PRESSURE SHOWS UP, I CAN...

SAY

I'M GOOD.

SAY

**NOT
FOR ME.**

SAY

I'LL PASS.

SAY

**NO
THANKS.**

SAY

**NAH, NOT
MY THING.**

SAY

**I'M NOT
RISKING IT.**

SAY

**WHY ARE YOU
BOTHERED?**

SAY

**I'M SAVING
MY MONEY.**

SAY

**I DON'T
WANT TO.**

EXIT

**GIVE ME A
MINUTE.**

EXIT

**I'M CHOOSING
SOMETHING
ELSE.**

EXIT

**LET'S DO
SOMETHING
DIFFERENT.**

EXIT

**CHANGE THE
SUBJECT.**

EXIT

**MOVE TO
ANOTHER
GROUP.**

EXIT

**GO AND GET
A DRINK.**

EXIT

**SAY YOU
NEED THE
TOILET.**

EXIT

**WALK AWAY
WITH A FRIEND.**

EXIT

**PUT YOUR
PHONE AWAY.**

WITH

A FRIEND.

WITH

**AN OLDER
YOUNG
PERSON.**

WITH

**A YOUTH
WORKER**

WITH

A TEACHER.

WITH

**A PARENT OR
CARER.**

WITH

**SOMEONE WHO
WOULD LEAVE
WITH ME.**

PRESSURE CARDS

These cards give leaders quick examples of pressure lines that might come up. They can be used for Pressure Postcards, Create a Nicofiend, Choice Shield, Choice Compass, Reason Rumble, Pass It On or any discussion about pressure, influence and choice.

- Choose cards that feel right for the age group and activity.
- Read a card aloud, place it on the table or give one to each group.
- Keep discussion general. Do not ask for personal experiences.

**GO ON,
JUST TRY IT**



**DON'T BE
BORING**



**IT'S ONLY
ONCE**



**NO ONE
WILL KNOW**



**IT HELPS
YOU CHILL**



**YOU'RE TOO
SCARED**



**IT TASTES
LIKE SWEETS**



**EVERYONE IS
DOING IT**



**I DARE
YOU!**



**YOU'LL FEEL
LEFT OUT**



**ONLY BORING
PEOPLE SAY NO**



**YOU CAN STOP
WHENEVER
YOU
WANT**



SYLWI



Pa bwysau sy'n ymddangos?

DWEUD



Beth alla i ei ddweud mewn gwirionedd?

GADDAEL



Sut alla i adael neu newid y sefyllfa?

GOFYN



Pwy allai fy helpu neu ddod gyda fi?

SYLWI
Y pwysau wnes i sylwi arno
oedd...

GOFYN
Un person a allai fy
helpu yw...

DWEUD
Un ymadrodd alla i
ei ddweud

GADAEI
Sut alla i adael y
sefyllfa?

PAN FYDD PWYSAU'N YMDDANGOS, GALLAF...

DWEUD

DW I'N IAWN.

DWEUD

DDIM I MI.

DWEUD

**NA,
DIOLCH.**

DWEUD

**NA, DIM
DIOLCH.**

DWEUD

**NA, DDIM FY
MHETH I.**

DWEUD

**DW I DDIM
AM FENTRO.**

DWEUD

**PAM WYT TI'N
POENI
CYMAINT?**

DWEUD

**DW I'N ARBED
FY ARIAN.**

DWEUD

**DW I DDIM
EISIAU.**

GADAEL

**RHO FUNUD I
MI.**

GADAEL

**DW I'N DEWIS
RHYWBETH
ARALL.**

GADAEL

**DEWCH I NI
WNEUD
RHYWBETH
GWAHANOL.**

GADAEI

**NEWID Y
PWNC.**

GADAEI

**SYMUD AT
GRŴP ARALL.**

GADAEI

**MYND I NÔL
DIOD.**

GADAEI

**DWEUD BOD
ANGEN MYND
I'R Tŷ BACH.**

GADAEI

**CERDDED I
FFWRDD GYDA
FFRIND.**

GADAEI

**RHOI DY FFÔN
I FFWRDD.**

GOFYN

FFRIND.

GOFYN

**PERSON
IFANC HŷN.**

GOFYN

**GWEITHIWR
IEUENCTID.**

GOFYN

**ATHRO NEU
ATHRAWES.**

GOFYN

**RHIANT NEU
OFALWR.**

GOFYN

**RHYWUN
FYDDAI'N
GADAEI GYDA FI.**

CARDIAU PWYSAU

Mae'r cardiau hyn yn rhoi enghreifftiau cyflym i arweinwyr o ymadroddion a all roi rhywun dan bwysau ac a allai godi mewn sesiwn. Gellir eu defnyddio gyda Cardiau Post Pwysau, Creu Eich Nicofiend, Tarian Dewis, Cwmpawd Dewis, Brwydr Rhesymau, Pasio Ymlaen neu mewn unrhyw drafodaeth am bwysau, dylanwad a dewis.

Dewiswch gardiau sy'n addas i'r grŵp oedran a'r gweithgaredd.

Darllenwch gerdyn yn uchel, rhowch ef ar y bwrdd neu rhowch un i bob grŵp.

Cadwch y drafodaeth yn gyffredinol. Peidiwch â gofyn am brofiadau personol.

**TYRD, RHO
GYNNIG ARNI**



**PAID Â BOD
YN DDIFLAS**



**DIM OND
UNWAITH**



**FYDD NEB
YN GWYBOD**



**MAE'N DY HELP
I YMLACIO**



**TI'N RHY
OFNUS**



**MAE'N BLASU
FEL LOSIN**



**MAE PAWB YN
EI WNEUD**



**DW I'N DY
HERIO DI!**



**BYDDI DI'N TEIMLO
AR Y CYRION**



**DIM OND POBL
DDIFLAS
SY'N
DWEUD
NA**



**GELLI DI STOPIO
PRYD BYNNAG
RWYT
TI EISIAU**

