

PRESSURE POSTCARDS

AGE 7-10

THIS ACTIVITY EXPLORES:

Pressure, persuasion, saying no, confidence and how silly messages can still try to pull people in.

YOU WILL NEED:

- **Pressure Postcards**
- Pens or pencils
- Optional plain paper if you want to reuse the cards

HOW TO SET UP

- Give each pair or small group one postcard.
- Explain that each postcard has been sent by a Nicofiend.
- Their job is to spot the pressure and decide what someone could say, think or do.

TIME NEEDED: 10-15 MINUTES

HOW TO RUN IT

1. Give each pair or group a postcard.
2. Ask them to read it carefully.
3. Ask them to work out what the Nicofiend is trying to make someone do.
4. Ask them to spot the pressure trick. This could be teasing, rushing, making something seem normal, making someone feel left out or making a bad idea sound exciting.
5. Ask them to write or discuss one response: What could someone say, think or do?
6. Invite a few groups to share their postcard and response.
7. Link the activity back to real-life pressure around smoking, vaping and nicotine.

QUICK DEBRIEF

- What was the Nicofiend trying to make someone do?
- What pressure trick did it use?
- Did it make the choice sound fun, normal or hard to refuse?
- What could someone say back?
- What could someone do if they felt put on the spot?

KEY MESSAGE

Pressure is not always serious or obvious. It can sound funny, dramatic, confident or tempting. It can come from a message, a group, a joke or the feeling that everyone else is joining in. This activity helps young people spot the pressure, pause and choose their own response.

CARDIAU POST PWYSAU

BYDDWN YN EDRYCH AR:

Pwysau, perswâd, dweud na, hyder a sut gall negeseuon gwirion geisio denu pobl i mewn o hyd.

BYDD ANGEN:

- Cardiau Post Pwysau
- Pennau neu bensiliau
- Papur plaen dewisol os ydych am ailddefnyddio'r cardiau

SUT I BARATOI?

Rhowch un cerdyn post i bob pâr neu grŵp bach. Eglurwch fod pob cerdyn post wedi cael ei anfon gan Nicofiend. Eu gwaith yw sylwi ar y pwysau a phenderfynu beth allai rhywun ei ddweud, ei feddwl neu ei wneud.

AMSER: 10–15 MUNUD

SUT I'W WNEUD

1. Rhowch gerdyn post i bob pâr neu grŵp.
2. Gofynnwch iddyn nhw ei ddarllen yn ofalus.
3. Gofynnwch iddyn nhw weithio allan beth mae'r Nicofiend yn ceisio perswadio rhywun i'w wneud.
4. Gofynnwch iddyn nhw sylwi ar y tric pwysau. Gallai hyn fod yn bryfocio, brysio, gwneud i rywbeth ymddangos yn normal, gwneud i rywun deimlo ar y cyrion neu wneud i syniad gwael swnio'n gyffrous.
5. Gofynnwch iddyn nhw ysgrifennu neu drafod un ymateb: Beth allai rhywun ei ddweud, ei feddwl neu ei wneud?
6. Gwahoddwch ychydig o grwpiau i rannu eu cerdyn post a'u hymateb.
7. Cysylltwch y gweithgaredd â phwysau go iawn sy'n gysylltiedig ag ysmegu, fepio a nicotin.

CWESTIYNAU CYFLYM

- Beth oedd y Nicofiend yn ceisio perswadio rhywun i'w wneud?
- Pa dric pwysau ddefnyddiodd y Nicofiend?
- Beth allai rhywun ei ddweud yn ôl?
- Beth allai rhywun ei wneud pe bai'n teimlo dan bwysau?

PRIF NEGES

Nid yw pwysau bob amser yn ddifrifol nac yn amlwg. Gall swnio'n ddoniol, yn ddramatig, yn hyderus neu'n apelgar. Gall ddod o neges, grŵp, jôc neu'r teimlad bod pawb arall yn ymuno. Mae'r gweithgaredd hwn yn helpu pobl ifanc i sylwi ar y pwysau, stopio am eiliad a dewis eu hymateb eu hunain.