

POWER UP TOWER

THIS ACTIVITY EXPLORES:

Tempting offers, hidden catches, quick decisions and pressure to take risks.

YOU WILL NEED

See items for teams on the left. You will also need a timer, a ruler or tape measure, Power Up Cards, spare straws, spare tape, spare paper

HOW TO SET-UP?

- Split young people into teams.
- Give each team 10 straws 6 strips of tape 2 sheets of A4 paper 1 small paper ball for the top 1 pair of scissors.
- Tell them the challenge is to build the tallest free standing tower.

TIME NEEDED: 15-25 MINUTES

HOW TO RUN IT

1. Give teams eight minutes to build the tallest tower they can.
2. After two or three minutes, offer teams a Power Up Card.
 - Power cards are found at the back. Example Extra tape You get one extra strip of tape, but your team loses 30 seconds.
3. Teams can accept or refuse the card.
4. The card sounds helpful, but each one has a catch.
5. Teams only find out the catch after they accept the card.
6. Keep offering Power Up Cards during the challenge.
7. At the end, measure the towers. The tallest tower that stands on its own wins.

QUICK DEBRIEF

- Which Power Up sounded most tempting?
- Did any team accept a card before thinking about the catch?
- Did the offer help, or did it make things harder?

KEY MESSAGE

Something can look helpful, exciting or easy at first, but the catch may not be obvious straight away. Pressure around smoking, vaping or nicotine products can work in a similar way. The message may focus on a quick benefit, such as fitting in, relaxing or trying something once, but leave out cost, dependence, rules, pressure or feeling stuck.