

# PRESSURE POSTCARDS

## THIS ACTIVITY EXPLORES:

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

## YOU WILL NEED:

- Pressure Postcard cards
- response sheets or plain paper
- pens or pencils

## 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 one response: What could someone say? What could someone think? What could someone 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.