

VIP ROOM

THIS ACTIVITY EXPLORES:

Hidden rules, fitting in, popularity and what feels accepted by a group.

YOU WILL NEED:

- VIP Room rule cards
- Optional: a chair, doorway or marked space to act as the VIP entrance

HOW TO SET-UP?

- Choose one person to be the VIP Door Keeper.
- The Door Keeper secretly chooses one rule from the rule cards.
- Everyone else has to work out what the rule is.

TIME NEEDED: 10-15 MINUTES

HOW TO RUN IT

1. Explain that this is the VIP Room. Some things can come in, and some things cannot.
2. The VIP Door Keeper chooses a secret rule like 'Only things ending in the letter E can come in.'
3. Young people take turns asking if something can come in.
4. Door Keeper can only answer: "Yes, that can come in." or "No, that can't come in."
5. The group keeps guessing until someone works out the hidden rule.
6. Play again with a new Door Keeper and a new rule.

QUICK DEBRIEF

- What made the rule hard to spot?
- Did people start copying answers that worked?
- Did anyone guess by watching what other people asked?
- Did some things seem more accepted once they got a yes?

KEY MESSAGE

Groups can have hidden rules about what feels accepted, cool or normal. Once you spot the rule, it is easier to question it. Smoking, vaping or nicotine products can start to feel normal when people think they are part of fitting in, looking older, joining a group or not standing out.

This activity helps young people think about hidden pressure and how group approval can affect choices.