

PASS IT ON

THIS ACTIVITY EXPLORES:

Youth voice, peer support and campaigning

YOU WILL NEED:

- Paper and pens
- Campaign Poster Planner

HOW TO SET UP

Explain that the group will create a campaign poster to help Year 5 or 6 pupils spot pressure linked to smoking, vaping or nicotine pouches.

TIME NEEDED: 20-30 MINUTES

HOW TO RUN IT

- Ask each person or group to choose one pressure card or create a fictional example.
- Ask them to identify where the pressure is coming from.
- Ask what the message might make someone think, feel or do.
- Ask what information has been left out.
- Use the Campaign Poster Planner to develop one clear message.
- Create a poster that can be understood within five seconds.
- Check that the poster supports younger pupils without blaming or shaming anyone.
- Invite groups to share their poster ideas.

QUICK DEBRIEF

- Is the message clear?
- Would a Year 5 or 6 pupil understand it?
- Does it show one recognisable pressure?
- Does it help someone feel confident making their own choice?

KEY MESSAGE

Young people can use campaigning to help others recognise pressure and make their own choices.

PASIO YMLAEN

BYDDWN YN EDRYCH AR:

Llais pobl ifanc, cymorth gan gyfoedion ac ymgyrchu

BYDD ANGEN:

- Papur a phennau
- Cynlluniwr Poster Ymgyrchu

SUT I BARATOI?

Eglurwch y bydd y grŵp yn creu poster ymgyrchu i helpu disgyblion Blwyddyn 5 neu 6 i sylwi ar bwysau sy'n gysylltiedig ag ysmegu, fepio neu godenni nicotin.

AMSER: 20–30 MUNUD

SUT I'W WNEUD

1. Gofynnwch i bob person neu grŵp ddewis un cerdyn pwysau neu greu enghraifft ddychmygol.
2. Gofynnwch iddyn nhw nodi o ble mae'r pwysau'n dod.
3. Gofynnwch beth allai'r neges wneud i rywun feddwl, teimlo neu wneud.
4. Gofynnwch pa wybodaeth sydd wedi'i gadael allan.
5. Defnyddiwch y Cynlluniwr Poster Ymgyrchu i ddatblygu un neges glir.
6. Crëwch boster y gellir ei ddeall o fewn pum eiliad.
7. Gwiriwch fod y poster yn cefnogi disgyblion iau heb feio na chywilyddio neb.
8. Gwahoddwch y grwpiau i rannu eu syniadau.

CWESTIYNAU CYFLYM

- Ydy'r neges yn glir?
- Fyddai disgybl Blwyddyn 5 neu 6 yn ei deall?
- Ydy hi'n dangos un math o bwysau sy'n hawdd ei adnabod?
- Ydy hi'n helpu rhywun i deimlo'n hyderus wrth wneud ei ddewis ei hun?

PRIF NEGES

Gall pobl ifanc ddefnyddio ymgyrchu i helpu eraill i adnabod pwysau a gwneud eu dewisiadau eu hunain.