

THIS ACTIVITY EXPLORES:

Social pressure, product appeal and support

YOU WILL NEED:

- String or wool
- Sticky notes
- Pens

HOW TO SET UP

Write “Young person feeling pressure around smoking, vaping or nicotine” on one large sticky note or sheet of paper and place it in the centre of the activity space. If working on the floor, keep string away from walkways.

TIME NEEDED: 20–25 MINUTES

HOW TO RUN IT

- Write “Young person feeling pressure around smoking, vaping or nicotine” in the centre of the activity space.
- Ask the group to add sticky notes showing where that pressure might come from. Examples could include friends, flavours, social media, wanting to fit in, stress, packaging, seeing other people use products
- Place the sticky notes around the centre and use string or wool to connect pressures that link together.
- Ask the group to add web breakers: people, facts, choices or actions that could weaken the pressure. These might include a trusted friend, a reason to say no, saving money, knowing the facts, caring about the planet, leaving the situation, speaking to a trusted adult
- Finish by removing three pieces of string. Each time, ask the group to name the web breaker that helped weaken that connection.

QUICK DEBRIEF

Which pressure connected to most things?

What helped break the web?

Make it easier

Build one web together as a whole group.

KEY MESSAGE

Pressure can build through friends, feelings, products, places and online messages. Support and practical choices can break those links.

GWE PWYSAU

BYDDWN YN EDRYCH AR:

Pwysau cymdeithasol, apêl cynnyrch a chymorth

BYDD ANGEN:

- Llinyn neu wlân
- Nodiadau gludiog
- Pennau

SUT I BARATOI?

Ysgrifennwch "Person ifanc sy'n teimlo pwysau ynghylch ysmegu, fepio neu nicotin" ar nodyn gludiog mawr neu ddalen o bapur a'i roi yng nghanol ardal y gweithgaredd. Os ydych yn gweithio ar y llawr, cadwch y llinyn i ffwrdd o lwybrau cerdded.

AMSER: 20–25 MUNUD

SUT I'W WNEUD

1. Ysgrifennwch "Person ifanc sy'n teimlo pwysau ynghylch ysmegu, fepio neu nicotin" yng nghanol ardal y gweithgaredd.
2. Gofynnwch i'r grŵp ychwanegu nodiadau gludiog yn dangos o ble gallai'r pwysau ddod. Gallai enghreifftiau gynnwys ffrindiau, blasau, cyfryngau cymdeithasol, eisiau ffitio i mewn, straen, pecynnu neu weld pobl eraill yn defnyddio cynhyrchion.
3. Rhwch y nodiadau gludiog o amgylch y canol a defnyddiwch llinyn neu wlân i gysylltu pwysau sy'n gysylltiedig â'i gilydd.
4. Gofynnwch i'r grŵp ychwanegu "torwyr y we": pobl, ffeithiau, dewisiadau neu gamau gweithredu a allai wanhou'r pwysau. Gallai'r rhain gynnwys ffrind maen nhw'n ymddiried ynddo, rheswm dros ddweud na, arbed arian, gwybod y ffeithiau, gofalu am yr amgylchedd, gadael y sefyllfa neu siarad ag oedolyn maen nhw'n ymddiried ynddo.
5. Gorffennwch drwy dynnu tri darn o liny. Bob tro, gofynnwch i'r grŵp enwi'r torrwr gwe a helpodd i wanhou'r cysylltiad hwnnw.

CWESTIYNAU CYFLYM

- Pa bwysau oedd wedi'i gysylltu â'r nifer mwyaf o bethau?
- Beth helpodd i dorri'r we?

Gwneud yn haws

Adeiladwch un we gyda'ch gilydd fel grŵp cyfan.

PRIF NEGES

Gall pwysau Gronni drwy ffrindiau, teimladau, cynhyrchion, lleoedd a negeseuon ar-lein. Gall cymorth a dewisiadau ymarferol dorri'r cysylltiadau hynny.