

THIS ACTIVITY EXPLORES:

Peer pressure, safe choices, confidence, getting out of pressure

YOU WILL NEED:

- Compass signs
- Pressure cards
- My Choice Compass sheets
- Pens

HOW TO SET-UP?

- Put the four compass signs around the room or on a table.
- Give each pair or small group one pressure card.
- Give each young person a My Choice Compass sheet.

TIME NEEDED: 15-20 MINUTES

HOW TO RUN IT

1. Give each pair or small group a pressure card.
2. Ask them to move around the four compass points.
3. At Notice, they name the pressure. Where is the pressure coming from?
4. At Say, they choose one line that feels realistic. For example: "I'm good", "Not for me" or "I'll pass".
5. At Exit, they choose one way to get out of the moment. For example: change the subject, move to another group or go and do something else.
6. At With, they choose who could help. For example: a friend, older young person, youth worker, teacher, parent, carer or trusted adult.
7. Ask each young person to fill in their own My Choice Compass sheet.
8. Finish by asking them to choose one reminder line they want to keep.

QUICK DEBRIEF

- Which pressure felt most realistic?
- Which response would feel easiest to use?
- What helps someone leave without making a big scene?
- Who could help someone stick with their choice?

KEY MESSAGE

You do not need the perfect comeback. A simple plan can help you notice pressure, say what works for you, exit the moment and know who could help. This can help when smoking, vaping or nicotine is made to feel normal, popular or harmless.