

PRESSURE CARDS

These cards give leaders quick examples of pressure lines that might come up. They can be used for Pressure Postcards, Create a Nicofiend, Choice Shield, Choice Compass, Reason Rumble, Pass It On or any discussion about pressure, influence and choice.

- Choose cards that feel right for the age group and activity.
- Read a card aloud, place it on the table or give one to each group.
- Keep discussion general. Do not ask for personal experiences.

**GO ON,
JUST TRY IT**



**DON'T BE
BORING**



**IT'S ONLY
ONCE**



**NO ONE
WILL KNOW**



**IT HELPS
YOU CHILL**



**YOU'RE TOO
SCARED**



**IT TASTES
LIKE SWEETS**



**EVERYONE IS
DOING IT**



**I DARE
YOU!**



**YOU'LL FEEL
LEFT OUT**



**ONLY BORING
PEOPLE SAY NO**



**YOU CAN STOP
WHENEVER
YOU
WANT**

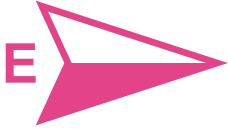


NOTICE 

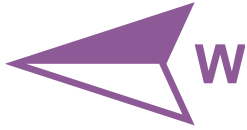
What pressure is showing up?

SAY 

What could I actually say?

EXIT 

How could I leave or change the moment?

WITH 

Who could help me or come with me?

NOTICE
The pressure I spotted was?

WITH
Someone who could help me is?

SAY
One line I can say

EXIT
How to get out of the moment?

WHEN PRESSURE SHOWS UP, I CAN...

SAY

I'M GOOD.

SAY

**NOT
FOR ME.**

SAY

I'LL PASS.

SAY

**NO
THANKS.**

SAY

**NAH, NOT
MY THING.**

SAY

**I'M NOT
RISKING IT.**

SAY

**WHY ARE YOU
BOTHERED?**

SAY

**I'M SAVING
MY MONEY.**

SAY

**I DON'T
WANT TO.**

EXIT

**GIVE ME A
MINUTE.**

EXIT

**I'M CHOOSING
SOMETHING
ELSE.**

EXIT

**LET'S DO
SOMETHING
DIFFERENT.**

EXIT

**CHANGE THE
SUBJECT.**

EXIT

**MOVE TO
ANOTHER
GROUP.**

EXIT

**GO AND GET
A DRINK.**

EXIT

**SAY YOU
NEED THE
TOILET.**

EXIT

**WALK AWAY
WITH A FRIEND.**

EXIT

**PUT YOUR
PHONE AWAY.**

WITH

A FRIEND.

WITH

**AN OLDER
YOUNG
PERSON.**

WITH

**A YOUTH
WORKER**

WITH

A TEACHER.

WITH

**A PARENT OR
CARER.**

WITH

**SOMEONE WHO
WOULD LEAVE
WITH ME.**