

THIS ACTIVITY EXPLORES:

Peer pressure, confidence, group influence, changing your mind

YOU WILL NEED:

- 10 cups
- A small token, sticker or prize
- Paper slips
- Pens

HOW TO SET-UP?

- Place 10 cups upside down in a row.
- Number the cups 1 to 10.
- Hide a small token, sticker or prize under one cup.

TIME NEEDED: 10-15 MINUTES

HOW TO RUN IT

1. Ask everyone to write their name and first cup choice on a slip of paper. Fold the slips and collect them.
2. Let participants discuss their guesses in pairs without changing what is written.
3. Choose one slip and invite that participant to come forward.
4. Read their original guess aloud.
5. Let the group offer advice for a few seconds.
6. Ask: "Are you sticking with your first choice or switching?"
7. The participant chooses a cup and checks underneath.
8. Ask whether the group influenced their decision.
9. If the prize is not there, remove the empty cup and repeat with another participant.

QUICK DEBRIEF

- Who changed their mind?
- What made you change?
- Did the group make the choice feel easier or harder?
- Was the loudest advice right?

KEY MESSAGE

Pressure is not always obvious. Sometimes it is confidence, noise, repetition or a group making one choice feel like the obvious one. This can happen around smoking, vaping or nicotine products too. If people make something sound normal, popular or low risk, it can feel easier to go along with.