

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**



POSTER PLANNER



Topic

- ☐ Smoking
- ☐ Vaping
- ☐ Nicotine Pouches

Where is the pressure coming from?

Examples: fitting in, stress, boredom, flavours, packaging, social media, "everyone's doing it" or "just try it".

What might it make someone think, feel or do?

What has been left out?

Examples: cost, dependence, rules, pressure, health effects or feeling stuck.

Clear message

What should a Year 5 or 6 pupil remember?

CHECK YOUR POSTER

- ☐ Is the message clear within five seconds?
- ☐ Is it about smoking, vaping or nicotine pouches?
- ☐ Would a Year 5 or 6 pupil understand it?
- ☐ Does it show one clear pressure or influence?
- ☐ Does it show what has been left out?
- ☐ Does it avoid blame and shame?