

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.