

THIS ACTIVITY EXPLORES:

Hidden rules, fitting in, popularity and what feels accepted by a group.

YOU WILL NEED:

- VIP Room rule cards
- Optional: a chair, doorway or marked space to act as the VIP entrance

HOW TO SET-UP?

Invite a volunteer to be the VIP Door Keeper. The Door Keeper secretly chooses one rule from the rule cards.

Every hidden rule must apply to objects, words or colours. Never base a rule on a person, body, identity, ability, culture, clothing or personal characteristic.

TIME NEEDED: 10-15 MINUTES

HOW TO RUN IT

1. Explain that some objects can enter the fictional VIP Room and some cannot.
2. The VIP Door Keeper chooses a secret rule like 'Only things ending in the letter E can come in.'
3. Young people take turns asking if something can come in.
4. The Door Keeper can answer: "Yes, that object can come in", "No, that object cannot come in" or "Try another object."
5. The group keeps guessing until someone works out the hidden rule.
6. Play again with a new Door Keeper and a new rule.

QUICK DEBRIEF

- What made the rule hard to spot?
- Did people start copying answers that worked?
- Did anyone guess by watching what other people asked?
- Did some things seem more accepted once they got a yes?

KEY MESSAGE

Groups can have hidden rules about what feels accepted, cool or normal. Once you spot the rule, it is easier to question it. Smoking, vaping or nicotine products can start to feel normal when people think they are part of fitting in, looking older, joining a group or not standing out.

This activity helps young people think about hidden pressure and how group approval can affect choices.