

## Section 5. How to handle peer pressure

### Activity



#### Materials:

- offer cards (one set)

### Escape the vape

1. Explain: students need to know a range of ways to refuse offers to vape and other substances such as alcohol, and to have the confidence to apply these techniques requires practice.
2. Invite 6 students to play a game of 'Escape the Vape'. Have five of these students stand in a line.
3. The last student stands in front of the line with a card that has an offer to vape. The student is to give the offer to the first student in line who must then refuse the offer before moving to the end of the line. If a student uses the same response or can't give a refusal quickly enough, they are out of the game. The winner is the last student in the line.
4. Repeat the game with a new group of students and 'Offer Cards' until all students have participated.
5. Listen to the students' answers, then if time permits, continue the discussion with the CLASS CHAT questions below.

### CLASSROOM CHAT

The questions below are designed for you to initiate an essential conversation with your students. It does not matter if you know the factual answer; you can research that together at a later time. What is important is that you are able to communicate with the students, to broaden their perspectives on this topic.

- How do you usually feel when your friends behave in a certain way and you think you should try to be like them?
- How difficult is it to resist someone when they won't take 'no' for an answer or they make fun of you or reject you?
- Does being confident in your opinion and standing by your decision help you to refuse these pressures?
- How can young people influence each other's decision whether or not to vape?
- Based on your personal experiences, who or what influences your opinion about vaping? What are some reasons you would not want to vape?

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### ACTIVITY SHEET: Offer cards (Escape the vape)

<b>Do you want to vape?</b>	<b>Do it. It'll calm you down.</b>
<b>It won't kill you. Try it!</b>	<b>C'mon, it's so cool!</b>
<b>Here, your turn. Try to blow a cloud.</b>	<b>Try it! I thought you were my friend.</b>
<b>If you're really my friend, you'll vape with me.</b>	<b>C'mon, everyone else is doing it.</b>
<b>Everyone's watching you. C'mon.</b>	<b>Everyone will think you're a loser if you don't try it.</b>
<b>I got this just for you.</b>	<b>Just blow one cloud. It won't kill you!</b>