



ACTIVITY

Pressure gauge

Arrange students into groups and ask them to consider what things might put pressure on them to do something they are not sure they should or want to do. These things are called persuaders. Ask students to brainstorm the sort of pressure they might hear, e.g.

- Group rejection – you can't hang out with us if you don't...
- Physical threats – I'll hurt you if you don't help me...
- Group pride – Are you part of this group or not?
- Personal pride – You won't look cool, you will look stupid.
- Personal courage – What's wrong, are you scared?
- Popularity – Everyone will hate you if you don't ...

Ask groups to use **Resource Sheet 3.3 'Pressure Gauge'** to indicate the level of "pressure" they think each of these persuaders put on them. Discuss which are the hardest to resist and why this is so.

