



To know about influences and pressures,
and how to manage them



Golden rules

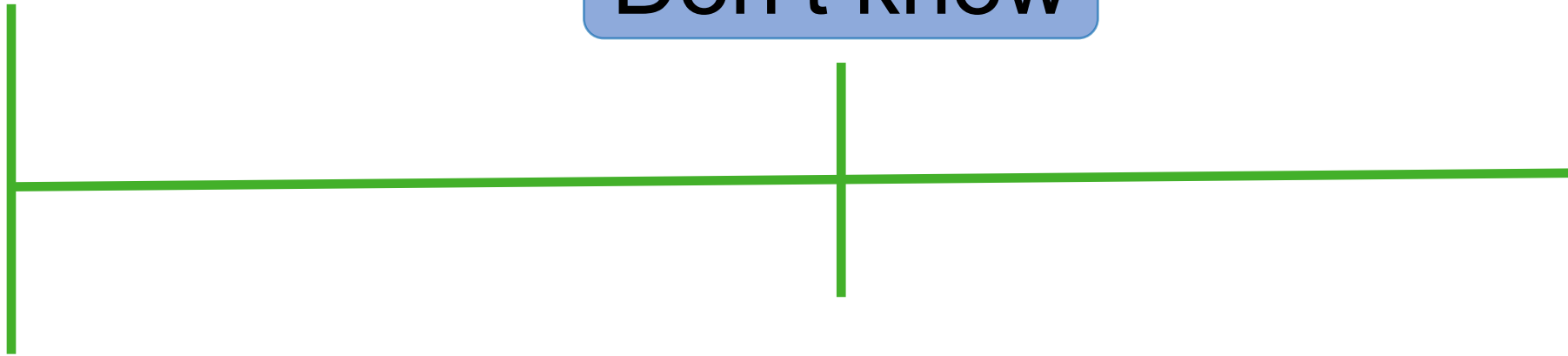
True, false or don't know



True

Don't know

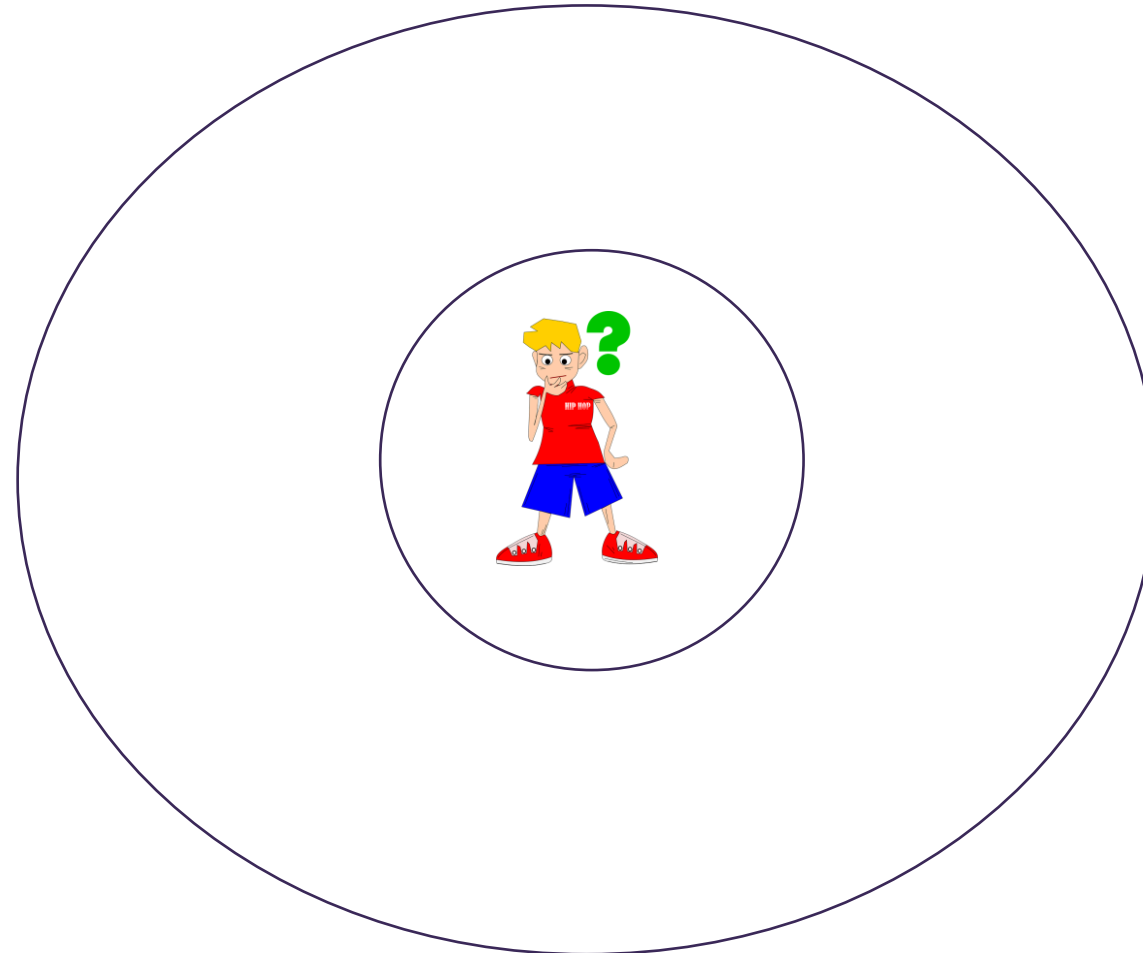
False



What influences are there in your life?



Which influences matter most to you?



Peer pressure?

I'm meeting a group of new friends in the park. They are popular and always look as if they have loads of fun. They make me laugh and I can't believe they've asked me to go with them. Some of them vape, I know that. They haven't said I should do it yet, but I want to fit in.

Peer influence?

My friends are really important to me and we have been friends for ages. Some of them have started smoking. I don't want to do it but they tease me if I don't. I want to fit in so I go along with it, even though I know it's wrong.



How can you respond if you are offered a vape or cigarette and don't want one?



Yes, go on then.

Don't be so stupid. You stink and everyone hates you.

No thanks.

What are the positives and negatives of each response?



Response ideas



With a partner, practise responding in different ways.

Use the ideas sheet to help you.

Which responses are the most useful and why?



Childline
0800
1111

Adult
at
school

Getting help

Adult
at
home

Police if
you feel
in
danger