Pressure Phrase Rehearsal

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Friends urge a character to skip a chosen activity.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Practice brief responses to low-risk peer pressure with an exit or support option.

3. Which response sounds natural to the young person?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.