

Pressure Points

Respectful Relationships

To help students recognise common social pressure scenarios and practise assertive responses that align with respectful and safe behaviour, while learning to support peers in doing the same.



Learning Intentions

Students learn to identify situations where they might feel pressured.

This encourages students to recognise common social pressures and triggers that may challenge their values or boundaries.

Students explore how to practise assertive communication.

This builds confidence in saying “no,” setting boundaries, and standing up for themselves or others.

Students practice how to support others in making safe and respectful choices.

This empowers students to look out for their peers and contribute to a positive peer culture.



Success Criteria

Recognition of Peer Pressure:

Students can name at least three situations where peer pressure may occur.

Assertive Responses Practised:

Students demonstrate two or more ways to respond assertively to a challenging situation.

Supportive Peer Conversations:

Students can reflect on how to encourage others to resist unsafe or disrespectful pressures.



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Objective:

To help students recognise common social pressure scenarios and practise assertive responses that align with respectful and safe behaviour, while learning to support peers in doing the same.

Players:

Pairs or small groups (3–5 students per group). Ideal for a full class activity using a circuit style format.

Materials:

- 5 - 8 printed Pressure Points scenario posters placed around the room (found in PDF resource tab)
- Sticky notes or paper for brainstorming
- Pens
- Optional: Props for role-play

Setup:

Create “Pressure Point” stations around the room. Each station features a real life social dilemma students might face, such as:

- “Someone dares you to break a school rule.”
- “A group laughs at someone behind their back.”
- “A friend pressures you to vape or drink.”
- “You’re told to keep a secret that makes you uncomfortable.”
- “You’re encouraged to exclude someone from your group.”

Activity Instructions:

1. Introduction (5 minutes):

Have a class discussion about what peer pressure looks and feels like. Introduce the idea of assertive communication, what it means and why it matters.

2. Circuit brainstorm (15 minutes):

In their pairs or groups, students rotate through each Pressure Point station (give groups 2-3 mins at each station). At each station, they brainstorm and write **two assertive and respectful responses** that someone could use in each situation. Encourage practical responses like:

- “I’m not comfortable with that.”
- “I don’t think that’s fair, let’s do something else.”
- “I’d rather not, how about we...?”

3. Debrief & share (10 minutes):

Groups return to their seats and take turns sharing their favourite assertive response from one Pressure Point station. As a class, discuss:

- What makes an assertive response strong?
- What challenges might come with standing up in these moments?
- How can we support each other when we feel pressure?

4. Bonus role play challenge (optional extension – 10 minutes):

Each group selects one Pressure Point scenario and creates a quick 60 second role play to act out an assertive and respectful response to that situation. Encourage creativity and courage!

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Reflection Prompts:

- When have you felt pressured to do something you didn't want to?
- What helps you speak up when you're uncomfortable?
- How can we be a support system for others in tricky situations?

Winning the Game:

Winning isn't about being loud, it's about being clear, kind, and confident. Every student who practises an assertive response earns a class win in building a safe and respectful community.

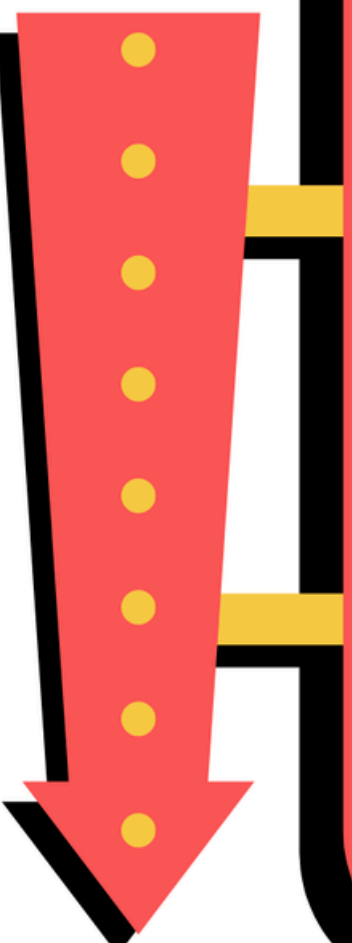
Additional Notes:

This game works especially well after building group trust. It can be revisited multiple times with different Pressure Points to keep the learning fresh and relevant throughout the year.



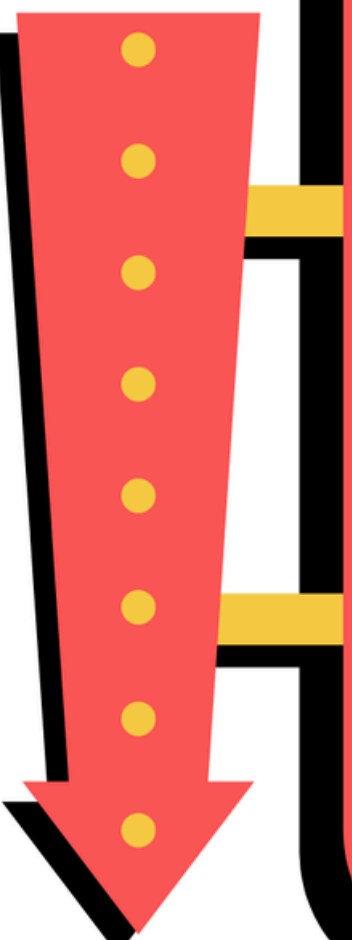
PRESSURE POINT POSTERS

**SOMEONE CALLS ANOTHER
STUDENT A NAME, AND
EVERYONE LAUGHS.**



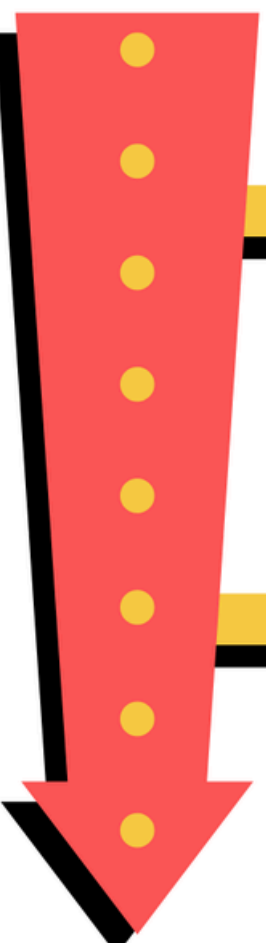
PRESSURE POINT POSTERS

SOMEONE TELLS YOU TO
IGNORE A STUDENT WHO
WANTS TO JOIN YOUR
GROUP.



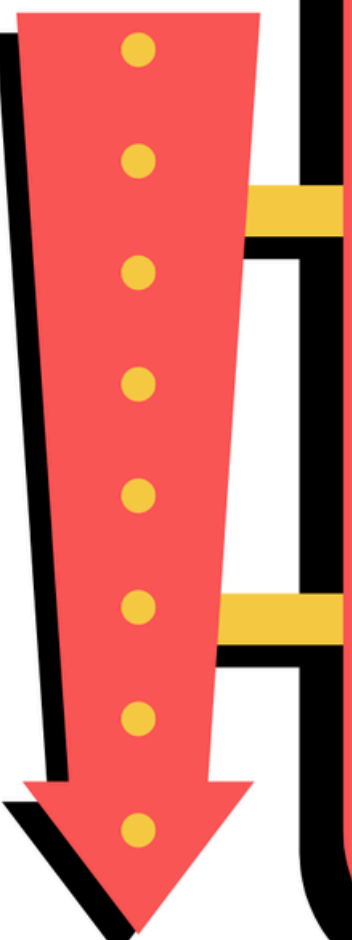
PRESSURE POINT POSTERS

YOU SEE A FRIEND CHEAT
ON A TEST AND THEY
ASK YOU NOT TO TELL.

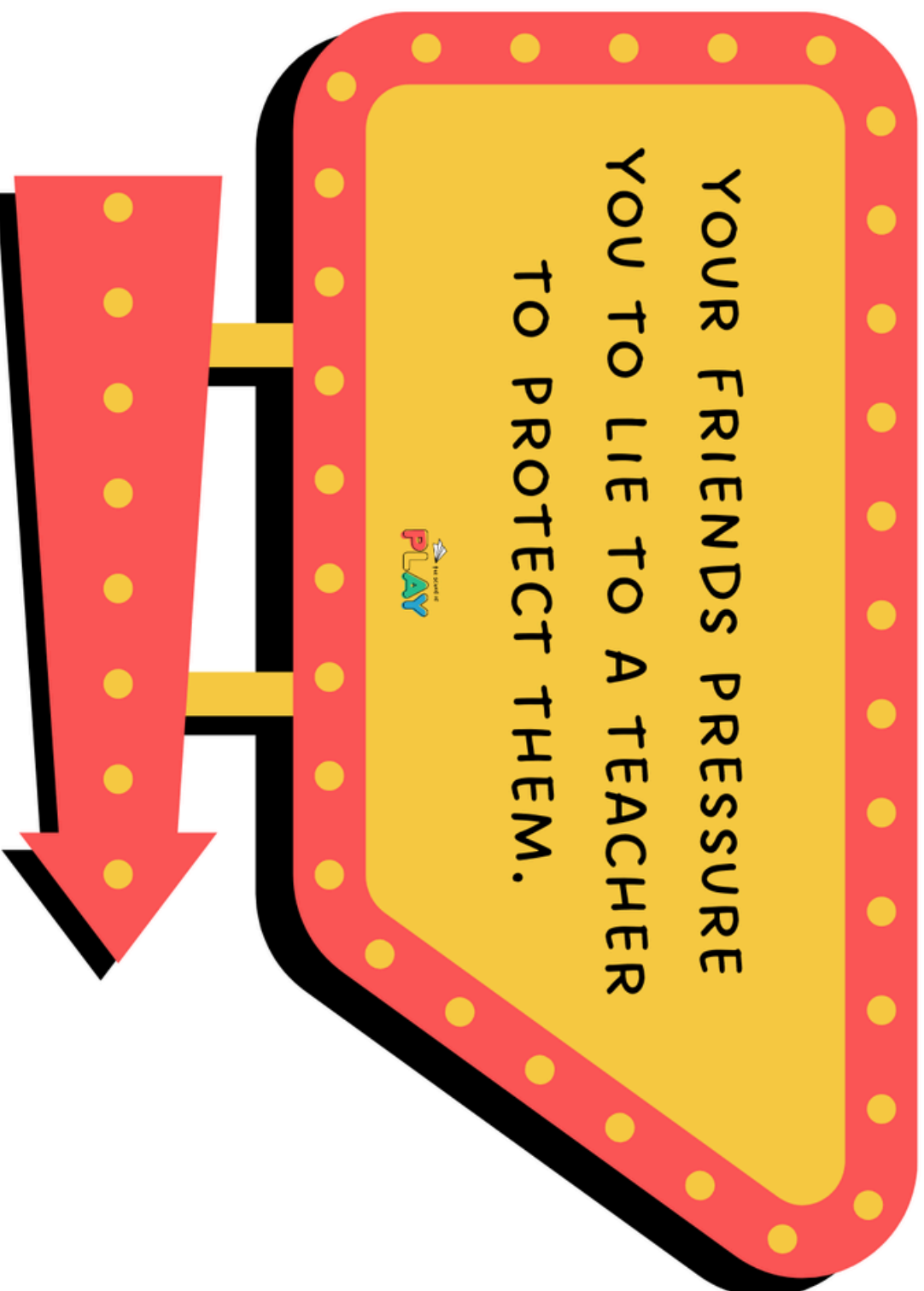


PRESSURE POINT POSTERS

A CLASSMATE POSTS A MEAN
COMMENT ABOUT ANOTHER
STUDENT ONLINE.

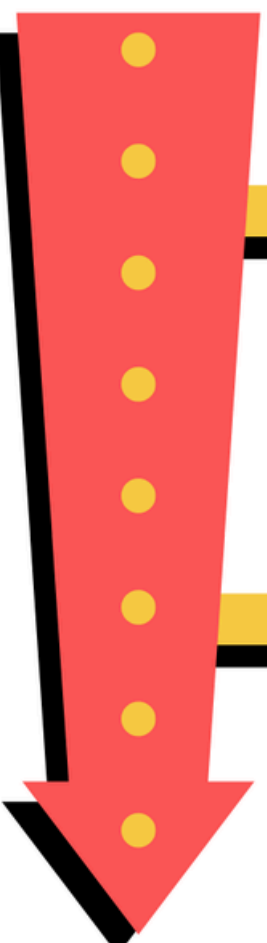


PRESSURE POINT POSTERS



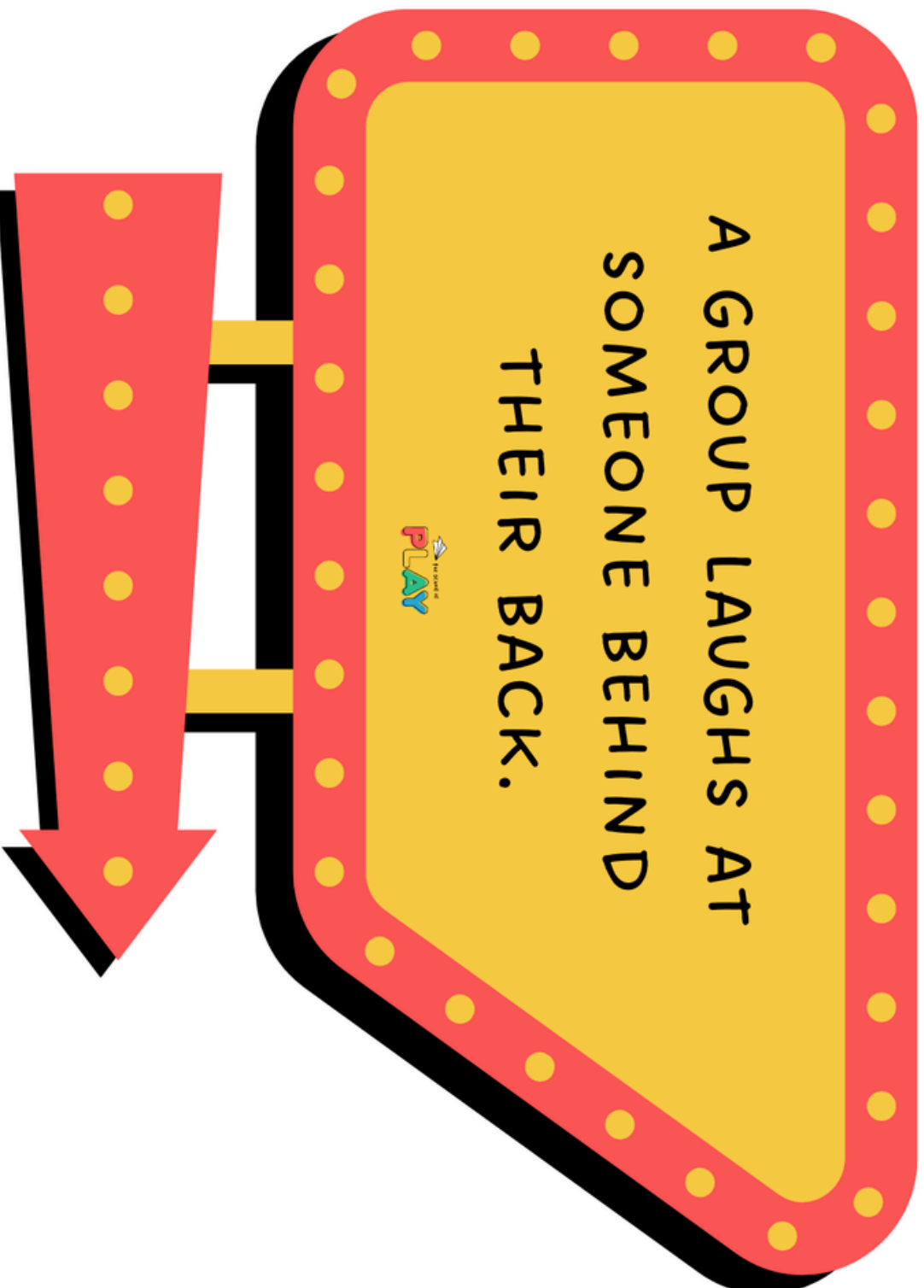
PRESSURE POINT POSTERS

**YOU'RE ENCOURAGED
TO EXCLUDE SOMEONE
FROM YOUR GROUP.**



PRESSURE POINT POSTERS

A GROUP LAUGHS AT
SOMEONE BEHIND
THEIR BACK.



PRESSURE POINT POSTERS

SOMEONE DARES YOU
TO BREAK A SCHOOL
RULE.

