

Peer pressure scenario cards

1. You have just started going to a new school. One day, some of the students you've started hanging out with ask you if you want to try vaping and one student hands you an e-cigarette. You have never tried vaping before and you know it is addictive. However, at the same time, you want to fit in. One of the students senses you don't want to and says, "well you can't hang out with us if you don't want to vape." **Type of pressure: Rejection/My loyalty**

2. Before class one morning, you are standing around talking with a group of other students. Two of the students are arguing about which flavor of e-liquid they think tastes better. One of the students suggests that everyone in the group should try both flavors and give their opinion. Two vaping devices start being passed around the group, with each student taking a turn using them. When you receive one of the devices, you hesitate to use it but feel pressured because everyone is looking at you. **Type of pressure: Unspoken pressure**

3. On the bus on the way home from school, you notice that a few students sitting behind you are vaping. One of them taps you on the shoulder and hands a vaping device out to you. They say, "try it, it's mango flavored." Right away, one of the other students says (about you), "they won't do it. They're too lame." You don't want to vape, but you feel pressured to prove them wrong.

Type of pressure: Put downs/My pride

4. While you are in the school changing room getting ready for gym class, a few of the other students are passing around a vaping device and taking turns using it. One of them eventually hands it to you. You have never tried vaping before and you don't want to, but you are hesitant to say no because everyone is looking at you. **Type of pressure: Unspoken pressure**

5. You are walking home from school with a few of your friends who are vaping. They are talking about their different vaping devices and all the different flavors, and you begin to feel a bit left out. One of your friends asks you if you want to try using theirs. You shake your head to say "no", but then they say "come on. We can't get in trouble here." **Type of pressure: Play it Off**

6. You are walking from one class to the next at school and stop to go to the washroom. You notice that some of your friends are in there and they are vaping. They ask you if you want to try. You say, "no thanks," but then one of them replies, "Why not? The teachers can't come in here and your parents will never find out." You still don't want to, but you also don't want them to make fun of you if you say no again. **Type of pressure: Reasoning/Selling it**

Refusal skills cards

This activity provides 10 ways youth can respond to peer pressure. By learning a range of possible responses, they are more likely to come up with one that fits the situation when the time arises. This activity will help youth develop assertiveness skills as well as confidence.

1. Be Funny. Sometimes humor is the best way to respond to a situation, as it can lighten a serious mood. It can also take the attention away from you and onto something else.
2. Give a reason why it's a bad idea. Maybe vaping affects your asthma and you want to be able to run for the track team, or maybe you've learned about the negative health effects. Backing up your refusal with evidence gives it more power.
3. Make an excuse of why you can't. Maybe you have something else to do, you need to be somewhere at a specific time, you think your parents would be disappointed, or whatever you choose. Say it and stick to it.
4. Just say no, plainly and firmly. In some situations, just saying no without any arguing or explaining is the best response. Just make sure your "no" is a strong and determined one.
5. (my own offer) Suggest an alternative substance-free activity. There are many activities you can do that don't involve vaping or other substances. By thinking of something better to do, you're offering everyone an "out". You might be surprised of who will take you up on it.
6. Ignore the suggestion. Pretend you didn't hear it and change the topic. Respectfully act like you don't think the idea is even worth discussing.
7. Repeat yourself if necessary. Sometimes you might have to say "no" more than once, on more than one occasion. You don't have to give in just because someone asks several times.
8. Leave the situation. If you're feeling uncomfortable, you have the option of walking away. With you leading the way, other people might follow you as well.
9. Shrug it off and say, "no thanks, I'm good". You can be polite and let people know you aren't interested at the same time.
10. The power of numbers. Sometimes "we" feels stronger than "I". Try to find someone who can back you up when you say "no".