

# FIND THE WORDS AND SHARE THEM

## ACTIVITY

### Time Needed

60–90 minutes

### Materials

Materials for creative messages (posters, blogs, posts, podcasts, etc.)

Digital device to view video and article (or print out article)

### Activity Description

Many Natural High storytellers convey that it takes confidence to simply say “no.” Mike Conley even says that he invented excuses to avoid negative situations. It can be a challenge to think of the right thing to say in the heat of the moment. This is one of the reasons peer pressure can be so effective. Knowing how to respond before you’re in a difficult situation can help. This activity is designed to help you prepare for those situations and to share your ideas with your community.

### Suggested Steps

1. Watch this video: [https://youtu.be/\\_A7h2ltcPf0](https://youtu.be/_A7h2ltcPf0). Then read this article: <https://teens.drugabuse.gov/blog/post/good-riddance-peer-pressure>.
2. Get in pairs or small groups and design a poster, blog, post, podcast, etc. that gets the word out about effective ways to resist negative peer pressure. An effective message will include facts about how peer pressure works and how to respond to it. Don’t just list information. Be creative. Think carefully about how to make this a fun and engaging way to learn about responding to negative peer pressure.
3. Share your message with the larger group and take note of any ideas new to you that you could use.



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