



2+
Players

YOU'LL NEED: Dry erase boards OR pencil and paper, a timer



Sometimes it's easy to know you want to say no. Figuring out what to actually say in the moment can be harder. Pressure Cooker is all about practicing your options *before* you need them.

HOW TO PLAY:

1. Choose a prompt.

One person reads it out loud.

2. Start the timer.

Give everyone one minute to write down as many different things as they could say or do in that situation. Short answers count! Younger kids might write something as simple as "No," "I'm leaving," or "I'm telling a grown-up." Older kids and adults can get more creative.

3. Share your responses.

Go around and read your ideas aloud.

4. Score the round.

The person who came up with the most different responses earns 1 point. If you're playing with three or more people, each player also gets to award 1 bonus point to someone else for their favorite response. It could be the funniest, smartest, most realistic or simply the one they think would work best.

5. Play as many rounds as you want and crown the winner!

The player with the most points at the end wins. Adults play, too! Kids can learn from hearing how adults might handle a situation.

How many different ways could you respond if someone said...

Trying to Get You to Join In

1. "Come on. Just try it."
2. "Just take one sip."
3. "Just one hit."
4. "Try it once. You don't have to do it again."
5. "I dare you."
6. "You have to at least try it."
7. "It's not even a big deal."
8. "You'll be fine."
9. "Nothing's going to happen."
10. "Just do it before you decide you don't like it."

Everyone Else Is Doing It

1. "Everybody else is doing it."
2. "You're seriously the only one saying no."
3. "Everyone here has tried it before."
4. "Nobody else cares."
5. "Everyone our age does this."
6. "You're missing out."
7. "You're going to be the only one not doing it."
8. "Don't ruin the fun for everyone else."



What about if someone said...

Trying to Make You Feel Uncool

1. "What are you – scared?"
2. "Don't be a baby."
3. "I thought you were cool."
4. "You're so cringe."
5. "You worry too much."
6. "Stop being so serious."
7. "You need to loosen up."
8. "Wow, your parents really don't let you do anything."
9. "You're acting like a little kid."
10. "Prove you're not scared."

Pills & Other Substances

1. "It's just medicine."
2. "My friend takes these all the time."
3. "I know where the pill came from."
4. "It looks exactly like the real thing."
5. "This will help you relax."
6. "Take one. It'll help you stay awake."
7. "It'll help you focus."
8. "I've taken it before and I'm fine."
9. "Trust me. It's safe."

Alcohol & Vaping

1. "It's only one drink."
2. "It barely even has alcohol in it."
3. "Just taste it."
4. "My parents let me drink sometimes."
5. "It's just a vape."
6. "Vaping isn't the same as smoking."
7. "It tastes like candy."
8. "Just hold the vape for a second."
9. "Everyone vapes at parties."
10. "You don't even have to inhale."

Secrets & Getting Away With It

1. "Nobody has to know."
2. "Just don't tell your parents."
3. "What happens here stays here."
4. "Promise you won't tell anyone."
5. "The adults aren't even around."
6. "We won't get caught."
7. "I'll cover for you."
8. "Just say you were with me."
9. "Delete the messages and no one will know."

Turn up the

PRESSURE!

Want to make a round harder? After reading the prompt, add one of these twists.

- It's your best friend saying it.
- It's someone older than you saying it.
- It's someone you want to impress saying it.
- It's a crush saying it.
- Everyone else is watching.
- You already said no once.
- You're afraid you won't be invited next time.
- You don't want to make things awkward.
- You want to help a friend say no.