

HOW TO PLAY

Read a Situation Card, choose a move, and practice what happens when the pressure rises.

1



PICK A SITUATION

Draw one Situation Card and read it aloud.

2



CHOOSE A MOVE

Pick the approach that feels most like you.

3



SAY IT OUT LOUD

Practice exactly what you might say or do.

4



RAISE THE PRESSURE

Add one Pressure Card. Keep the same move or try a different one.

KEEP IT QUICK

One round takes about two minutes.

NO PERFECT ANSWER

The goal is practice, not points.

GROWNUPS PLAY TOO

Take turns and say your own answer aloud.

HELP THEM FIND THEIR WORDS



Keep it conversational. Their answer does not need to sound exactly like yours.

TRY ASKING:

What makes this situation hard?

Which move sounds most like you?

Which of your values could help you decide?

How would you say it in your own words?

What are you worried might happen?

Who could you call, text, or go to for help?

A LITTLE SUPPORT

IF THEY GET STUCK

Offer two choices: "Would it feel easier to be direct or to use an excuse?"

TRY ROLE-PLAYING

Play the other person while your child practices answering. Then switch roles.

CREATE YOUR OWN

Use the blank cards for situations your child may actually face. Do not pressure them to share something personal.

GRADES 5-8 SITUATION CARDS

SITUATION

A GROUP STARTS MAKING FUN OF SOMEONE AND EXPECTS YOU TO JOIN IN.



GRADES 5-8

SITUATION

YOU ARE PLANNING A SHABBOS PARTY AND A FRIEND ASKS YOU NOT TO INVITE THE NEW KID.



GRADES 5-8

SITUATION

YOUR FRIENDS WANT YOU TO READ A BOOK THAT YOUR PARENTS HAVE ALREADY SAID NO TO.



GRADES 5-8

SITUATION

A GOOD FRIEND ASKS YOU TO LIE TO A TEACHER SO YOUR FRIEND WON'T GET IN TROUBLE.



GRADES 5-8

SITUATION

SOMEONE WANTS YOU TO PASS A NOTE FOR THEM DURING CLASS.



GRADES 5-8

SITUATION

A FRIEND TELLS YOU THEY FOUND A NEW WAY TO DO HOMEWORK. IT'S TECHNICALLY CHEATING, BUT THEY SAY IT'S OKAY.



GRADES 5-8

GRADES 5-8 SITUATION CARDS

SITUATION

THE POPULAR KID IN YOUR CLASS SUGGESTS A PURIM SHTICK THAT YOU THINK IS MEAN.



GRADES 5-8

SITUATION

YOUR CLASSMATES FIND OUT THAT A SUBSTITUTE TEACHER WILL BE COMING TOMORROW AND WANT EVERYONE TO HIDE IN THE GYM.



GRADES 5-8

SITUATION

A NEW KID IS JOINING YOUR CLASS THIS YEAR. YOU WANT TO INVITE THEM OVER BUT YOU KNOW YOUR CHEVRAH WILL THINK THEY ARE NERDY.



GRADES 5-8

SITUATION

CREATE YOUR OWN:



GRADES 5-8

SITUATION

CREATE YOUR OWN:



GRADES 5-8

SITUATION

CREATE YOUR OWN:



GRADES 5-8

GRADES 9-12 SITUATION CARDS

SITUATION

SOMEONE STARTS SHARING A PERSONAL STORY ABOUT A CLASSMATE AND LOOKS AT YOU, EXPECTING YOU TO JOIN IN.



GRADES 9-12

SITUATION

A FRIEND OFFERS YOU A VAPE, AND EVERYONE EXPECTS YOU TO HIT IT.



GRADES 9-12

SITUATION

SOMEONE ASKS YOU TO GET ALCOHOL FROM YOUR HOUSE FOR THEM; YOU KNOW YOU COULD, BUT IT WOULD BE WRONG.



GRADES 9-12

SITUATION

A FRIEND'S SIBLING OFFERS YOU A RIDE, BUT YOUR PARENTS WOULD NOT LET YOU RIDE WITH THEM, EVEN THOUGH EVERYONE ELSE IS GOING.



GRADES 9-12

SITUATION

A FRIEND ASKS YOU TO KEEP A SECRET THAT IS MAKING YOU FEEL WORRIED.



GRADES 9-12

SITUATION

A GROUP IS PRESSURING YOU TO JOIN A CHAT ON AN APP YOU KNOW YOU CANNOT HAVE.



GRADES 9-12

GRADES 9-12 SITUATION CARDS

SITUATION

A FRIEND ASKS YOU TO
COVER FOR THEM IN A
SITUATION THAT COULD
BECOME UNSAFE.



GRADES 9-12

SITUATION

FRIENDS PRESSURE YOU TO
SKIP CLASS WITH THEM.



GRADES 9-12

SITUATION

SOMEONE PRESSURES YOU TO
SEND A PHOTO OR MESSAGE
THAT MAKES YOU
UNCOMFORTABLE.



GRADES 9-12

SITUATION

CREATE YOUR OWN:



GRADES 9-12

SITUATION

CREATE YOUR OWN:



GRADES 9-12

SITUATION

CREATE YOUR OWN:



GRADES 9-12

When the Pressure Rises

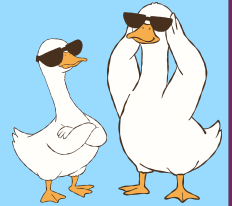
The Pressure Rises

THEY ASK AGAIN:
"COME ON.
JUST DO IT ONCE."



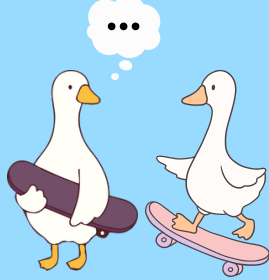
The Pressure Rises

THEY SAY:
"EVERYONE ELSE
IS DOING IT."



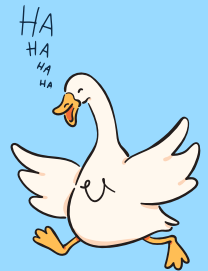
The Pressure Rises

YOUR CLOSEST
FRIEND JOINS IN.



The Pressure Rises

THEY LAUGH AT
YOUR FIRST
ANSWER.



The Pressure Rises

THEY SAY:
"DON'T BE
SO DRAMATIC."



The Pressure Rises

THEY PROMISE:
"NO ONE WILL
FIND OUT."



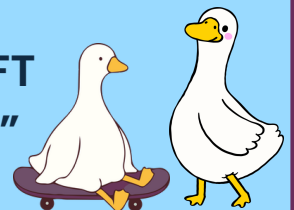
The Pressure Rises

YOU ONLY HAVE
A FEW SECONDS
TO DECIDE.



The Pressure Rises

THEY SAY:
"YOU WILL BE LEFT
OUT NEXT TIME."





CHOOSE YOUR MOVE

There is no right or wrong answer.
Pick the approach that sounds most like you.



The Direct No

**SAY YOUR ANSWER
CLEARLY.**

Example

"No thanks.
I'm not doing that."

The Humor Deflection

**LIGHTEN THE MOMENT WITHOUT
GIVING IN.**

Example

"Hard pass. I like my life
uncomplicated."

The Explainer

**GIVE ONE REASON THAT
MATTERS TO YOU.**

Example

"I'm staying out of this.
I don't want anyone getting hurt."

The Ally Move

**OFFER ANOTHER PLAN AND GIVE
OTHERS A WAY OUT TOO.**

Example

"Let's do something else.
Who wants to come with me?"

The Simple Exit

**END THE CONVERSATION AND
REMOVE YOURSELF.**

Example

"I'm heading out.
Catch you later."

The Outside Excuse

**LEAN ON A RESPONSIBILITY,
A RULE, OR AN ADULT.**

Example

"I can't.
I told my parents I'd check in."