



Pass the Pig

Taking Risks with Pass the Pigs

Identify Problem: Youth are quick to make decisions without thinking about the risks involved. They need to look at all the options before making the decision. Then decide if they are willing to live with the outcome of the decision they made. Are they willing to take the risk? How does pressure from others effect our decisions?

Materials: Pass the Pigs game

Exercise: Play the Game as directed on the box.

Discussion Ideas:

- Think it out. What are my options?
- Should I roll or not?
- Should I keep rolling or should I stop?
- What are the consequences of my decision?
- What could I gain---More points?
- What could I lose—the points I have or nothing?
- Ask yourself if it is worth it?
- Evaluate all options, make your decision and do it.
- Evaluate the outcome, was that the best decision?
- Would I do something different next time?
- How could this game relate and help me make decisions in life?
- How does the pressure from others effect your decision?



Identify Skills:

How to Cope with Peer Pressure

1. **Know who you are.** Develop a strong sense of identity. Be clear about what you want out of life. If you are sure about your values, then you will be less likely to compromise them for someone else. It is easier to cope with negative peer pressure when it is in opposition to your beliefs.
2. **Build your self Esteem.** Feeling bad about yourself makes you more vulnerable to peer pressure. Take good care of yourself. Set goals and celebrate your accomplishments. Participate in activities that make you more confident.
3. **Trust your instincts.** No one knows what is right for your more than you. If something feels wrong, then chances are that it is wrong. Your intuition is a great tool. Heed it's warning to make good choices and cope with peer pressure.
4. **Surround yourself with like-minded people.** Everyone needs a support system. If your confidants are people who wouldn't steer you in the wrong direction, then that's one less source of negative peer pressure for you to worry about. Those same

people will be there for you when you experience peer pressure from elsewhere.

5. **Learn to say “No”.** Everyone wants acceptance, but your need for approval should not make decisions for you. Exercise your freedom of choice to cope with peer pressure and avoid creating resentment. Compromise is a part of every relationship, but people pleasing can be detrimental to your well being.



How to Avoid Peer Pressure

1. Avoid putting yourself in negative situations. For example, if you don't smoke and you know a lot of people go to a certain spot to smoke, steer clear of that place.
2. Be careful when choosing friends to hang around. Look for friends with positive qualities.
3. Start saying no to your friends when you don't want to do something. This is perhaps the hardest thing to do. Your friends may not want to hang around you because they might say you've changed.
4. Learn how to be an individual. You don't have to always be in the “In Crowd”. This will help you later in life too. You don't always have to be accepted by everyone.

Refusal Skills:

1. Ask Questions- Be sure you know what someone wants you to do. “Do you have any money for that candy bar?”, “Will there be drugs at the party?”, “Who's going to be at the party?”
2. Name the Trouble: Tell them that this is something you don't want to do and why. “Taking the candy bar without paying-that's stealing?”, “That's illegal.”
3. State the Consequences: What could happen if you went against your better judgment? “If I do that, I could get grounded?” “If I do that, I could get in an accident?”, “If I do that, I could be arrested?”
4. Suggest Realistic Alternatives: Suggest something fun and safe to do. “Instead, why don't we go to a movie?”, “Instead why don't we play video games?”
5. Move On: Get yourself out of the situation. Move it, sell it, and leave the door open: “If you change your mind, I'm going to get some friends to play basketball at the park, come over if you want.” “If you change your mind, I'll be at my house watching a movie. You can come if you want.”
6. Other Ideas: Switch topics, use humor, walk away, use an excuse or don't pay attention.

Source: Unknown Source-Pass the pig is a store bought game.