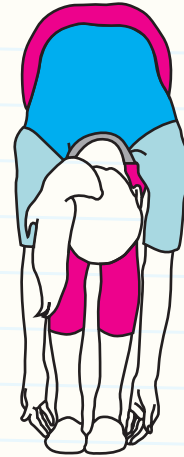
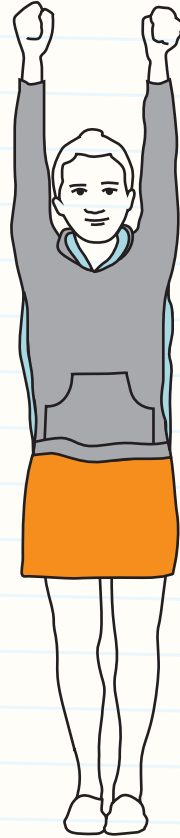


Resist this



Personal safety and self-defence



30 mins



Jump straight in

Aim of activity

Making independent decisions in a group can be difficult. See how well you can filter out the influence of others around you to go with your gut.

What you'll get out of it

- Resist the influence of others
- Practise trusting your instincts
- Develop your listening skills

What you'll need

- A large space to move around in



WE DISCOVER, WE GROW

Girlguiding



Trusting your instincts is important when making good choices and staying safe. It's especially true in groups when there are lots of opinions and people trying to persuade you. This game will remind you how easy it can be to be distracted by others and how focusing on your own thoughts can help steer you to make the best choice for yourself. It works best in groups of 10 or fewer - if you have a large unit, you may want to split up.

What to do

1 We all know about peer pressure. Sometimes it's good, sometimes it's bad. Talk together as a unit and think of some examples of each kind. Decide which of these you should resist, and how you might do it.

2 Now create at least four pairs of actions that everyone can do while in a circle. Each pair needs to be opposites – so they can be things like 'jump in' and 'jump out', 'reach up' and 'reach down' or 'sad face' and 'happy face'.

3 It's almost time to start. Form a circle with plenty of space. Choose one girl to be the 'Announcer'. She now calls out the actions you've created, so the group can practise each one.

4 Round 1. Change the Announcer. Now we're playing for real. When the Announcer calls out an action, everyone repeats it out loud and performs the action. Keep going for a few minutes.

5 Round 2. Change the Announcer again. This time, when the Announcer calls out an action, you have to repeat what she says but do the opposite – so reach down as you say 'reach up' and so on!

6 Round 3. Change the Announcer again. Now turn so everyone is facing outwards, and try rounds 1 and 2 again. Is it easier or harder when you can't see what your friends are doing?

7 Come together as a unit and talk about the game:

- When did you make most mistakes?
- Were you influenced by the rest of the group?
- How can you remember to trust your instincts in real life?

Take it further

The Announcer can secretly choose a 'mole' for each round who'll deliberately say or do the wrong thing to try to confuse the group. Why not try some more complicated actions too?