

Pressure's On

Time: 15 minutes

Materials

- Post-it notes
- Pens/pencils
- Timer
- Flip chart paper

Instructions

- Divide the group into pairs (number participants "1" or "2")
- Students will have one minute to write notes on a topic that the teacher will provide on post-it notes
- After the minute is up, students will then have one minute to speak to their partner about the topic (using your notes if required)
- Switch partners after you have presented and repeat the process using another topic
- Possible topics include:
 - There are many reasons why most young people do not use cannabis
 - Young people who use cannabis, and use it often, are at greater risk of having a variety of health problems
 - There is a lot of misinformation about recreational cannabis use

Variations

- Compile the post it notes on a flip chart paper titled with the topic
- Have volunteers present their one-minute discussion to the class
- Refer to the information compiled on the flip chart paper for further discussion points