

Pressure Worksheet

In your groups, talk about your case study

Farzana is 18 and she passed her driving test four months ago. She has planned a shopping trip with three of her friends and has offered to drive. The shopping centre is five miles away from where they live and Farzana doesn't know the route very well. She is trying to remember where they need to turn. One of her friends puts some loud music on and they all start singing. The two girls in the back have spotted some lads they know in another car and they start leaning out of the window and calling to them. Everybody is laughing but Farzana is finding it difficult to concentrate on the road and which way she should go. But she wants to see which lads they're talking about so she takes a look back. She realises she is about to miss the turning and slams on the brakes. She swerves into the right lane but can't stop in time and hits a car coming in the opposite direction.

Sam is 17 years old and has a Saturday job at a local store. After his shift one of his colleagues, Jay, says he is going to see a band play that evening and invites Sam to come along. Sam says yes – Jay is 19 and often talks about all the great bands he has seen. They arrange to meet at the store at 8pm. When Sam arrives Jay is there with a friend who is giving them a lift. They set off and the friend is driving very fast. He overtakes lots of cars and once, when he pulled back in, he clipped the kerb, which threw Sam around in the back seat. Sam doesn't say anything. Jay puts music by the band on and Jay and the driver start messing around and dancing to the music. This makes the car swerve. Sam starts to think that they are going to crash but he just sits still in the back and tries to think of the band. He doesn't say anything. At the next bend Jay is still messing about and doesn't slow down enough. The car skids off the road and hits a tree.

What were they thinking?

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What were they feeling?

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Safe Drive Stay Alive

Your role in the car

Create your story - Where are you going?

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Who are you with?

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What might you say that makes other people feel pressured?

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What might you do that makes other people feel pressured?

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SAFE plans to help your friends

What are the passengers doing to pressure the driver?

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What is your SAFE plan for this situation?

Say something funny

Ask them to stop

Feel uneasy

Exit

