

SOCIAL PRESSURE BLITZ

GROUP ACTIVITY



MATERIALS NEEDED:

Set of soft dodge balls or the equivalent (up to 10)

DESCRIPTION:

This modified dodge ball activity is designed to illustrate the magnitude of social pressures acting on us and how difficult it is to deal with the constant barrage of messages.

DIRECTIONS:

1. Select a volunteer to be the challenger in a game of Social Pressure Blitz.
2. Have some or all of the participants form a circle approximately 30 feet in diameter. This group represents a variety of social pressure sources. Place the volunteer challenger at the center.

3. Give one ball to a member on the outer circle.
4. Instruct the person with the ball to yell out a specific form of social pressure (example: movies, Snapchat, peer pressure, web banners, etc.) and throw the ball at the challenger in the center. Instruct the challenger to try to catch the ball.
5. If the challenger successfully catches the ball, he/she is awarded a point (optional) and he/she tosses the ball to a different person on the circle in order to repeat the process. If the challenger misses a catchable throw, social pressure gets the point (optional).
6. Each time a person with the ball throws it at the challenger, the person yells out a form of social pressure.
7. After one or two subsequent throws, add another ball or balls into the game. Continue to add balls until the challenger becomes overwhelmed.
8. The challenger can catch more than one ball at a time. The challenger can drop and kick balls back to members on the circle as the number of balls increases. Members of the circle can run into the middle to retrieve loose balls but must return to the circle to throw them.
9. When the goal of the activity has been effectively accomplished (the person in the center is unable to catch all of the balls), stop the activity. Have one, two, or three additional people enter the circle. Instruct them to protect the original challenger by blocking balls thrown at him/her from the circle. Inform the group that the rationale for the change will be explained later.
10. Have an adult keep score for the challenger and a second adult try to keep score for social pressure (optional).

Note: *The leader can switch out challengers throughout to allow others to experience the "Social Pressure Blitz."*