



FOLLOWING THE SAFE PATH ACTIVITY

Focus: Youth observe positive and negative peer pressure

Materials Needed:

- One Blindfold

Activity Instructions:

Ask for one volunteer who is willing to be blindfolded; then ask that person to leave the room for a few minutes. With the rest of the group, set up a safe maze of obstacles, using chairs, desks, and other objects in the room. Make sure the maze has a fairly wide walkway. Explain that when you come back with the volunteer, that person will be blindfolded and youth are to yell out advice that will cause the volunteer to bump into objects.

Leave the room to tell the volunteer you're going to blindfold him or her. Explain that he or she will be going through an obstacle course blindfolded and will need to listen to you whisper advice on which way to go. Encourage the volunteer to move very slowly because there will be chairs and desks in the way.

Blindfold the volunteer and return to the room together. Stay close to the volunteer, keeping her or him safe while constantly whispering good advice.

Afterwards, take the blindfold off the volunteer and bring the group together.

Discussion Questions:

- As the volunteer, whom did you trust at first? Why? Whom did you learn to trust? Why?
- Why did you eventually resist doing what the masses were saying?
- How hard was it to listen to me once you realized most people were pressuring you to make wrong turns?
- How was this activity similar to real-life peer pressure and dangerous situations? Why?
- How can strong resistance skills help you?