

CREDEENCE HIGH SCHOOL

Own Your Choices – Manage Emotions, Resist Peer Pressure and Stay Vape-free

GRADES
9 and 11

Date
Thursday, 3 September 2026



● INTENT

The session aimed to equip students with practical strategies to manage emotions and make healthy, informed choices. It focused on recognising direct, indirect and digital peer pressure, particularly in situations involving vaping. Students were encouraged to pause, reflect on their emotions, values and consequences before making decisions. The session also sought to build assertiveness, resilience and confidence to resist pressure and seek support when needed.

● EXPERIENCE

Students explored realistic peer-pressure scenarios and reflected on how they might respond in challenging social situations. Interactive discussions helped students identify emotional triggers, thought patterns and urges that can influence decision-making. Students practised the PAUSE strategy, the 3-Breath Reset, and the 5 Rs for responding assertively to pressure. They were encouraged to reflect on their personal values, support networks and the long-term impact of their choices.

● INSIGHT

Students gained greater awareness that peer pressure may be subtle and can influence choices without being explicitly expressed. They recognised the importance of managing intense emotions before acting and creating space for thoughtful decision-making. The session reinforced that being assertive, walking away and seeking support are positive expressions of self-respect rather than weakness. Students were encouraged to view healthy choices as an investment in their future, guided by their values, goals and aspirations.

