



**Say "No" firmly but kindly
when a friend pressures you
to do something unsafe.**







Pretend to call a helpline (like 911) when you're in trouble.







**Show with gestures how
alcohol can mess up your
body/brain.**







Give a supportive hug or words to a friend who shares something painful.







**Use body language to show
how peer pressure feels.**







**Pretend to tell a caring adult
about something you
witnessed.**







Encourage a friend to take medicine daily using a fun reminder (e.g., "phone alarm, dance").







**Show a thumbs-up "yes" and
hand-stop "no" to act out
consent.**







**Act out how to give someone
correct info when they
spread a myth.**







**Celebrate getting vaccinated
with a dance, cheer, or
gesture.**







**Act out how to encourage
someone living with HIV to
take their medication daily.**







**Role-play explaining
mother-to-child HIV
prevention to a peer.**







**Show how to celebrate the
positive changes during
puberty.**







Act out how you'd cheer up a nervous friend before going to the doctor.







**Role-play reminding friends
to wash their hands in a funny
way.**







**Using only facial
expressions, show someone
feeling proud of a healthy
choice.**







**Act out giving a high-five to
celebrate a friend's small
achievement.**







Role-play explaining healthy eating by using imaginary food props.







**Act out how someone feels
after a good workout or walk.**







**Using hand gestures, show
"drink more water, less
soda."**







**Act out encouraging a friend
to join a fun sports or dance
activity.**







**Role-play talking to a teacher
about starting a cool school
club.**







**Act out celebrating a friend
who just got vaccinated or
tested.**







**Role-play helping a friend
make a to-do list for
self-care.**







**Act out teaching a sibling
how to brush their teeth
properly.**







**Using gestures, show how
someone feels after staying
up too late.**







**Act out dancing or stretching
to show the importance of
movement.**







**Role-play convincing a friend
to take a break and relax.**







**Using body language, show
the difference between
feeling stressed and calm.**







**Act out encouraging a group
of friends to try a fun outdoor
activity.**







Role-play celebrating small wins with a silly dance or cheer.



