



Sharing Puffers

Amara is at her locker with her friend Leah after gym class. Leah has asthma, a condition that affects her breathing. To help manage her asthma she uses a puffer or an inhaler. Amara asks if she could try Leah's puffer.

Imagine that you are in the same situation as Leah, what would you do? Complete the following questions to help you make your decision.



Feel:

1. How would you feel in this situation?

2. Why would you feel this way?

3. Who else might have feelings about this situation?

Assess:

4. What are my choices?



5. How could this choice affect me and others?

6. Think about a past situation where you had to make a decision. How did you make your choice?

Choose:

7. What is the safest choice I can make?

8. How do I communicate my choice to my friend?

Evaluate:

9. Who would I talk to about the choice I made?

10. What decision would you make in the future?
