



Vaping

Jack leaves his classroom to go to the washroom. As he enters, Jack notices a strong, fruity smell. He realizes that there are 3 other students in the corner vaping.

Jack begins to wonder what it might feel like to vape and if he might fit in better if he joined them. He just had an argument with one of his friends and was feeling angry and lonely.

What would you do if you were in Jack's situation?



Feel:

1. How would I feel in this situation?

2. Why would I feel this way?

3. When have I felt this way before?

Assess:

1. What are my choices?



Vaping

2. How could this choice affect me and others?

Choose:

1. What is the safest choice I can make?

Evaluate:

1. How would my choice impact myself or others?

2. Who would I talk to about the choice I made and how I was feeling?

3. What decision would I make in the future?
