

Making Smart Decisions

Situation 1: Spencer



Situation 1: Spencer

Spencer is attending a party with their friends. While there, they run into their older brother's friend Andy. Andy appears very happy to see Spencer and invites them to come chat with their friends. Spencer feels cool and special. Andy offers Spencer a beer. Spencer had never tried beer before.

What decision is Spencer facing?

What or who do you think may influence Spencer's decision to drink the beer?

What or who do you think may influence Spencer's decisions to NOT drink the beer?

Why is beer and alcohol harmful for you?



Imagine how the conversation between Spencer and Andy may play out. Spencer wants to make a smart decision. With your partner, finish the conversation between Andy and Spencer.

Andy: Hey, Spencer, come over!

Spencer: Hey, Andy what's up?

Andy: Just having a beer with my buddies. Here, let me get you one!

Spencer.....

Andy.....

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Situation 2: Hunter



Situation 2: Hunter

Hunter is hanging out with their friends during lunchtime at school. One of their friends, Casey, shows the group a bottle of glue that they took from Art class. Casey wants everyone to try sniffing or inhaling the glue. Casey informs them that they heard that it could make them feel high. Some of Hunter's friends seem excited to try it, but Hunter is feeling nervous.

What decision is Hunter facing?

What or who do you think may influence Hunter's decision to inhale the glue?

What or who do you think may influence Hunter's decision to NOT inhale the glue?

Why is inhaling or sniffing glue harmful to youth?



Imagine how the conversation between Hunter and one or more of their friends may play out. Hunter wants to make a smart decision. With your partner, finish the conversation between Hunter and their friends.

Hunter: What are you doing?

Casey: Having fun! You should try this with us! It will make you feel good.

How do you know?

Friend:

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Situation 3: Jessie



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Jessie enjoys playing videogames online with their friends every day after school. They usually have a lot of fun. Recently, they have become frustrated whenever they lose a game or if a friend outperforms them. Jessie heard from some of their gaming friends that weed (pot or cannabis) can help reduce stress and make you feel more relaxed. They know that their older brother has some weed hidden in his room and is tempted to go find it.

What decision is Jessie facing?

What or who do you think may influence Jessie's decision to use their brother's weed?

What or who do you think may influence Jessies' decision to NOT use their brother's weed?

How can weed be harmful for youth?



Jessie's friend is aware that Jessie may take the weed from their brother. Imagine how the conversation between Jessie and their friend may play out. Jessie wants to make a smart decision. What could Jessie's friend say to influence Jessie to make a smart decision? With your partner, finishing the conversation between Jessie and their friend.

Jessie: That game is getting to me. I don't want to play it anymore. It is so frustrating.

Jessie's friend: You are way to stressed.

Jessie: Yeah, I need something to relax.

Jessie's friend: Yeah! About that! I think....

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Situation 4: Charlie



Situation 4: Charlie

Charlie loves to watch their favourite sports on their tablet during their free time. They notice that many of their favourite athletes drink energy drinks. They wonder if they would become better at tennis if they also started drinking the same energy drinks before practices and games.

What decision is Charlie facing?

What or who do you think may influence Charlie's decision to drink energy drinks?

What or who do you think may influence Charlie's decision to NOT drink energy drinks?

How can energy drinks be harmful for youth?



Imagine you are Charlie's friend and tennis partner. How could a conversation between you and Charlie play out? Charlie wants to make a smart decision. What could you say to influence Charlie to influence them in making a smart decision? With your partner, finish the conversation with Charlie.

Charlie: Hey, are you getting a ride with us to tennis today?

You: Yes. Thank you!

Charlie: I have to buy a couple of sports drinks on the way to the tennis match. Do you want one too?

You:

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Situation 5: Morgan



Situation 5: Morgan

Morgan recently attended a birthday party for one of their friends. They decided to stay back and help clean up. During the clean-up, Morgan noticed their friends who were huddled and laughing in the back of the room. One of the friends was taking a video of the others who were inhaling helium from the leftover balloons. Everyone was laughing because their voices sounded funny. Morgan's friends want them to try it and think that Morgan is too afraid. They tell Morgan that it will not hurt them.

What decision is Morgan facing?

Why do you think Morgan's friends are inhaling the helium from the balloons?

What or who do you think may influence Morgan's decision to inhale the helium with their friends.

What or who do you think may influence Morgan's decision to NOT inhale the helium?

How can inhaling helium be harmful?

Imagine how the conversation between Morgan and their friends may play out. Morgan wants to make a smart decision. With your partner, finish the conversation between Morgan and one of their friends.



Friend: Morgan, come on, try it it's fun. Just listen!

Morgan:

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Situation 6: C.J.



Situation 6: C.J.

C.J. has never vaped or smoked cigarettes. Their dad is trying to quit smoking and is vaping instead of smoking. C.J. notices that a lot of people are vaping at school and on social media. They wonder what it would feel like to vape. C.J. finds their dad's vape on the kitchen table and is tempted to try it.

What decision is C.J. facing?

What or who do you think may influence C.J.'s decision to use the vape?

What or who do you think may influence C.J.'s decision to NOT use their dad's vape?

How can vaping be harmful for youth?



C.J.'s dad comes into the kitchen. He notices that C.J. is eyeing the vape. Imagine how the conversation between C.J. and their dad may play out. C.J.'s dad wants them to make a smart decision. With your partner, finish the conversation between C.J. and their dad.

Dad: C.J. Don't touch that! That is not yours!

C.J.:

Dad:

C.J.:

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Situation 7: Riley



Situation 7: Riley

Riley has been having trouble concentrating at school. Their teacher has contacted home multiple times in the last month. Rileys' parents are starting to put pressure on them to do better in school. Riley is so overwhelmed that they searched the internet for ways to feel better. One video suggested vaping cannabis (marijuana or weed) to make you feel calm. Riley just wants to feel better.

What decision is Riley facing?

What do you think may influence Riley's decision to vape cannabis?

What or who do you think may have influenced Riley's decision to NOT vape cannabis?

How can vaping be harmful for youth? How is weed or cannabis harmful for youth?



You can see that Riley is watching a video with someone vaping cannabis. Imagine a conversation with Riley. What would you say to them? You want to help Riley make a smart decision. With your partner, finish the conversation with Riley. What would you suggest?

Riley:

You: