

Dakota's New Sibling

Dakota has been feeling down the last few days. Their mom and stepdad just had a baby, and they feel like they're not a part of the new family. Dakota has noticed that some people drink alcohol when they're upset or stressed. Dakota is wondering whether this is something they should try to help with how they are feeling?

Feel:

How would I feel in this situation?

How would you **FACE** this situation?



Why would I feel this way?

When have I felt like this before?

Assess:

What are some reasons people choose to drink alcohol?

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Assess:

What are some reasons people choose not to drink alcohol?

How can alcohol be harmful?

Choose:

What is the safest choice I can make?

What are some other choices you could make?

Evaluate:

How did my choice impact myself or others?

Who could I talk to about my choice?

What would I do if I was feeling down or stressed?
