

Name: _____

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?

Name: _____

Making Smart Decisions

Situation 1: Spencer



Situation 1: Spencer

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:

Name: _____

Making Smart Decisions

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?

Name: _____

Making Smart Decisions

Situation 2: Hunter



Situation 2: Hunter

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.

Friend:

Name: _____

Making Smart Decisions

Situation 3: Jessie



Situation 3: Jessie

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?

Name: _____

Making Smart Decisions

Situation 3: Jessie



Situation 3: Jessie

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 too stressed.

Jessie: Yeah, I need something to relax.

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

Name: _____

Making Smart Decisions

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?

Name: _____

Making Smart Decisions

Situation 4: Charlie



Situation 4: Charlie

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:

Name: _____

Making Smart Decisions

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?

Name: _____

Making Smart Decisions

Situation 5: Morgan



Situation 5: Morgan

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:

Name: _____

Making Smart Decisions

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?

Name: _____

Making Smart Decisions

Situation 6: C.J.



Situation 6: C.J.

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:

Name: _____

Making Smart Decisions

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?

Name: _____

Making Smart Decisions

Situation 7: Riley



Situation 7: Riley

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:

Name: _____

Influential Factors and Decision-Making Exit Reflection Card

Think of an example of when you had to make a choice or decision.

1. What factors influenced your decision?

2. How did this make you feel?

3. What choices did I have?

4. Did I make the safest choice? Explain why or why not.

5. What choice would I make in the future?

Chatting With Coach

Meera is in grade 5 and plays on her school's basketball team. She works hard but she feels like she's not as good at some of the other girls on the team. She is feeling stressed because she has a lot of homework, she helps around the house, and she has basketball practice. She saw online that vaping can help calm you down when you're stressed. One day after practice, her coach is surprised to see her vaping on school property. Meera tells him that she took it from her older brother because she is feeling stressed out lately.



How would you FACE this situation?

Feel

How would I feel in this situation?

Why would I feel this way?

Assess

When have I felt stress?

What are some reasons people choose to vape?

What are some reasons people choose NOT to vape?

Choose

What is the safest choice Meera can make in this situation?

Evaluate

Meera can talk to her coach about vaping and stress. Who are some trusted adults that I can speak to about situations like this?

Instead of vaping, what are some other activities I could do to help reduce my stress or relax?

Why is vaping illegal for youth?

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?

How would you FACE this situation?

Feel

How would I feel in 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?

What are some reasons people choose NOT to drink alcohol?

How can alcohol be harmful?

Choose

What is the safest choice Dakota can make?

What are some other choices you could make?

Evaluate

How could 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?

Peter and His Pop

Peter spends a lot of time hanging out with his Pop. He has been helping his Pop fix up a dirt bike after school. This has been a lot of fun for Peter because he's allowed to use tools to work on the dirt bike under his Pop's supervision. The dirt bike is a surprise birthday gift for his sibling.

Peter has always found it hard to fit in with others in his class and only has a couple of friends. Students in his class make fun of him and he doesn't understand why. This has made him feel anxious and he does not want to go to school. To help deal with his feelings, he sniffs gasoline.

Because he doesn't want his Pop to figure out that he's been sniffing gasoline, he stays in his room and plays video games. His Pop misses Peter and doesn't understand why he isn't helping him with the dirt bike anymore.

How would you FACE this situation?

Feel

How would I feel in this situation?

Why would I feel this way?



When have I felt like this before?

Assess

What are some reasons why people choose to use inhalants?

What are some reasons why people choose to NOT use inhalants?

How can inhalants be harmful?

Choose

What is the safest choice I can make in this situation?

What are some other choices you could make?

Evaluate

How could 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?

Name: _____

Making Decisions: How Would You FACE the Situation?

Exit Reflection Card

Think about Meera, Dakota and Peter. What are some activities they can do instead of using substances?

What are some activities that make you feel better when you are feeling down or stressed?