

Teacher Version: Making Smart Decisions

Situation 1: Spencer



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Influential Factors: Curiosity, Fitting in, Peer Influence

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.

Student Questions and Sample Answers

1. What decision is Spencer facing?

Whether or not to drink the beer that Andy offers.

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

Andy, who is friendly and seems excited to see them. Spencer might also feel special or cool because Andy wants them to join in with the group and have a beer. Consider other factors like social media, other friends, school, family, environment.

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

Their own feelings about not having tried beer before. Parents' rules or advice from other trusted adults. Friends who don't drink or who support their decision to say no. Consider other factors like social media, school, family, environment, movies, TV.

4. Why is beer and alcohol harmful for you?

Beer and alcohol can be harmful because they can affect your body and brain, especially when you are young. They can make it harder for you to think clearly and make good choices. Drinking alcohol can also lead to health problems and can be dangerous, so it's important to avoid it until you are older and understand the risks better.



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.

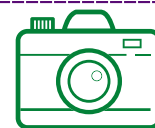
Andy: Hey, Spencer, come over!

Spencer: Hey, Andy what's up?

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

Spencer.....

Andy.....



SUBSTANCE SNAPSHOT

Teachers may refer to [Alcohol](#) to help inform the discussion.
 Note: Not for direct student use unless deemed developmentally appropriate.

Teacher Version: Making Smart Decisions

Situation 2: Hunter



Situation 2: Hunter

Influential Factors: Curiosity; Lack of information or knowledge, Peer influences

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.

Student Questions and Sample Answers

1. What decision is Hunter facing?

Whether to inhale the glue that Casey is offering or to refuse to try it.

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

Friends are excited and are encouraging everyone to try it. To cope? Because they are curious? To fit in? Peer pressure? They do not understand the harm it may cause.

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

Hunter’s nervous feelings might make them hesitate and consider their own safety. They may be influenced by family or caregivers. School? Social media? Television? Movies? Environment?

4. Why is inhaling or sniffing glue harmful to youth?

Inhaling or sniffing glue is harmful because it can damage your brain and body, making it hard to think clearly and stay healthy. It can lead to serious health problems, such as breathing issues, brain damage, and even sudden death. It's important to stay away from inhaling harmful substances to keep your body and mind safe.

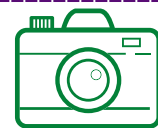


Imagine how the conversation between Hunter and one or more of their friends may play out. Hunter wants to make a smart decision. With your partner, finish the conversation between Hunter and their friends.

Hunter: What are you doing?

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

Friend:



**SUBSTANCE
 SNAPSHOT**

Teachers may refer to Inhalants to help inform the discussion.

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Situation 3: Jessie



Situation 3: Jessie

Influential Factors: Misinformation; Coping; Family

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.

Student Questions and Sample Answers

1. What decision is Jessie facing?

Whether to use the weed that they know their older brother has or to not use it.

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

Peer pressure? Friends who said that weed can help reduce stress and make them feel more relaxed. To help with frustration with losing games. To cope? Because they are curious? To fit in? Because they have low self-esteem? How may family be an influential factor? Is Jessie aware of the harm? Consider social media, television, movies.

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

Knowing it's wrong to use something that is not theirs. Friends opinions. Afraid they will get in trouble. OTheir knowledge about the risks of using weed.

4. How can weed be harmful for youth?

Weed can be harmful for young people because it can affect your brain and make it harder to think clearly and make good decisions. It can also cause problems with your memory and concentration, and might make it harder to do well in school or activities. Using weed can also lead to other health problems and can be risky for young people's development.



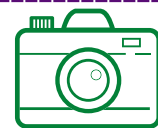
Jessie's friend is aware that Jessie may take the weed from their brother. Imagine how the conversation between Jessie and their friend may play out. Jessie wants to make a smart decision. What could Jessie's friend say to influence Jessie to make a smart decision? With your partner, finishing the conversation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



SUBSTANCE SNAPSHOT

Teachers may refer to Cannabis (Inhaled) to help inform the discussion.
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Teacher Version: Making Smart Decisions

Situation 4: Charlie



Situation 4: Charlie

Influential Factors: Curiosity; Peer Influences; Media; Self-esteem

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.

Student Questions and Sample Answers

1. What decision is Charlie facing?

Whether to start drinking energy drinks before tennis practices and games or to not drink them.

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

Social media or videos of favourite athletes drink energy drinks. To cope? Because they are curious? To fit in? To please their friends? Peer pressure? They are not aware of the harm energy drinks may cause.

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

Knowing that energy drinks can have harmful effects. Advice from trusted adults, such as parents or coaches. Acceptance by friends? Afraid of getting in trouble with family? School? Social media? Television? Movies? Environment?

4. How can energy drinks be harmful for youth?

Energy drinks can be harmful for young people because they often have a lot of sugar and caffeine, which can affect your heart and make you feel jittery or anxious. They can also cause problems like trouble sleeping, headaches, and difficulty focusing. For young people, too much caffeine and sugar can interfere with healthy growth and development.



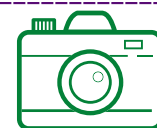
Imagine you are Charlie's friend and tennis partner. How could a conversation between you and Charlie play out? Charlie wants to make a smart decision. What could you say to influence Charlie to influence them in making a smart decision? With your partner, finish the conversation with Charlie.

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:



SUBSTANCE SNAPSHOT

Teachers may refer to Caffeine to help inform the discussion.

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Teacher Version: Making Smart Decisions

Situation 5: Morgan



Situation 5: Morgan

Influential Factors: Curiosity; Knowledge; Misinformation; Social Media; Peer Pressure

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 thinks that Morgan is too afraid. They tell Morgan that it will not hurt them.

Student Questions and Sample Answers

1. What decision is Morgan facing?

Whether to inhale helium from the balloons with their friends or to choose not to do it.

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

Because it makes their voices sound funny, which they find entertaining and amusing.

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

Peer pressure? To fit in? Not aware of the dangers? To be funny? Social media? Television. Movies? Environment?

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

Their own concerns about safety and the potential risks. Advice from trusted adults. Other friends, family.

5. How can inhaling helium be harmful?

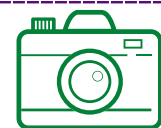
Inhaling helium can be harmful because it can cause problems with breathing. Helium can replace the oxygen you need to breathe, which can lead to dizziness, headaches, and even make you faint or have trouble breathing. It's important to avoid inhaling helium to stay safe and healthy.



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



**SUBSTANCE
SNAPSHOT**

Teachers may refer to Inhalants to help inform the discussion.

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Teacher Version: Making Smart Decisions

Situation 6: C.J.



Situation 6: C.J.

Influential Factors: Misinformation; Family; Curiosity; Social Media

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.

Student Questions and Sample Answers

1. What decision is C.J. facing?

Whether to use their dad's vape or to not use it.

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

Curiosity about what vaping feels like. Seeing people vape at school. Seeing their dad use a vape. School? Social media? Television? Environment?

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

Knowing that vaping can be harmful. Family, considering their dad's effort to quit smoking. Afraid about getting in trouble. Worried about becoming addicted.

4. How can vaping be harmful for youth?

Vaping can be harmful because it can damage your lungs and other parts of your body. Even though it might seem like a safer option than smoking, vaping can still cause health problems, like lung issues and addiction to nicotine.



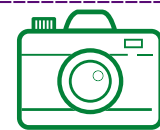
C.J.'s dad comes into the kitchen. He notices that C.J. is eyeing the vape. Imagine how the conversation between C.J. and their dad may play out. C.J.'s dad wants them to make a smart decision. With your partner, finish the conversation between C.J. and their dad.

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

C.J.:

Dad:

C.J.:



**SUBSTANCE
SNAPSHOT**

Teachers may refer to Nicotine (Inhaled) to help inform the discussion. Note: Not for direct student use unless deemed developmentally appropriate.

Making Smart Decisions

Situation 7: Riley



Situation 7: Riley

Influential Factors: Self-esteem; social media; Misinformation

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.

Student Questions and Sample Answers

1. What decision is Riley facing?

Whether to try vaping cannabis to feel better or to not try it.

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

Video that suggested vaping cannabis could help them feel calm. Feeling overwhelmed by their schoolwork. Pressure from their parents to do well. Not aware of the risks. Because they are curious? Social media? Television? Movies? Environment?

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

Knowing that there are better, healthier ways to feel calm. Trusted adults, like parents or teachers, Knowing that vaping and using cannabis can be dangerous. Worried about getting in trouble. Friends opinions.

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

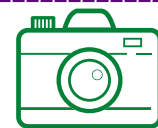
Vaping can be harmful because it can damage your lungs and cause other health problems. Weed or cannabis can be harmful for young people because it can affect your brain development, making it harder to focus and learn. It can also lead to problems with memory and learning, and might be addictive. Using cannabis at a young age can have serious effects on health and development.



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:



SUBSTANCE SNAPSHOT

Teachers may refer to Cannabis (Inhaled) to help inform the discussion. Note: Not for direct student use unless deemed developmentally appropriate.