

Name: _____

Scenario 2:



Nadia - Managing ADHD Symptoms: Will Cannabis Help?

Read through the following scenario on cannabis use. Once you have read it, imagine that you are person involved. Complete the questions that follow to help you **FACE** your decision in the safest manner.

Scenario: Nadia recently found out she has ADHD. She has been struggling to focus in class lately because she can't seem to stay still. She also finds it difficult to make friends as she's been told she talks too much and interrupts others when they're talking. Nadia heard online that cannabis may help with ADHD symptoms and she knows her older sister has cannabis gummies in her room. Nadia's sister is staying at a friend's house tonight and her stash is left on her desk. She wonders if she should take some to try at school in the morning. What would you do if you were Nadia?

What is Nadia's stressor? _____

Feel:

1. How does Nadia feel in this stressful situation?

2. How would I feel in this situation?

Assess:

1. What are Nadia's choices?

Scenario 2:



Nadia - Managing ADHD Symptoms: Will Cannabis Help?

2. If I were in this situation what factors may influence my decision?

Refer to the Factors Influencing Decision-making infographic.

Choose:

1. What is the safest choice I can make?

2. What are safe and healthy coping strategies to use in this situation?

Evaluate:

1. How could the choice to use cannabis as a coping strategy impact myself or others?

2. How could using this substance affect me?

3. What coping strategies could Nadia use in the future?