



Scenario 4:

Ryan – Friday Night Fatigue: Will Caffeine Help?

Read through the following scenario on caffeine 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: It is Friday night and Ryan is skidoing with their friends. They had a hectic week with school projects and early morning hockey practices. They are feeling extremely tired. Fatigue is setting in and Ryan can hardly stay awake. Ryan informs their friends that they are ready to go home and go to bed. However, their friends convince Ryan to stay longer and suggest stopping at the gas station to buy an energy drink which would help them stay awake. What would you do if you were Ryan?

What is Ryan's stressor? _____

Feel:

1. How does Ryan feel in this situation?

2. Why would I feel in this situation?

Assess:

1. What are my choices?



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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 caffeine as a coping strategy impact myself or others?

2. How could using this substance affect me?

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