

Name: _____

Scenario 1:**Tom - Stress at Home: Will Nicotine Help?**

Read through the following scenario on nicotine 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: Tom's parents are going through a divorce. With his parents arguing, he finds it very stressful at home and school. Tom decided to use a nicotine vape to help him sleep and relax at home. He now uses his vape in the school bathroom between classes. Tom has found that the nicotine vape helps him stay focused and awake in class. What would you do if you were Tom?

What is Tom's stressor? _____

Feel:

1. How does Tom feel in this stressful situation?

2. How would I feel in this situation?

Assess:

1. What are Tom's choices?

Scenario 1:



Tom - Stress at Home: Will Nicotine 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 vape as a coping strategy impact myself or others?

2. How could using this substance affect me?

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