

Student Name: _____

Exploration: Self-Concept Scenarios

Scenario 1

Alex: Will I Lose Weight? - Smoking Cigarettes

Alex is in Grade 8 and attends dance class every evening after school. They love dancing and consistently receive positive feedback at competitions. Lately, Alex has been feeling insecure about their body. They often compare what they look like to the other students at dance and the dancers they follow on social media. Alex thinks they would feel more confident and even become a better dancer if they lost weight. Alex decides to start smoking cigarettes because they heard online that the nicotine in cigarettes can help with weight loss by reducing appetite. At first, Alex experiences a change in their eating habits and notices they're losing weight, which boosts their confidence. However, after a while, they notice that they get tired easily and have trouble keeping up in practice. Alex has been hiding their smoking from friends, family, and dance teachers because they are concerned about getting in trouble. Alex wants to quit smoking but is worried about gaining weight back. They feel stuck and don't know what to do.

1. What influenced Alex to make the decision to start smoking cigarettes?
(Consider factors from the Factors Influencing Decision Making Infographic)

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2. How might Alex's view of who they are shape their decisions? What are some strategies Alex could use to build confidence?

3. What are the harms of nicotine use that Alex should be aware of?

4. How has smoking cigarettes affected Alex? Do you think this was the effect Alex expected?

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5. What are some other things Alex could do to improve their health and wellness? (Consider all relevant components of self-care).

6. As a friend, what could you say or do to help Alex?