

Student Name: _____

Exploration: Self-Concept Scenarios

Scenario 2

Taylor: A New School - Smoking and Cannabis

Before Taylor transferred schools, she had a lot of friends and felt like she belonged. Since changing schools this year, Taylor has been having trouble making friends. One day, some girls in her class invited her to spend lunch with them. Taylor is excited to hang out with the girls, but when she joins them outside, she notices that most of them are vaping cannabis. One of the girls passes her vape to Taylor, and Taylor tries it because she doesn't want to feel out of place in the group. The vape makes Taylor cough, but she begins to feel more relaxed. The girls realize they have a lot in common and they start hanging out regularly at lunch. Taylor feels relieved to have people to hang out with, but she notices that vaping cannabis makes it harder for her to concentrate in class and she struggles to complete her homework in the evenings. She wonders if she should stop vaping cannabis but really enjoys spending time with her new friends and is worried that if she stops, things with her friend group will change. What should Taylor do?

1. What may have influenced Taylor to decide to start smoking cannabis?
(Consider factors from the Factors Influencing Decision Making Infographic)

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

3. What are the harms of smoking cannabis that Taylor should be aware of?

4. How did smoking cannabis affect Taylor? Do you think this was the effect Taylor expected?

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5. What are some other things Taylor and her new friends 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 Taylor?