

Student Name: \_\_\_\_\_

## Exploration: Self-Concept Scenarios

### Scenario 3

#### Hunter: Mixing Substances Won't Hurt, Will It?

Hunter and his friends are in Grade 8. They are going to a party at a high school student's house. Hunter had a busy afternoon at band practice and didn't have a chance to eat dinner. His older brother bought him some beer to take to the party because he figured the high school students would all be drinking. Later in the evening, after drinking a few beers, Hunter goes outside and sees his older high school friend vaping cannabis. His friend passes him the vape to try. Soon after vaping, Hunter starts to feel sick and dizzy. He goes into the bathroom and throws up, and then calls his brother to pick him up. The next day, Hunter wakes up with a really bad headache and anxiety about the night before. He's embarrassed he got sick at the party and wonders if anyone at the party noticed and if they were talking about it after he went home.

1. What may have influenced Hunter to make the decision to consume beer and cannabis? (Consider factors from the Factors Influencing Decision Making Infographic)

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

3. What are some potential harms of mixing alcohol and cannabis that Hunter should be aware of?

4. How did consuming these substances affect Hunter? Do you think this was the effect Hunter expected?

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5. What could Hunter do to protect his health and wellness in future situations?  
(Consider all relevant components of self-care)

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