

Student Name: _____

Exploration: FACE Scenarios

Scenario 3

Casey: Perfecting the Latest Video Game - Non-prescription Methylphenidate

Casey is excited because a new video game came out today, which she has been looking forward to for months. It is Friday and Casey's friends plan to get together online to break in the new game. Casey is exhausted from a long week at school and is worried she won't be able to stay awake late into the night and that her friends will continue to play without her. She does not want to miss out on gaming with her friends. Casey's sister has ADHD and takes a prescription medication (methylphenidate, also known as Concerta) to help her focus and stay alert. Casey decides to try some of the medication to see if it might help her stay focused so she can stay up all night gaming.



Casey takes a methylphenidate pill before signing on to join the game. About an hour later, her stomach hurts, she is dizzy, and she feels nervous and jittery. Casey can no longer focus on the video game and is worried about what her friends might think if she stops playing. Casey starts to feel more and more anxious and wants to tell someone but does not want to get in trouble for taking her sister's medication.

What should Casey do?

How would you FACE this situation?

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Feel

1. What do you think led Casey to make the decision to take methylphenidate?

2. How do you think Casey was feeling before she took the methylphenidate?
How might she be feeling now?

Assess

3. What are Casey's choices?

4. Why did taking methylphenidate make Casey feel anxious when it helps her sister?

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Choose

5. What are some possible next steps Casey could make?

6. What are some healthier choices Casey can make next time?

Evaluate

7. What do you think Casey could learn from the choices she made?