

TEACHER DISCUSSION GUIDE

Exploration: FACE Scenarios



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Scenario 1: Alex at the Park

Alex was hanging out with a group of friends after school at the park. Everyone was laughing and having fun when one friend, Lee, pulled a vape out of their backpack. They turned to Alex and said, “It’s not a big deal. Everyone does it, and no one will know.” Alex felt a little nervous and wasn’t sure what to say.

How could Alex FACE this situation?

Feel

How do you think Alex may be feeling in this situation?

- Alex might feel nervous, pressured, unsure, anxious, or conflicted.
- They may also feel concerned about being judged or excluded by their friends.

How do you think Alex would feel if they said no to their friends?

- If Alex says no, they might feel proud of standing up for their values but also possibly worried, left out, or awkward, especially if their friends react negatively.

Assess

Why do you think Alex’s friend is offering them the vape?

- It’s likely that Lee is trying to normalize the behavior and may want Alex to join in to feel validated.
- Lee may also be trying to fit in with the group or deflect their own uncertainty about vaping by encouraging others.

What factors might influence Alex’s decision to vape?

- Self-concept: Alex may see themselves as someone who makes healthy choices and might feel vaping doesn’t fit who they are.
- Knowledge and Experience: Alex might not know all the risks of vaping or may be unsure how to respond when offered. Alex may have concerns about their health.

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- Peers: Alex’s friend is encouraging them to vape and saying “everyone does it,” which creates peer pressure.
- Family: If Alex’s family has talked about vaping or has strong views against it, that could affect Alex’s choice.
- School: Alex may worry about school consequences if they get caught vaping.
- Social Media: If Alex sees vaping online as cool or harmless, it might make it seem less risky.
- Community: If vaping is common among youth in Alex’s area, they may feel like it’s something everyone is doing.

Choose

What is the safest choice Alex could make in this situation? How could Alex communicate this choice to their friends?

- The safest choice is for Alex to say no to vaping. They could respond with something like:
“No thanks, I’m not into that.”
“I’m good—don’t want to mess with my lungs.”
“Nah, I’m staying away from that stuff.”
- Alex could also suggest changing the topic or doing something else to distract from the situation.

What could happen to Alex’s health in the long term if they choose to start vaping?

Long-term health effects of vaping may include:

- Nicotine addiction, which can affect brain development in teens.
- Lung damage or respiratory issues.
- Increased risk of switching to cigarettes or other drugs.
- Potential for heart problems and other chronic illnesses.

Evaluate

How might Alex’s choice impact them and their friends?

- If Alex says no, they might inspire others to also not vape.
- If Alex tries it, it could lead to a habit that’s harmful in the long-term to them and their friends.

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- Friends might respect Alex's decision, or their friends may exclude them.

How might Alex handle the situation if their friends tease them for saying no?

- Stay calm and repeat their choice confidently.
- Say something like, "I'm just not into it—no big deal."
- Find friends who respect their decisions if the teasing continues.
- Use humor or distraction to deflect the attention without causing conflict.

TEACHER DISCUSSION GUIDE**Scenario 2: Jordan's Social Media Dilemma**

Jordan likes to watch funny and trendy videos on social media. Some of the influencers often post clips of vaping and acting like it is cool and harmless. After seeing so many of those videos, Jordan starts to wonder if trying vaping might not be such a big deal after all. Jordan reaches out on social media to one of the older kids at school who they know vapes. Jordan is hoping to meet up with them at school to try their vape.

How could Jordan FACE this situation?

Feel

How do you think Jordan feels seeing their favorite influencer start posting about vaping?

- It could feel disappointing, confusing, or conflicting.
- Jordan might feel let down or start to question their own views if someone they admire promotes something risky like vaping
- Others might feel curious or even tempted to try vaping, just because of the influencer's image or status.

Assess

How much do you trust what you see on social media?

- Some things on social media seem true, but not everything is reliable.
- People might post things that are edited or fake to get likes or attention.
- Just because something is popular doesn't mean it's safe or a good choice.
- Influencers might not show the full story or the real consequences.
- I should talk to a trusted adult if I'm unsure about something I see online.
- Social media can make things look "cool" even when they're risky or harmful.
- Influencers may be paid to promote products, even harmful ones, without showing consequences.

What factors may influence Jordan's decision?

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- **Social Media:** Influencers make vaping look harmless and trendy, which may shape Jordan's opinion.
- **Self-concept:** Jordan may want to feel more mature or fit in with what they think is "cool."
- **Knowledge and Experience:** Jordan might not fully understand the risks of vaping.
- **Peers:** Jordan may be influenced by wanting to connect with an older student who vapes.
- **Family:** A lack of open conversations about vaping at home may leave Jordan unsure of their family's views.
- **School:** School rules or the risk of getting in trouble could make Jordan think twice.
- **Community:** If vaping is common in the community, it might seem like a normal thing to try.

Choose

What is the safest choice Jordan could make in this scenario?

- The safest choice is to not try vaping and to critically evaluate what influencers are promoting. Jordan could:
 - Limit exposure to influencers who promote risky behaviors.
 - Unfollow or mute the influencer.
 - Follow creators who share positive, health-conscious messages.
 - Research the real risks of vaping from trustworthy sources.
 - Talk to someone they trust (like a parent or teacher) about the situation.

Is it possible for Jordan to watch those videos and not feel like they need to vape too? Why or why not?

- Yes, it's possible, but only if Jordan stays self-aware and confident in their choices. If Jordan is easily influenced or feels pressure to "fit in," it might be safer to take a break from that content. Social media can subconsciously influence behavior, so it takes real intention not to be influenced by those messages.

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Evaluate

How might Jordan's choice to unfollow this influencer impact their health?

- Jordan would be less exposed to harmful messaging, reducing the temptation to vape.
- It could protect mental and physical health by helping Jordan make independent, informed decisions.
- Jordan might start following more uplifting or inspiring content instead.

How might Jordan's choice to continue following this influencer impact their health?

- Continued exposure might normalize vaping, making it seem less risky.
- Over time, the repeated messaging could increase the chance of trying it.
- It might increase curiosity or peer influence, which can lead to health consequences if they start vaping.

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Scenario 3: Remi's Backyard Choice

Remi was invited to a party by a friend from school. When they got there, some older kids were hanging out in the backyard talking about vaping and passing around vape pens. Remi's friends seemed excited to be included, but Remi wasn't sure if it was safe or something they wanted to be part of.

How could Remi FACE this situation?

Feel

How might Remi be feeling in this situation?

- Remi might feel anxious, uncertain, pressured, left out, or conflicted.
- They may also feel curious, especially seeing older kids and friends participating, but also concerned about safety and whether it aligns with their values.

What could Remi say to let their friends know how they're feeling about the situation?

- Remi could say things like:
 - "This makes me uncomfortable—I'm not really into that."
 - "I don't feel right about this. I think I'm gonna pass."
 - "You can do what you want, but this isn't for me."
- These responses are honest and respectful, helping Remi set boundaries without attacking others.
- Remi could also suggest changing the topic or doing something else to distract from the situation.

Assess

What are Remi's choices?

- Say no and stay at the party while avoiding the vape situation.
- Leave the party if the pressure feels too strong.
- Talk to a friend who might feel the same way and stick together.

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- Give in to the pressure and try vaping .

What factors could influence Remi's decision to vape?

- Self-concept: Remi isn't sure if vaping fits with who they are or what they believe in.
- Knowledge and Experience: Remi may not fully understand if vaping is safe or what the risks are.
- Peers: Remi's friends are excited and want to be part of the group, which might make Remi feel pressure to join in.
- Family: If Remi's family has talked about making safe choices, that could help guide them.
- School: Remi may think about how vaping could get them in trouble at school or affect their reputation.
- Social Media: If Remi has seen people vaping online and acting like it's cool, that might influence how harmless it seems.
- Community: Seeing older kids at the party vaping might make Remi feel like it's something people their age are expected to do.

Choose

What is the safest choice Remi could make in this situation? Why?

- The safest choice is to avoid vaping entirely. Even if that means stepping away from the group or leaving the party early, it protects Remi's health and helps them stay true to their values. It also shows strength in making independent, informed decisions.

Who could Remi talk to about their decision?

- Remi could talk to:
 - A trusted friend.
 - A parent, older sibling, or teacher.
 - A school counselor, especially if they feel shaken or pressured.
 - A coach or mentor—anyone who respects their health and safety.

TEACHER DISCUSSION GUIDE**Evaluate**

What could be the health consequences of Remi's choice?

- If Remi avoids vaping: No exposure to nicotine, chemicals, or addiction risk, protecting their lungs and overall health.
- If Remi chooses to vape: They could face addiction, lung irritation, and long-term health issues, especially since teen brains are more sensitive to nicotine.

How might Remi's choice impact other people?

- If Remi says no, it might influence others to do the same, especially younger or more hesitant friends.
- It can build respect among friends who value authenticity.
- If Remi participates, others may feel more pressure to join in, even if they don't want to, leading to a chain of risky behavior.

TEACHER DISCUSSION GUIDE**Scenario 4: Casey Under Pressure**

Lately, Casey's mom has been working a lot, and Casey has been spending a lot of time at home alone. Casey often needs to cook themselves dinner, which means they don't have enough time to finish their homework and their grades are starting to slip. Casey's friend Jan notices how worried Casey is about school and says, "I have a nicotine vape which could help. It helps me concentrate, and it can help you stay awake and study longer too." Casey has learned in school that vaping nicotine isn't good for their health, but they also feel like they need something to help with the stress.

How could Casey FACE this situation?

Feel

How do you think Casey might be feeling in this situation?

- Casey is likely feeling overwhelmed, anxious, pressured, and uncertain.
- They may feel tempted by the promise of being able to study longer, but also guilty or uneasy about starting to vape.
- There could also be fear about letting themselves or others (teachers, parent) down by not finishing their homework and not doing as well in school.

Assess

What are Casey's choices?

- Say no to taking the vape and find healthier ways to manage stress and study.
- Accept the vape, although they know it may not be the safest choice.
- Talk to a trusted adult (parent, teacher, or counselor).
- Talk to their mom about the stress of being home alone so much.

What factors might influence Casey's choice?

- Self-concept: Casey might see themselves as someone who wants to do well in

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- school and stay healthy, which could make them hesitate to vape.
- Knowledge and Experience: Casey learned in school that vaping nicotine is harmful, so they know it’s not a healthy solution.
 - Peers: Casey’s friend is encouraging them to vape as a way to cope with stress and improve focus, which may be tempting.
 - Family: Casey’s mom is busy and not around much, which may leave Casey feeling unsupported and more vulnerable to risky choices.
 - School: Worrying about slipping grades may make Casey feel pressure to try anything to improve performance, even something unsafe like vaping.
 - Social Media: If Casey has seen others online talk about vaping for focus or stress, it might make it seem like a helpful option.
 - Community: If Casey lives in a place where vaping is common or not taken seriously, it might seem like a normal way to deal with problems.

Choose

- What may be the benefits and consequences of Casey’s choice?
- If Casey takes the vape:
 - Perceived short-term benefit: Might feel more focused or awake for a few hours.
 - Consequences: Vaping nicotine can cause serious side effects like anxiety, heart problems, or lung damage.
 - Not a healthy way to cope with stress.
 - If Casey does not use the vape:
 - They protect their health by choosing not to vape.
 - Might still feel stressed, but can find healthier strategies and support.

- How could they communicate their choice?
- Casey could say:
 - “I appreciate you trying to help, but I’m not comfortable trying the vape.”
 - “Thanks, but I’d rather just get through this in a healthier way.”
 - “I’m stressed too, but I want to find a safer way to deal with it.”
 - This approach is honest, respectful, and sets a clear boundary.

TEACHER DISCUSSION GUIDE**Evaluate**

What are Casey's next steps?

- Create a study plan or ask a teacher/mom for help prioritizing.
- Talk to a counselor or adult for support managing stress.
- Use healthy coping tools: sleep, exercise, breaks, study groups.
- Reflect on values: remind themselves that their health is more important than a single test.

How might Jan feel about Casey's choice? Why?

- Jan might feel surprised or rejected at first, especially if they believed they were helping.
- Jan might respect Casey's decision and start to question their own use of the vape.
- If Casey explains calmly, it could open the door for a real conversation about pressure and stress.

TEACHER DISCUSSION GUIDE**Scenario 5: Riley's Family Worry**

Riley recently noticed that one of their family members has been acting differently lately. At dinner over the last few weeks, they've seemed spacey, and sometimes their eyes are red and they smell like cannabis.

Riley wants to help, but they don't know how to bring it up. Riley is afraid their family member will get angry or brush them off. Riley also feels unsure if it's even their place to say something. Riley feels torn between wanting to support their family member and worrying that speaking up might make things worse.

How could Riley FACE this situation?

Feel

How do you think Riley may be feeling in this situation?

- Riley probably feels confused, worried, and helpless. They care about their family member and want to help, but they're also nervous about damaging the relationship or making the situation worse.
- They might also feel alone or unsure about what to do next.
- They may be worried that their family member will get angry with them.

Who else might have feelings about their family member's substance use?

- Other family members may also be feeling concerned, frustrated, sad, or even unaware.
- Friends who are close to the person using cannabis might also notice changes and feel uneasy or unsure about how to respond.

Assess

What factors might influence Riley's decision?

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- Self-concept: Riley sees themselves as caring and responsible, which makes them want to help—but also unsure if it's their role to speak up.
- Knowledge and Experience: Riley might not know how to talk about cannabis use or what to do in this kind of situation. Riley may be concerned about the effects of cannabis on their family member's health.
- Peers: Riley may not have friends who've dealt with something similar, so they might feel alone or unsure where to turn.
- Family: Since it's a family member they're concerned about, emotions and relationships may make the decision feel more complicated.
- School: Riley might remember learning about substance use at school and want to use that knowledge to make a safe and respectful choice.
- Social Media: If Riley has seen similar situations online—either serious or made light of—it could affect how they view their own situation.
- Community: If Riley's community is open about supporting people with substance use, they might feel more confident reaching out for help or advice.

How might Riley's decision affect themselves and the family dynamic?

- If Riley speaks up, it could bring relief and lead to the family member getting help.
- It might also create tension, especially if the person reacts defensively.
- If Riley stays silent, their worry might grow, and the situation could get worse. Either way, the family dynamic might change, so it's important for Riley to have support for themselves too.

Choose

What are Riley's next steps?

- Riley might first talk to someone they trust to get advice. Riley could talk to a trusted adult, like a parent, school counselor, teacher, or another family member who they feel safe with.
- They might also reach out to a community support service or helpline if they need confidential advice.
- If they feel ready, they can choose to talk to their family member directly or ask for help in finding the right way to approach the situation.

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How could Riley communicate their concern if they decide to speak to the family member?

- Riley could use "I" statements to express concern without sounding accusatory, like: "I've noticed some changes and I'm really worried about you."
- They could choose a calm, private time to talk, and focus on care and support rather than blame.

Evaluate

What are the potential consequences of Riley's choice?

- If Riley speaks up, the family member might be open to getting help. Or, they might get upset or deny there's a problem.
- Riley might feel relief for expressing their concern, but there's a chance of short-term conflict.
- If Riley stays quiet, the issue may continue or worsen, and Riley could continue feeling stressed or guilty. Either way, taking action can be an important step toward getting help for both the family member and Riley.