

Activity 2: Introduction to Alcohol, Caffeine, Cannabis, and Nicotine

Discuss with your group and indicate with a check mark what you think the following is an example of:

	Alcohol	Caffeine	Cannabis	Nicotine
				
				
				
				
				
				
				
				
				
				
				
				
				
				

Fitting In at a New School

Carey is a new student in Grade 4. After school, she's waiting at the playground for a ride home. She sees a couple of students from her class at the playground vaping. They ask Carey if she wants to try their vape, which has cannabis in it. She has been feeling lonely because she has just moved to a new school and is trying to make friends. Carey wonders if vaping with the students might help her fit in. What should Carey do in this situation?

Use the FACE Decision-Making Model to help them decide.

Feel

1. How might Carey feel in this situation?

2. Why might Carey feel this way?



Choose

6. What is the safest choice Carey can make?

Evaluate

7. How would Carey's choice impact themselves or others?

8. Who might Carey talk to about the choice they made?

Curious About Cigarettes

Ally notices that an adult left a pack of cigarettes on the kitchen counter. They are curious and want to take a cigarette from the pack. What should they do?

Use the FACE Decision-Making Model to help them make the safest decision.



Feel

1. How might Ally feel in this situation?

2. Why might they feel this way?

Assess

3. What are some reasons people do or do not smoke cigarettes?

4. What does smoking cigarettes do to the body?

Choose

5. What is the safest choice Ally can make?

Evaluate

6. What can they do instead of taking a cigarette?

7. What can Ally do if they tried the cigarette?

8. How can Ally protect themselves from second-hand smoke?

Impressing the Older Kids

Jack is hanging out at his friend Leo's house. Leo's older sister has some of her friends over and the older girls are drinking beer. They ask Jack and Leo if they want to try a sip of beer. The boys have never tried alcohol before but want to impress the older girls. What should Jack and Leo do in this situation?

Use the FACE Decision-Making Model to help them make the safest decision.



Feel

1. How might Jack feel in this situation?

2. Why might Jack feel this way?

3. When might Jack have felt this way before?

Assess

4. What are Jack's choices?

Choose

5. What is the safest choice Jack can make?

Evaluate

6. How might Jack's choice impact himself or others?

7. Who could Jack talk to about the choice he made and how he was feeling?

Why Can't I Sleep?

Priya is a Grade 4 student who loves playing video games after school. One day, she felt very tired and couldn't focus on the video games. Her older brother suggested she drink an iced cappuccino from the coffee shop, saying it might give her more energy. That evening, she also had a can of pop with dinner.

Later that night, Priya found it very hard to fall asleep. She tossed and turned in bed, feeling wide awake. The next morning, she was even more tired at school and couldn't concentrate. Priya didn't realize that the iced cappuccino and the pop both contained caffeine, which can make it difficult to sleep. What should Priya do in this situation?



Use the FACE Decision-Making Model to help you decide.

Feel

1. How would Priya feel in this situation?

2. Why might Priya feel this way?

3. When might Priya have felt like this before?

Assess

4. What are Priya's choices?

5. How could this choice affect Priya and others?

Choose

6. What is the safest choice Priya can make?

Evaluate

7. How might this choice impact Priya or others?

8. Who could Priya talk to about the choice they made and how they were feeling?

Name: _____

Healthy Choices Exit Reflection Card

**Pick one of the following substances: caffeine, nicotine, alcohol, or cannabis.
Draw a picture to show why using this substance might be harmful.**

Name: _____

Healthy Choices Exit Reflection Card

Draw a picture of some healthy activities you can do instead of using substances.