

# Fitting In or Saying No?

Travis, a Grade 5 student, goes to the washroom during lunch one day. He sees a few friends from the drama club huddled in the corner of the washroom, so Travis decides to go see what they are doing. Travis notices that they are drinking hand sanitizer. His friends tell him to try the hand sanitizer because it will make him feel good.

Travis wants to fit in with this group of kids so he does not want to say no.

How should Travis FACE this situation?

## Feel

1. How would Travis feel in this situation?

2. Why would Travis feel this way?



## Assess

3. What are some reasons people may drink a household substance such as hand sanitizer?
4. What are some harms related to using household products such as hand sanitizer?
5. What are some unhealthy behaviours in this scenario?

## Choose

6. What is the safest choice Travis can make?

## Evaluate

7. What can Travis do instead of drinking the hand sanitizer?

8. What can Travis do if he tries the hand sanitizer?