

# Chatting With Coach

Meera is in grade 5 and plays on her school's basketball team. She works hard but she feels like she's not as good at some of the other girls on the team. She is feeling stressed because she has a lot of homework, she helps around the house, and she has basketball practice. She saw online that vaping can help calm you down when you're stressed. One day after practice, her coach is surprised to see her vaping on school property. Meera tells him that she took it from her older brother because she is feeling stressed out lately.



## How should Meera FACE this situation?

### Feel

How would Meera feel in this situation?

Why would Meera feel this way?

## Assess

When could Meera have felt stress?

What are some reasons people choose to vape?

What are some reasons people choose NOT to vape?

## Choose

What is the safest choice Meera can make in this situation?

## Evaluate

Meera can talk to her coach about vaping and stress. Who are some other trusted adults that Meera can speak to about situations like this?

Instead of vaping, what are some other activities Meera could do to help reduce her stress or relax?

Why is vaping illegal for youth?