

Dakota's New Sibling

Dakota has been feeling down the last few days. Their mom and stepdad just had a baby, and they feel like they're not a part of the new family. Dakota has noticed that some people drink alcohol when they're upset or stressed. Dakota is wondering whether this is something they should try to help with how they are feeling?

How should Dakota FACE this situation?

Feel

How would Dakota feel in this situation?

Why would Dakota feel this way?

When might Dakota have felt like this before?



Assess

What are some reasons people choose to drink alcohol?

What are some reasons people choose NOT to drink alcohol?

How can alcohol be harmful?

Choose

What is the safest choice Dakota can make?

What are some other choices Dakota could make?

Evaluate

How could Dakota's choice impact themselves or others?

Who could Dakota talk to about their choice?

What could Dakota do if they were feeling down or stressed?