

Scenario 2: Nadia - Managing ADHD Symptoms: Will Cannabis Help?

Nadia recently found out she has ADHD. She has been struggling to focus in class lately because she can't seem to stay still. She also finds it difficult to make friends as she's been told she talks too much and interrupts others when they're talking. Nadia heard online that cannabis may help with ADHD symptoms and she knows her older sister has cannabis gummies in her room. Nadia's sister is staying at a friend's house tonight and her stash is left on her desk. She wonders if she should take some to try at school in the morning. What should Nadia do?

What is Nadia's stressor?

How should Nadia FACE this situation?

Feel

1. How does Nadia feel about this stressful situation?



Assess

2. What are Nadia's choices?
3. What factors may influence Nadia's decision? **Refer to the Factors Influencing Decision-making infographic.**

Choose

4. What is the safest choice Nadia can make?
5. What are safe and healthy coping strategies to use in this situation?

Evaluate

6. How could the choice to use cannabis as a coping strategy impact Nadia or others?
7. How could consuming this substance affect Nadia?
8. What coping strategies could Nadia use in the future?