

Scenario 1:

Tom - Stress at Home: Will Vaping Help?

Tom's parents are going through a divorce. With his parents arguing, he finds it very stressful at home and school. Tom decided to use a nicotine vape to help him sleep and relax at home. He now uses his vape in the school bathroom between classes. Tom has found that the nicotine vape helps him stay focused and awake in class. What would you do if you were Tom?

What is Tom's stressor?

How could Tom FACE this situation?

Feel

1. How does Tom feel in this stressful situation?

Assess

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



Choose

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

Evaluate

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