

Assessing Coping Strategies

Situation 2: Jamal and Hunter: A New School

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Jamal and their family recently moved to a new province. Jamal is feeling anxious in their new school. They have been finding it difficult meeting and making new friends. Jamal dreads getting up and going to school. They are feeling anxious all the time and even sick in the mornings. At night, Jamal cannot sleep thinking that they must go to school the next day.

Hunter recently switched schools and has already made many new friends. They were also invited to try out for the school ball hockey team. Hunter is excited and looks forward to going to school every day. Hunter also enjoys spending time after school taking part in other extracurricular activities.

Classify these coping behaviours into healthy, low, medium, or high risk:

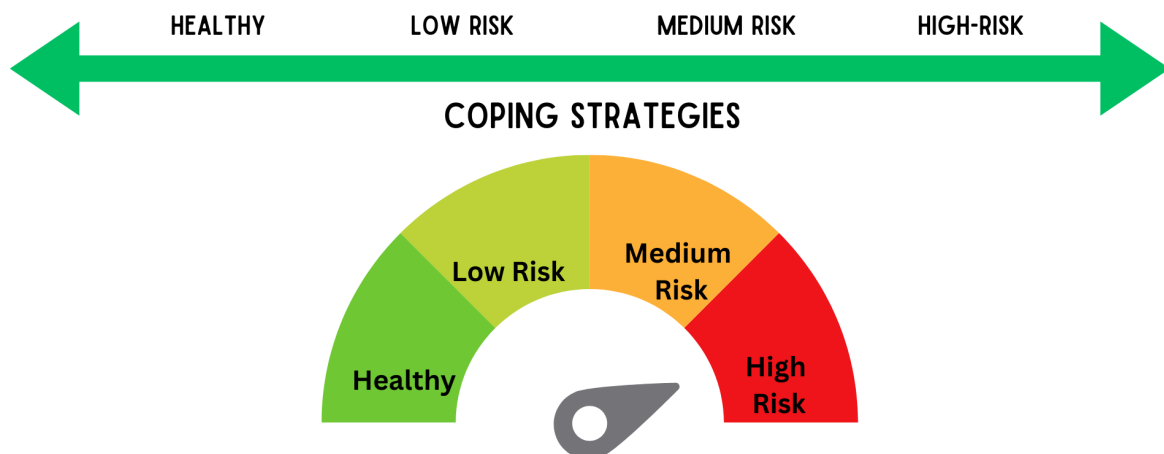
1. Jamal vapes with the other students in the bathroom so they can fit in and make new friends.

2. Jamal decides to become involved in extracurricular activities.

3. Jamal buys cannabis (weed) from a guy they met at a park and smokes it before school.

4. Jamal decides to have a conversation with the school guidance counsellor.

5. Jamal decides to skip classes to avoid feeling anxious.



1. Indicate where to place each coping strategy on the Assessing Risk Spectrum. Discuss your choices.
2. Examine the infographics on nicotine and cannabis. Why may choosing to use these substances be considered a risky coping strategy to deal with stress?
3. Propose other low risk or positive coping strategies.