

Student Name: _____

Exploration: FACE Scenarios

Scenario 2

Brady: Is Alcohol the Answer?

Lately, Brady finds it hard to focus during class. He thinks a lot about things that are happening at home. Brady's father drinks a lot of alcohol, and lately has been drinking in the shed every evening while Brady's mother works night shifts. When Brady's father comes in after drinking, he is usually in a bad mood, so Brady avoids him by spending most of his time alone in his room. He wonders if he started drinking, would it help him forget about the stress at home? He sneaks a bottle of his dad's vodka into his room and starts drinking it before bed to help him fall asleep.



Drinking the vodka helps Brady forget about things for a while and calms his mind down enough for him to fall asleep. However, the mornings after Brady drinks, he feels sad and sick to his stomach, and often ends up skipping school, which only adds to his stress. After a couple of weeks and several missed classes, Brady's homeroom teacher mentions his absence and asks him if everything is okay. What should Brady do?

How should Brady FACE this situation?

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Feel

1. How do you think Brady was feeling before deciding to drink the vodka? How might Brady feel since he started drinking alcohol?
2. Who else might have feelings about this situation?

Assess

3. What are Brady's choices?
4. What are the harms of alcohol that Brady should be aware of? Consider both immediate and long-term effects.

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5. How could Brady's decision affect him or his family?

Choose

6. What are some possible next steps Brady could make?
7. What are some healthier ways that Brady could cope with the stress he is experiencing?

Evaluate

8. What are some potential consequences of Brady's choice?