

Substance Use: Addictions and Related Behaviours

Practicing refusal skills

Scenarios

Note: allow space for students to suggest additional scenarios they find meaningful.

SUBSTANCE	SCENARIO A
Vaping	One day, a group of students invite you to hang out at the park after school. Excited to make new friends, you decide to go. When you get there, you notice everyone passing around a vape and using it. One of the students offers it to you. You worry no one will want to be friends if you don't try the vape and everyone is staring at you.
Cannabis	You're playing baseball with some kids from your neighbourhood during the summer. One of the older kids goes into his house and brings out some cold drinks and gummies that you think might have cannabis in them. He offers a gummy to you but doesn't tell you what is in it. It looks like it might taste good and he's encouraging you to try it.
Alcohol	One night you go to your friend's house to watch a movie. There are no adults home. She brings out various bottles of alcohol and passes them around to everyone who is there. Everyone else tries it. Your friend says, "Your turn next. Come on! It's amazing!" Everyone seems to be having fun, and you are starting to feel left out, but it's a big decision to you.

SUBSTANCE	SCENARIO B
Vaping	After school, you decide to head home with a friend. On the way, he takes out a vape and says he got it for the two of you. He holds out the vape to you. When you don't take it, he says, "Everyone is doing it. Don't you want to try it with me? I don't want to do it alone." You are curious about what it feels like and don't want to let your friend down but aren't sure you want to try it.
Cannabis	You and your friends are on the way to the park. One of your friends has some cannabis that they take out from their bag. They light the joint and try to pass it around, but everyone else seems uncomfortable with the cannabis. You are also on a street where you think people might see you.
Alcohol	You have had a tough week and are feeling tired and stressed. You have seen people in your favourite shows drink alcohol when they are stressed, and it always seems to make them feel better. You remember that there is some beer in the fridge and think you might be able to take some without anyone noticing. You want to feel better and aren't sure what else to do.

Scenarios adapted from Ophea's What Would I Do? and Niagara Public Health.