

**RELATED
FOUNDATIONS:**

- Social & Physical Environments
- Student Engagement

RESOURCES:

- [Ophea unit: Keep Yourself Safe \(grade 8\)](#)

Social Influences Scenarios

ACTIVITY GOAL: To increase students' comfort level with decision-making regarding substance use of alcohol, cannabis, tobacco and vaping.

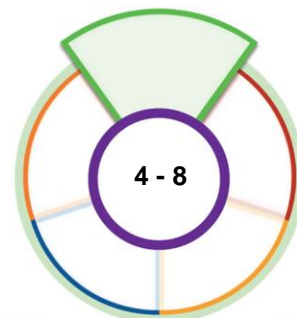
ACTIVITY INSTRUCTIONS:

1. Give groups or pairs of students 2-3 [social influence scenarios](#).
2. Allow groups to discuss how they would handle each scenario (5-10 minutes). Remind students that the scenarios reflect situations with people the students care about. They want to respond in a way that maintains the relationship.
 - Encourage students to think about how they would feel, what the optional responses/choices would be and what they hope would happen for their given scenarios
 - Once students have made their choice, have students consider how they are going to communicate that response practicing the use of Delay, Refuse and Negotiation skills:
 - **Refuse:** No, I don't want to have a drink OR No thanks, my parents would be mad at me.
 - **Delay** (stalling for time or changing the subject) I'm really hungry right now. Maybe later.
 - **Negotiate** (offering to do something else that you'd rather do) Why don't we get something to eat instead.
3. Have groups present their responses and lead a discussion about their scenario. Remind students to be respectful of classmate responses.
4. It is important to note that the use of these substances is illegal for persons under age 19.

*Note: This activity is intended to be presented following Substance Use curricula.

Curriculum Connections

- Grade 4: D1.4 Tobacco and vaping, D2.3 Decisions about smoking and vaping
- Grade 5: D1.2 Short-and long-term effects of alcohol use
- Grade 6: D1.2 Effects of cannabis, drugs
- Grade 7: D3.2 Implications of substance use, addictions, and related behaviours
- Grade 8: D1.3 Warning signs, consequences



Social Influence Scenarios

Grade 4-6 Scenarios

Scenarios	Discussion Points (for Educator's Use)
<p>Chewing Tobacco:</p> <ul style="list-style-type: none"> You've seen a baseball coach use something called 'chew'. You see some kids on older teams using it at a tournament and someone offers you some. What do you do? 	<p>Resource on smokeless tobacco for background information: https://kidshealth.org/en/teens/smokeless.html</p> <p>Discuss types of Responses:</p> <p>Delay: I have to get home now. Maybe another time.</p> <p>Refusal: No thanks, I don't feel like it.</p> <p>Negotiation: Let's go grab some food; I'm hungry.</p>
<p>Cigarettes:</p> <ul style="list-style-type: none"> One of your friends found some cigarettes and asks if you want to go try them at the park after school. How do you respond? You're spending time with your favourite uncle. He lights a cigarette and offers you a puff claiming that he won't tell your parents. What do you say to him? 	<p>Discuss types of Responses (Delay, Refusal, Negotiation)</p> <p>Safety concerns beyond health (e.g., found cigarettes, adult influence that is concerning)</p> <p>Discuss concept of trusted adults: students can think about and plan for who they can talk to when situations arise.</p>
<p>Vaping:</p> <ul style="list-style-type: none"> You walk with your friends to the park during lunch. 	<p>Discuss types of Responses (Delay, Refusal, Negotiation)</p> <p>Refer to Vaping PowerPoint Toolkit Activity and Smoke Free Ontario regarding vaping information</p>

Scenarios	Discussion Points (for Educator's Use)
<p>Someone in the group pulls out a vape and offers it to everyone. How do you respond?</p> <ul style="list-style-type: none"> • One of your friends got a few vapes and says they'll meet you in the school bathroom so you can try it. What do you say? 	<p>Discuss speaking to trusted adults within the school (e.g., teacher, Principal) regarding vapes at school</p>
<p>Alcohol:</p> <ul style="list-style-type: none"> • You are invited to a friend's house. Their older sibling is having a party and your friend tells you that the two of you will be able to drink alcohol at the party. What do you say? • You're at a family party and your older cousin offers you a beer to drink. How do you respond? 	<p>Discuss types of Responses (Delay, Refusal, Negotiation)</p>
<p>Cannabis:</p> <ul style="list-style-type: none"> • You go back to your house at lunch with friends. One of your friends says their older brother gave them 	<p>Discuss types of Responses (Delay, Refusal, Negotiation)</p>

Scenarios	Discussion Points (for Educator's Use)
<p>some cannabis and they want to try it at your house. You don't feel comfortable smoking cannabis and you don't want them to do it at your parent's house. What do you do?</p> <ul style="list-style-type: none"><li data-bbox="191 674 625 982">• You are not interested in trying cannabis, but your friends tell you it's natural, healthy and legal, therefore it must be safe. What do you say to your friends?	<p>Refer to Cannabis PowerPoint Toolkit Activity for Cannabis specific information</p>

Social Influence Scenarios

Grade 7-8 Scenarios

Scenarios	Discussion Points (for Educator's Use)
<p>Chewing Tobacco:</p> <ul style="list-style-type: none"> • During your hockey team's rookie party, you are told that you must take a wad of chew as initiation. What do you do? • A teammate tells you that using chew will enhance your performance and says that it's safer than smoking cigarettes. You know that smokeless tobacco doesn't mean harmless. How do you respond? 	<p>Resource on smokeless tobacco for background information: https://kidshealth.org/en/teens/smokeless.html</p> <p>Discuss types of Responses:</p> <p>Delay: I have to get home now. Maybe another time.</p> <p>Refusal: No thanks, I don't feel like it.</p> <p>Negotiation: Let's go grab some food; I'm hungry.</p>
<p>Cigarettes:</p> <ul style="list-style-type: none"> • You're nervous about starting high school. Your friend suggests that you take up smoking to help you de-stress. What do you say? • You attend a party with older kids in hopes of impressing some high school students. As you're getting some fresh air outside, someone offers you cigarette. What do you do? • You're spending time with your favourite uncle. He lights a 	<p>Discuss types of Responses (Delay, Refusal, Negotiation)</p> <p>Safety concerns beyond health (e.g. found cigarettes, adult influence that is concerning)</p> <p>Discuss concept of trusted adults: students can think about and plan for who they can talk to when situations arise.</p>

Scenarios	Discussion Points (for Educator's Use)
<p>cigarette and offers you a puff claiming that he won't tell your parents. What do you say to him?</p>	
<p>Vaping:</p> <ul style="list-style-type: none"> • You're at a party with older students and you come across a group of people vaping. Your friend asks if you want to join in. How would you respond? • You walk with your friends to the park during lunch. Someone in the group pulls out a vape and offers it to everyone. How do you respond? • You're at your friend's birthday party. As you're talking to the birthday girl, you're interrupted by another friend. This friend hints that she has a vape inside her purse and motions the group to go outside. What do you do? 	<p>Discuss types of Responses (Delay, Refusal, Negotiation)</p> <p>Refer to Vaping PowerPoint Toolkit Activity and Smoke Free Ontario regarding vaping information</p> <p>Discuss speaking to trusted adults within the school (e.g. teacher, Principal) regarding vapes at school</p>
<p>Alcohol:</p> <ul style="list-style-type: none"> • You and a friend are at a party and your friend has been drinking a lot. They disappear for a while and you're concerned for their safety. What would you do? 	<p>Safety concerns beyond health</p> <p>Review Alcohol PowerPoint Toolkit Activity for Alcohol information</p>

Scenarios	Discussion Points (for Educator's Use)
<ul style="list-style-type: none"> • You and your friend come home from a party and your friend is really drunk, vomiting, can't stand up and is slurring their speech. Your parents told you not to drink, but you did anyways. You are not as drunk as your friend, but you don't want to get in trouble. What do you do? • Your friends are planning their first party with alcohol and ask you to get the Vodka. You feel uncomfortable with supplying alcohol for a party. How do you respond? • You're at a family party and your uncle offers you a beer to drink. How do you respond? 	<p>Discuss types of Responses (Delay, Refusal, Negotiation)</p> <p>Discuss concept of trusted adults: students can think about and plan for who they can talk to when situations arise.</p>
<p>Cannabis:</p> <ul style="list-style-type: none"> • You go back to your house at lunch with friends. Your friends bring along cannabis and want to 	<p>Discuss types of Responses (Delay, Refusal, Negotiation)</p> <p>Refer to Cannabis PowerPoint Toolkit Activity for Cannabis specific information</p>

Scenarios	Discussion Points (for Educator's Use)
<p>smoke some before going back to school. You don't feel comfortable smoking cannabis and you don't want them to do it at your parent's house. What do you do?</p> <ul style="list-style-type: none"><li data-bbox="191 512 716 768">• You are unsure about trying cannabis, but your friends tell you it's natural, healthy and legal, therefore it must be safe. What can you say to your friend?	