

## Don't Use. Refuse! Scenarios Worksheet

### Scenario 1

You arrive at a party and see the “popular” people doing shots of hard liquor. You also see that a friend is drinking a lot. He is aggressive and as time goes on, he is making less sense. A short while later you notice that your friend is lying on the couch and looks like he is sleeping.

### Scenario 2

You are at the skateboard park with some friends. You notice a high school kid with some kids from school exchanging something for money, but are not 100% sure what it is. Eventually, one of the kids comes to you and your friends. The kid from school asks, “Do you want to buy some cigarettes?”

### Scenario 3

You are with a friend who has some ecstasy (MDMA) and she says to you “let’s take some together...no harm in this”.

### Scenario 4

You are very upset about some things that are happening in your family. Your parents have been fighting a lot recently and you do not know how to handle the stress. You are thinking about using drugs as a coping mechanism.

## Scenario 5

You and your friends are going to a party. When you show up it smells weird and you see people are smoking cannabis (marijuana). They ask you and your friends to join them. Your friends decide to join in, but you are hesitant to participate. You hear someone say, "Everyone is doing it! It's fun! Don't be a wimp!"

## Scenario 6

You are at a party where many people are drinking. One of your friends looks like she is about to pass out, but you know that she has only been drinking pop. You are worried someone may have slipped something into her drink when she wasn't looking.

## Scenario 7

You are at a party and you notice that a friend is drinking a lot. Later you see him lying on the couch and he looks like he is sleeping. You decide to call his parents, but a few friends take your phone, telling you that if you call his parents you will all get in trouble. One of them suggests that you just give him some coffee to sober him up.

## Scenario 8

You meet your friends at the park and one of your friends has some cannabis (pot). He lights the joint and passes it around to your friends who take turns smoking it before passing it to you.

## Scenario 9

You are at a party and you overhear some of the popular kids encouraging someone to drink. The person refuses but the group continues to pressure him.

## Scenario 10

You recently moved to a new school and have not made many friends. A group of older students invites you to hang out with them after school. When you get there, they are smoking pot (cannabis) and offer it to you. You know you shouldn't smoke it, but you want to fit in.

## Scenario 11

One of your best friends has been hanging out with a new group and spending less time with you. You notice that her new group of friends is often in trouble and your friend has started drinking. When you approach her, she says that you are welcome to join her new group of friends.

## Scenario 12

Your best friend just moved away and you are feeling sad and lonely. You have seen people on TV drink when they are sad because it makes them feel better. You remember that your parents keep beer in the fridge and think you might be able to take some without them noticing.

## Scenario 13

A group of students are making fun of one of your classmates for refusing to drink at a party last weekend. You will be going to a party with the same group on Friday night and are worried that if you don't drink, you will be the target of their jokes next week.

## Scenario 14

You are hanging out at the beach with a group of older friends, one of whom agreed to drink you home after. Many of the older friends are smoking pot (cannabis), including the driver. When it is time to leave, she gets in the driver's seat and tells you she will bring you home now. When you don't get in the car, she says, "don't worry. It's not like drinking. I'm fine to drive. Plus, cops don't have a breathalyzer for pot."

## Scenario 15

You arrive at a friend's house while his parents are not home. He and several other friends are racing to see who can drink their beer the quickest. Your friend hands you a beer and says, "Here, you're up. Let's see if you can beat me." The others gather around you and your friend starts chanting, "Chug, chug, chug!"

## Scenario 16

You are at your friend's house and you are both bored. Your friend says, "Let's take some of my dad's pills. He got them for pain after his knee surgery, but doesn't take them anymore. He's got lots left over and I know where he keeps them. I took one before and it was awesome! Plus, they're totally safe because he got them from the doctor!"

## Scenario 17

You are hanging out with a new group of friends and feel anxious. One of your friends notices and offers you a pill, saying, "Don't worry. I used to be nervous around new people too. Here, take this, it will help. Trust me."

## Scenario 18

One of your friends has been acting strange lately. He's been cutting class and getting into trouble at home. He seems angry all the time and has been avoiding hanging out with you and other friends. More than once, you've noticed he smells like alcohol. When you confront him, he accuses you of being a bad friend and says he doesn't want to hang out with you anymore.