



Name _____
Date _____ Period _____

Lesson 6

Resisting Internal and External Pressures to Use Substances

Pressure Scenarios Version A

A1. It's Friday night. You and your friends are planning to go to the movies. When you get to your best friend's house, the group has already decided to skip the movies and have a party instead. Someone has brought beer, and several people are drinking. No one pressures you to drink or even offers you anything, but you feel like maybe you should drink.

What could you do, say, or think so that you would not drink alcohol?

- a.
- b.
- c.

Additional

A2. It's a rainy day. You and your friend are both disappointed that the event you were going to was called off. You're bored and go into the kitchen to see what there is to eat. You notice an e-cigarette in a drawer. You begin to wonder what it's like to vape.

What could you do, say, or think in order not to vape?

- a.
- b.
- c.

A3. One of your friends just sent you a link to a website called "Benefits of Using Cannabis" that encourages people to use marijuana to stay healthy. You think to yourself, "That sounds interesting. I should probably check it out."

What could you do, say, or think so that you won't feel like you need to visit the website? How could you reply to your friend?

- a.
- b.
- c.



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Pressure Scenarios Version B

B1. It's Saturday afternoon, and you're alone with nothing to do. Suddenly, you remember that your older sibling, who is away at college, left a stash of marijuana edibles in their room. You think, "Getting high will certainly make the afternoon less boring."

What could you do, say, or think so that you won't use marijuana edibles?

a.

b.

c.

Additional

B2. You are at an outdoor concert, looking around. Some of your friends are there too and text you to come hang out with them. When you get near, you see that someone is smoking an e-cigarette. No one offers you anything, but you begin to feel left out. You think, "Maybe I should ask if I could smoke with them so that I'll feel more a part of the group."

What could you do, say, or think in order not to smoke?

a.

b.

c.

B3. It's Friday night. You and your friends are planning to go to the movies. When you get to your best friend's house, the group has already decided to skip the movies and have a party instead. Someone has brought beer, and several people are drinking. No one pressures you to drink or even offers you anything, but you feel like maybe you should drink.

What could you do, say, or think so that you would not drink alcohol?

a.

b.

c.



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Pressure Scenarios Version C

C1. You are at home alone with your older sister. There's a knock at the door. You open it and find two of your sister's friends standing there. They come in and start talking to your sister. You want to be included but feel left out. One of them pulls out a new e-cigarette. No one offers you any. You think, "Maybe if I vaped, they would include me in their conversation."

What could you do, say, or think so that you would not vape?

- a.
- b.
- c.

Additional

C2. It's the weekend; it's raining, and you're stuck in the house. Your parents and sister are out for the afternoon. You're bored. You think, "Maybe I should have a beer. Getting buzzed would make this day less boring."

What could you do, say, or think so that you won't drink?

- a.
- b.
- c.

C3. You and your friends are at a picnic and ball game in the park. It's turning into a really good party. Suddenly, you notice out of the corner of your eye that a few in the group are smoking weed. You think that in a few minutes more of your friends will be smoking marijuana. No one has offered you any, but you think to yourself, "Maybe I should try it."

What could you do, say, or think to feel okay about not smoking marijuana?

- a.
- b.
- c.



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Pressure Scenarios Version D

D1. It's Friday night, and there's a great party about to happen. You just had a fight with your parents. They have given you a really early curfew, and they won't let you stay out even an extra half hour. You are really angry! When you get to the party, you think, "Maybe I'll just get wasted and show them." No one pressures you to drink, but you are angry and hurt and you think, "Getting wasted might make things better."

What could you do, say, or think so that you would not drink alcohol?

- a.
- b.
- c.

Additional

D2. You are online with several friends, and everyone decides to meet at the park. It sounds like it will be a lot of fun. Suddenly, people start talking about bringing weed and getting high. You think that you will be pressured to smoke marijuana, if you go. No one has offered you any, but you think to yourself, "Maybe I should just go and try it."

What could you do, say, or think to feel okay about not smoking marijuana?

- a.
- b.
- c.

D3. You are in a group chat with some friends who are talking about a new video posted by your favorite music artist who is partying and sipping on a hard seltzer.

You think to yourself, "Wow - I really like this artist. I wonder what that seltzer tastes like."

What could you do, say, or think so that you won't feel like you need to try what the artist is selling?

- a.
- b.
- c.



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Pressure Scenarios Version E

E1. You are online and see that friends are posting pictures and some are vaping. You think to yourself, "Should I respond? Should I like, ignore, or comment on their posts?"

What could you do, say, or think in order not to feel like you have to show approval of your friends vaping?

a.

b.

c.

Additional

E2. One of your friends just sent you a link to a website called "Benefits of Using Cannabis" that encourages people to use marijuana to stay healthy.

You think to yourself, "That sounds interesting. I should probably check it out."

What could you do, say, or think so that you won't feel like you need to visit the website? How could you reply to your friend?

a.

b.

c.

E3. You are at home alone with your older sister. There's a knock at the door. You open it and find two of your sister's friends standing there. They come in and start talking to your sister. You want to be included but feel left out. One of them pulls out a new e-cigarette. No one offers you any. You think, "Maybe if I vaped, they would include me in their conversation."

What could you do, say, or think so that you would not vape?

a.

b.

c.