

family

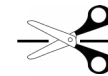
friends

**online gamer/
influencer**

religion/beliefs

**health advice (e.g.
from a doctor/nurse)**

the situation



**feelings/emotions
(mental health)**

physical health

money

Bailey is meeting a group of older friends in the park. After a while, some of the group start smoking cannabis. It is being passed around the group and they all smoke it. Bailey is offered the cannabis too.



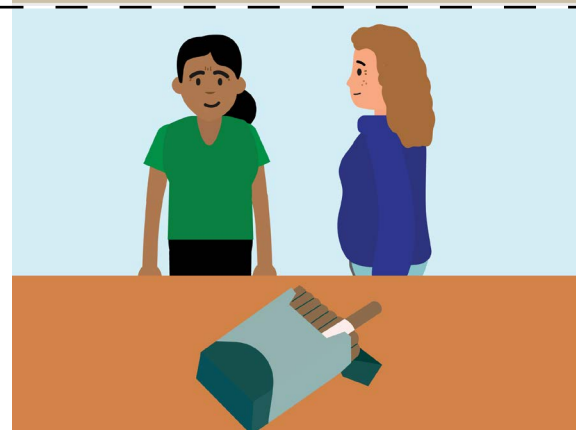
Dee is going to a friend's birthday party. When she arrives, there are no adults around. Most people seem to be drinking alcohol from bottles and dancing together. Dee's religion does not permit drinking alcohol. She sees her friend who passes her an open bottle of beer and says, "Come on, have a drink and dance with me!"



Mich sees an advert online of their favourite gamer promoting vapes. A new vape shop has opened nearby too. Mich has heard that vaping is much safer than cigarettes. Mich sees an advert for vaping on their way to work and thinks they will try vaping too.



Pip's mum always has a cigarette with a cup of coffee in the morning but at the moment she is trying not to smoke. It's really hard. She sees a packet of cigarettes that Dad has left on the table. Then, her friend comes around for coffee and says, "Aren't we going outside for a cigarette too?"

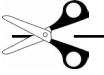


Jamie's cousin says that later that day he will give Jamie a packet to deliver to an address across the estate. He tells Jamie not to tell anyone because in the packet are some illegal drugs, but not to worry as no one will know what he is doing anyway.



Think about the reasons why they are being encouraged to try it

Get cross, shout, criticise or insult the other person/people involved



Dare the other person/people to do it first

Feel they don't want to, but join in anyway

Just say 'no thanks'

Try the drug and then feel worried

Walk away / leave the situation

Give a reason for not wanting to use the drug

Suggest doing something else instead

Talk to/text a helpline

Talk to a trusted adult

Something else?

Example passive responses:

- Feel they don't want to, but join in anyway
- Try the drug and then feel worried

Example assertive responses:

- Think about the reasons why they are being encouraged to try it
- Just say 'no thanks'
- Give a reason for not wanting to use the drug
- Suggest doing something else instead
- Walk away/leave the situation
- Talk to a trusted adult
- Talk to/text a helpline

Example aggressive responses:

- Get cross, shout, criticise or insult the other person/people involved
- Dare the other person/people to do it first