

### Be smart, don't start

#### Materials

- [Scenario cards](#)
- Chart paper and markers (optional)

#### Instructions

- Briefly review the effects of substance use.
- Organize students into small groups or pairs.
- Have a student read the scenario on the card aloud to the whole class and/or have a group of students act out the scenario.
- Ask students to discuss the scenario in their groups, reflecting on how they would feel and what they would do if they were in that situation.
  - Prompts:
    - How might you feel? What could you do? What could be challenging about that? What or who can help you in this scenario (e.g. skills, resources)?
- After a few minutes, ask students to share some of their reflections with the class.
- Repeat this activity with different scenarios.
- Close the activity by reviewing some of the refusal skills and resiliency resources (e.g. trusted adults, supportive friends and family, school, community, talents/skills, etc). Write skills and resources on chart paper to be displayed in the classroom.

#### Variations

- Have students create their own scenarios to which their classmates can respond.
- Substitute or supplement with OPHEA's *Safety Scenarios* ([Grade 3, Making Healthy Choices](#))
- Quick review: Whenever time permits (5-10 minutes), revisit one or two scenarios by having students discuss or role-play scenarios and response