

Choose to be tobacco-free

Time: 20 minutes

Materials

- [Scenario cards](#)

Instructions

- Briefly review the effects of tobacco use and introduce some strategies students might use in different situations involving tobacco.
 - Some examples include making an excuse, leaving, saying “no”, etc.
- 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:
 - What is the problem here?
 - How might you feel?
 - What could you do?
 - What might 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 whole 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

- Quick Review: Whenever time permits (5-10 minutes), revisit one or two scenarios.

Teaching Tool

- Place the scenario cards in a box and pick one at random whenever time permits (e.g. a short break between lesson periods or before dismissal).
 - Read the scenario aloud and allow students to discuss it in small groups or as a whole class.
- Students can discuss scenarios in pairs or small groups as an enrichment activity after completing other work.
- Students can come up with their own scenarios to which their classmates can respond.
- Have students write their own individual responses to a particular scenario.
- Create a gallery walk with a different scenario at each station.
 - Have students work in groups to come up with a response to the scenarios.
 - Have each group begin at a different station to work on that scenario before rotating to the next station.
- Create a gallery walk with a different activity at each station (i.e. *Tar jar*, *Out of breath*, scenarios, each of the worksheets).