

## Don't Use. Refuse! – Teacher Answer Sheet

*This answer sheet only provides possible answers to five different scenarios. Additional scenarios found in the scenario worksheet are similar, so answers may apply across the various scenarios.*

### 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.

1. What will you do?

- Review the Bacchus Maneuver (slide #10)
  - If someone passes out, try to wake them.
  - If they do respond:
    - Make sure they don't use anymore drugs or alcohol
    - Even if the person is not unconscious but is impaired, they must not be left alone as the risk is high for injuries.
    - Do not let the person SLEEP it off. They could be dead in the morning.
- If they don't respond:
  - Check for a pulse.
  - Make sure the person is breathing.
  - Use the BACCHUS MANEUVER.
  - Stay with the person. Have someone call 911 and return to confirm.
  - If you are alone, call 911 and return until help arrives.
  - Notify parents, guardian, or other responsible adult as soon as possible.
  - Give NOTHING by mouth (no coffee, food....) to prevent choking.

2. What are things to think about in this scenario?

- Have you been drinking or using drugs too? This could negatively affect your ability to help your friend.

- Who else is around that could help you? Find someone who is sober and/or call parents.
- Has your friend been using drugs in addition to drinking? This could make symptoms worse.
- Is this the first time your friend has binge drank or is your friend experiencing problems with alcohol? Remind students that binge drinking is defined as 5 or more drinks for males or 4 or more drinks for females.

## 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 e-cigarettes?”

### 1. What will you do?

- say “no” to friend because don’t want to get in trouble
- leave
- make up an excuse so friend won’t make fun of you, such as:
  - *I have a basketball game tomorrow, and I want to make sure I am in the best shape to win.*
  - *My parents are coming to get me soon, I should probably wait for them outside.*
  - *I don’t want to get in trouble with the law.*
- some students may say “try it”

### 2. What are things to think about in this scenario?

- The legal age to buy, use, and possess tobacco, alcohol, and cannabis products is 19
- Youth supplying tobacco, cannabis or alcohol products to those under 19 years old is not permitted and may result in consequences.
  - A person who sells or supplies an e-cigarette device under 19, may be subjected to a fine of \$490.00
- Smoking tobacco, cannabis and vaping products is prohibited in various public spaces, such as...
  - Parks, playgrounds and sport fields
  - Beaches
  - Splash pads and outdoor pools

### Scenario 3

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

1. What may you be feeling?

- Scared/nervous
- afraid of getting in trouble but worried about being laughed at/made fun of
- angry at friend
- curious/tempted

2. What will you do?

- say “no” to friend because don’t want to get in trouble
- leave
- make up an excuse so friend won’t make fun of you, such as:
  - *I have a basketball game tomorrow, and I want to make sure I am in the best shape to win.*
  - *My parents are coming to get me soon, I should probably wait for them outside.*
  - *I don’t want to get in trouble with the law.*
- some students may say “try it”

3. What are things to think about in this scenario?

Harmful Effects of Hallucinogens:

- Distorted awareness and perception
- Unpredictable experience, which leads to dangerous behavior and risk for injury
- Possibility of a “bad trip”, which includes terrifying thoughts, anxiety and/or paranoia

### 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.

1. What will you do?

- Talk with a trusted adult such as a teacher, counselor, family member, youth worker, doctor, school health nurse, kids help phone etc.

2. What are some things to think about in this scenario?

- Do I have someone I can talk with?
- Will using drugs change the situation? - escape for a short time but problems still remain.
- How can I help the situation but not put myself at risk?

3. What are some healthy ways to deal with stress?

- physical activity
- listening to music
- journaling
- talking with friends
- reading etc.

### 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!"

#### 1. How might you feel?

- pressured to fit in and be liked by friends
- angry that friends would put you in that situation or pressure you
- scared about possible consequences
- worried about how parents may react if they find out etc.

#### 2. What would you do?

- say no
- make an excuse to not participate, such as:
  - No thanks I have an early practice tomorrow morning.
  - I have a basketball game tomorrow, and I want to make sure I am in the best shape to win.
  - My parents are coming to get me soon, I should probably wait for them outside.
  - I don't want to get in trouble with the law.
- leave and find a safe way to get home.