

Worksheet 1: Cards – Individual factors

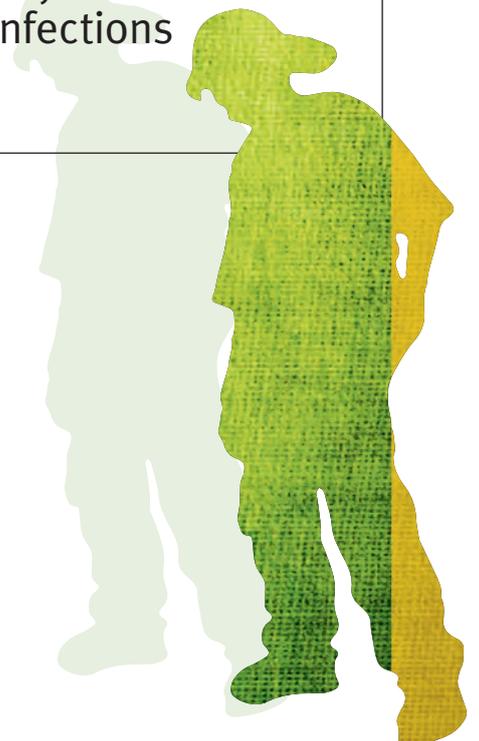
<p>Jack is 19 He is the captain of his football team He is healthy and fit</p>	<p>Jen is 15 Is a conscientious student who likes studying Never used any drug before</p>
<p>Jen is 17 She is in year 11 at school She sometimes has asthma attacks</p>	<p>Jack is 15 Had a long day at work Is very tired</p>
<p>Jack is 14 He doesn't like living at home and often stays with friends When he was younger his mum made him see a psychiatrist because he was very anxious</p>	<p>Jen is 14 Her brother uses cannabis She is in and out of hospital all the time She often feels really sad</p>
<p>Jen is 16 Is baby-sitting her little brother who is 8 Is angry she wasn't allowed to go out with her friends</p>	<p>Jack is 16 Has an exam at school tomorrow and is very nervous Just wants to get some sleep</p>

Worksheet 2: Cards – Environmental factors

At a party where they know lots of people	At the back of the school where the teachers never check
At home alone	At a mates house while their parents are away
With friends – they have all been drinking	In the park
On a train at night with no other passengers in the carriage	Away on holidays and has run into some new people
At home before work/school	At a sports event
In the car with older friends	

Worksheet 3: Cards – Examples of additional information

Jack/Jen has a sports final tomorrow	Jack/Jen has in the past been treated for depression in recent months
Jack/Jen has been drinking alcohol	Jack/Jen is recovering from the flu
Jack/Jen wants to smoke because he/she feels angry and thinks it will help him/her settle down	Jack/Jen is really stressed about a big exam tomorrow
Jack/Jen has never used any drug before	Jack/Jen always gets chest infections



Worksheet 4: Student worksheet

In this activity, you have been provided with different individual and environmental factors.

1. Identify the individual and environmental factors and consider how these two factors might influence the decision to use or try cannabis.

Individual factors (*physical and psychological, genetics, size, height, weight*):

Environmental factors (*when, where and who with*):

Next, you will be provided with a new piece of information.

2. Does it relate to the individual or the environment?

3. How might this new piece of information influence whether Jack/Jen will try or use cannabis on this occasion?

4. What would you say to Jack/Jen to try and convince her not to try the Cannabis?

5. What could Jack/Jen say to his/her friend if she decides not to use?
