

## Worksheet 1: Cards – Individual factors

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

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

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

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

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

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

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

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