

Name _____

Date _____ Period ____

INTERNAL PRESSURE SCENARIOS A

Classwork

A1. It's Friday night. You and your friends are planning to go to the movies. When you get to your best friend's house, the group has already decided to skip the movies and have a party instead.

Someone has brought beer, and several people are drinking. No one pressures you to drink or even offers you anything, but you feel like maybe you should drink.

What could you do, say, or think in order not to drink?

- a. _____
- b. _____
- c. _____

A2. It's a rainy day. You and your friend are both disappointed that the game you were going to was called off. You're bored and go into the kitchen to see what there is to eat. You notice some cigarettes in a drawer. You begin to wonder what it's like to smoke a cigarette.

What could you do, say, or think in order not to smoke?

- a. _____
- b. _____
- c. _____

Homework

A3. You and your friends are at a picnic and ball game in the park. It's turning into a really good party. Suddenly, you notice out of the corner of your eye that a few in the group are smoking a joint.

You think that in a few minutes more of your friends will be smoking marijuana. No one has offered you any, but you think to yourself, "*Maybe I should try it.*"

What could you do, say, or think to feel okay about not smoking marijuana?

- a. _____
- b. _____
- c. _____

Name _____

Date _____ Period ____

INTERNAL PRESSURE SCENARIOS B

Classwork

B1. It's Saturday afternoon, and you're alone with nothing to do. Suddenly, you remember that your older brother, who is away at college, left a stash of marijuana in his room. You think, *"Getting high will certainly make the afternoon less boring."*

What could you do, say, or think so that you won't smoke marijuana?

- a. _____
- b. _____
- c. _____

B2. You are at an outdoor concert, looking around. You see a group of friends from school waving at you. When you get near, you see that they are smoking cigarettes. No one offers you a cigarette, but you begin to feel left out. You think, *"Maybe I should ask one of them for a cigarette so that I'll feel more a part of the group."*

What could you do, say, or think in order not to smoke?

- a. _____
- b. _____
- c. _____

Homework

B3. It's Friday night. You and your friends are planning to go to the movies. When you get to your best friend's house, the group has already decided to skip the movies and have a party instead.

Someone has brought beer, and several people are drinking. No one pressures you to drink or even offers you anything, but you feel like maybe you should drink.

What could you do, say, or think in order not to drink?

- a. _____
- b. _____
- c. _____

Name _____

Date _____ Period ____

INTERNAL PRESSURE SCENARIOS C

Classwork

C1. You are at home alone with your older sister. There's a knock at the door. You open it and find two of your sister's friends standing there.

They come in and start talking to your sister. You want to be included but feel left out. One of them pulls out some cigarettes, and they all light up. No one offers you any. You think, *"Maybe if I smoked, they would include me in their conversation."*

What could you do, say, or think so that you would not need to smoke?

a. _____

b. _____

c. _____

C2. It's the weekend; it's raining, and you're stuck in the house. Your parents and sister are out for the afternoon. You're bored.

You think, *"Maybe I should have a beer. Getting buzzed would make this day less boring."*

What could you do, say, or think so that you won't drink?

a. _____

b. _____

c. _____

Homework

C3. You and your friends are at a picnic and ball game in the park. It's turning into a really good party. Suddenly, you notice out of the corner of your eye that a few in the group are smoking a joint.

You think that in a few minutes more of your friends will be smoking marijuana. No one has offered you any, but you think to yourself, *"Maybe I should try it."*

What could you do, say, or think to feel okay about not smoking marijuana?

a. _____

b. _____

c. _____

Name _____

Date _____ Period ____

INTERNAL PRESSURE SCENARIOS D

Classwork

D1. It's Friday night, and there's a great party about to happen. You just had a fight with your parents. They have given you a really early curfew, and they won't let you stay out even an extra half hour. You are really angry!

When you get to the party, you think, *"Maybe I'll just get smashed and show them."* No one pressures you to drink, but you are angry and hurt and you think, *"Getting smashed might make things better."*

What could you do, say, or think in order not to drink?

- a. _____
- b. _____
- c. _____

D2. You and your friends are having a picnic and ball game at the park. It's turning into a really good party. Suddenly, you notice out of the corner of your eye that a few in the group are smoking a joint.

You think that in a few minutes more of your friends will be smoking marijuana. No one has offered you any, but you think to yourself, *"Maybe I should try it."*

What could you do, say, or think to feel okay about not smoking marijuana?

- a. _____
- b. _____
- c. _____

Homework

D3. You are at home alone with your older sister. There's a knock at the door. You open it and find two of your sister's friends standing there.

They come in and start talking to your sister. You want to be included but feel left out. One of them pulls out some cigarettes, and they all light up. No one offers you any. You think, *"Maybe if I smoked, they would include me in their conversation."*

What could you do, say, or think so that you would not need to smoke?

- a. _____
- b. _____
- c. _____