

US ELL ES

**NOT
MUCH
HELP**

HELPFUL

HARRMFULL

PRAY

**TAKE A
DAY OFF**

**GO FOR
A SWIM**

**EAT
JUNK FOOD**

**MAKE
SOMETHING**

**FIND NEW
FRIENDS**

SET GOALS

**SEE A
COUNSELLOR**

SLEEP MORE

**WRITE
ABOUT IT**

SLEEP LESS

**JOKE OR
LAUGH ABOUT
PROBLEM**

SIT IT OUT

EXERCISE

**HAVE A
SHOWER**

**PRETEND
EVERYTHING
IS OK**

MEDITATE

RUN AWAY

**BLAME
SOMEONE ELSE**

**ASK
FOR HELP**

**PRIORITISE
(PUT THE MOST
IMPORTANT
THINGS FIRST)**

PLAN

**THINK
POSITIVELY
HOW THINGS
COULD
TURN OUT**

**GO FOR
A RUN**

**PLAY
COMPUTER
GAMES**

**AVOID OR PUT
OFF SOMETHING
YOU HAVE TO DO**

DRAW/PAINT

TIDY UP

**TELL
EVERYONE
HOW BAD IT
IS FOR YOU**

**LISTEN
TO MUSIC**

**PROBLEM
SOLVE**

CRY

**TAKE RISKS –
DO SOMETHING
DANGEROUS**

**GO
SHOPPING**

**CALL
FRIENDS**

**COOK
SOMETHING**

GO OUT

COMPLAIN

PLAY SPORT

**CHANGE
DIRECTION**

**STAY UP
LATE**

**GO TO BED
EARLY**

**WATCH
TV**

EAT LESS

GET SICK

**BLAME
YOURSELF**

**TALK IT
OVER**

**START
A FIGHT**

**FANTASISE –
DAYDREAM
TO ESCAPE**

WORRY

**WITHDRAW
(DON'T TALK OR
MIX WITH PEOPLE)**

**VISIT A
FAVOURITE
PERSON**

**PARTY/
SOCIALISE**

**RELAX IN A
BATH WITH
AROMATHERAPY
OILS**



CANNABIS SCENARIO

Three pupils have been overheard by a teacher talking about getting some cannabis from a Year 10 student. The teacher has reported them to the Year Head and they have been excluded. You meet the three pupils at the bus stop on the way home . . .

BE CLEAR

CONSIDER

CONSEQUENCES

CHOOSE