

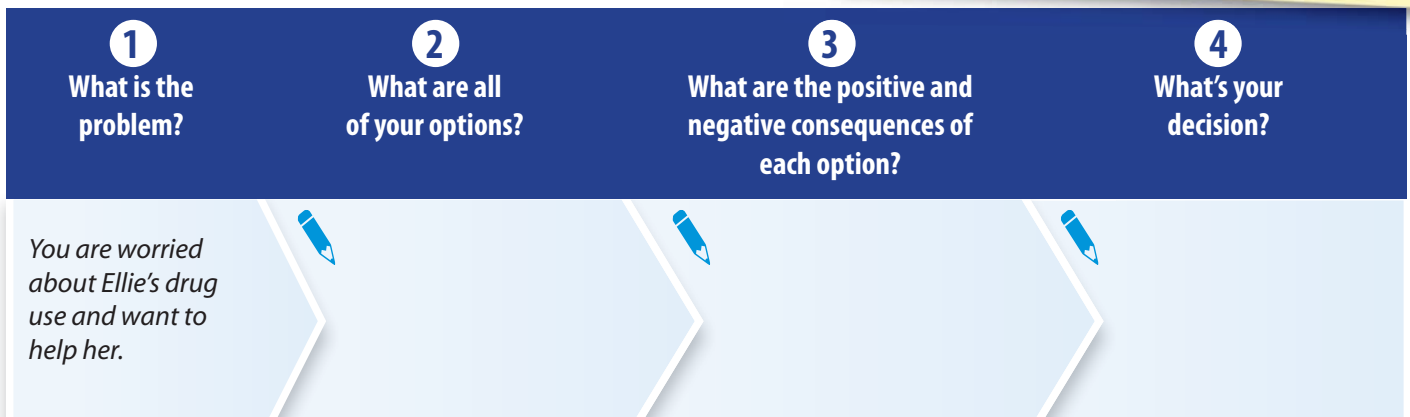


A HELPING HAND

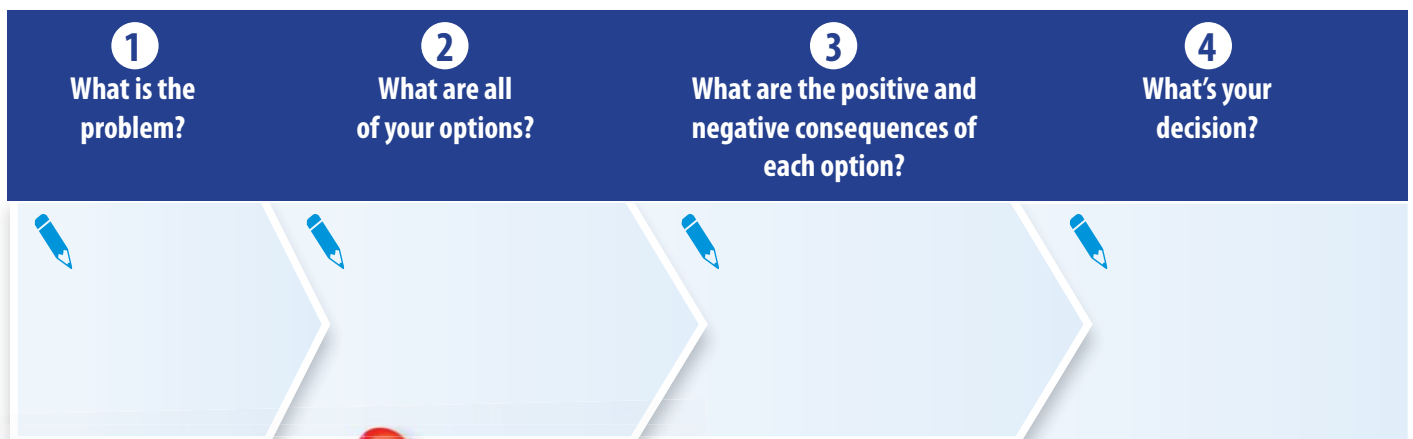
Ellie is in Year 8 and only has a few friends at school. She has started smoking cannabis to help her relax and fit in at parties. She often says embarrassing things when she is stoned. She has also started drinking. You are worried about her. **What could you do to help her?**

1 Use the **4-step decision-making process** to decide what you would do if you were Ellie's friend?

4-step decision-making process



2 Think about a problem that you may have had or you are having now. Use the **4-step decision-making process** below to help you.



We face problems every day. Some problems are big; some are small. Deciding what to do or who to talk to when you have a problem can sometimes be hard.

The **4-step decision-making process** can help you decide the best way to deal with a problem. It helps you think about your options.

Who can you talk to?

It's a good idea to have different people who you can talk to when you have a problem eg a friend, a family member, a school nurse, a teacher, a doctor, an online counsellor.

You may need to talk to different people for different types of problems.

Some professional people like doctors can only share your problem if you say it's OK or if they think you might hurt yourself or someone else.

3 Write down three people you could talk with if you have a problem or needed advice. Explain why you chose these people.

1 _____

2 _____

3 _____