



KNOWING THE FACTS AND AND HOW YOU FEEL ABOUT CANNABIS USE CAN HELP YOU TO STAY SAFE AND MAKE GOOD DECISIONS.

What do you know?

1 Knowing that most young people my age don't use cannabis makes me think...

2 Knowing that most people don't use cannabis makes me feel...

3 If I found myself in a situation where some people were using cannabis, I would:

- Move away from those using
- Tell them I've tried it but don't want to do it again
- Say 'no' or 'not this time'
- Talk to those who aren't using cannabis
- Other

4 Write two assertive statements saying 'no' to an offer of cannabis.

- 1.
- 2.

5 What could happen if you choose not to use cannabis when others around you are?

POSTIVE

NEGATIVE

SITUATION

You're at home studying for an exam with a friend. Your friend says that smoking a joint before the exam will help you to chill out and lights one up.



EMOTION

NEGATIVE

You feel worried and anxious

POSITIVE

You feel confident and calm

SELF-TALK

Write what you might say to yourself



Write what you might say to yourself



BEHAVIOUR

What would you do?



What would you do?

