

- 1 You're at the mall** with a group of mostly new friends. One of them pulls out an e-cigarette and hands it to one of the other people. They take a drag and then hand the e-cigarette over to you. You really don't want it.
- 2 You are leaving the rink** after spending some time with friends and watching a hockey game. Another young person, who used to attend your school, stops you to say hi. After a couple of minutes of talking, he or she shows you a pack of cigarettes and asks you to go out to the parking lot to smoke. You really don't want to.
- 3 You're at a friend's house doing homework** and their parents leave the house for a while. They left a pack of cigarettes out on the table. Your friend looks at you and says, "Should we try one?" but you think they look gross.
- 4 You're at a sleepover** at your best friend's house and there's older kids there who are friends with their brother. One of the brother's friends plays video games with you and your best friend, and then tells you that you should come hang out with him outside later. You know he will be smoking outside, and you don't think it's a good idea.
- 5 You're walking around outside** by the park and you and your friends find a half-opened pack of smokes left on the play equipment. There's a lighter inside, too. One of your friends says, "Should we smoke them?" and your other friends are considering it. You think it's a bad idea.
- 6 You play on a baseball team** with players of mixed ages. One of the older kids on the team is looking at baseball cards and shows you one with your favorite baseball player on it. The older kid says to you, "All baseball pitchers chew tobacco. That's what they're spitting when you see them on TV. I got a can of chew in my bag. It might improve your game. Want to try?" It looks GROSS.



## Role Play Situations How could you say "No!"



**7** **You are hanging out at** a friend's birthday party, watching a movie. Everyone is handing around bowls of chips, snacks, and candy. Suddenly, instead of being passed the chips, you're passed someone's cigarette. The person who passed it to you is smirking and watching what you do. You really don't want to smoke it.

**8** **You're at a big family gathering** and the adults there are all busy visiting and not really paying attention to the young people hanging out in another room. Your older, popular cousin from high school and his friends walk into the room, and they're all smoking. He turns to the group, and then asks you if you are brave enough to try one. You know if you do, the younger kids will too.

**9** **You and your friends are watching** the hockey game at the local arena, and the person sitting in front of you leaves their seat. She left behind a pack of smokes and doesn't seem to be coming back for them. One of your friends grabs the pack, takes out a smoke, and laughing, puts it to his lips. He says, "Dare me to try one?"

**10** **You're out fishing and camping** with your family. Last night, your uncle was teasing you and your cousin that you both couldn't handle going fishing with the adults, because you're "too little". You don't think that you're too little, and you want to prove him wrong. Today, all the adults went to go check on the lines and you see your uncle's chewing tobacco. He left it out of his bag, in front of his tent. Your cousin says, "I bet he wouldn't think we're too little if we were chewing his tobacco. What do you think we should do?"

**11** **You promised your older cousin** that you'd help him haul firewood that weekend. After you finish up, he says it was a lot of work and that you really helped him out. To thank you, he offers to either give you 5 bucks or to buy you a pack of smokes, since he's old enough. He says you should take the smokes because they're worth more.



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**12** **You are walking home after school** with a new kid who just joined your class from another town. So far you think she's really cool. As you get further away from the school, she goes into her backpack and pulls out an e-cigarette and takes a drag. After a second, she looks at you and says, "It's cotton-candy flavoured. Want some?" You wonder if she really knows what she's smoking, but you want to stay her friend.

**13** **You're at a big family gathering** and the adults there are all busy visiting. Your aunt asks you to look after your young baby cousin for a bit in a room inside, so the baby is not around the people outside smoking. Your older, popular cousin from high school and his friends walk into the room, and they're all smoking. The baby starts to cough.

**14** **You're watching a movie** with some buddies, and one of the main characters says a really cool line while they're smoking a cigarette. Your best friend thinks the movie was awesome and starts quoting it. But one of the other people says to him, "You need a cigarette to do it right!" One of your other friends pulls out a cigarette and hands it to your friend. You know he doesn't want to smoke, but he looks very anxious all of a sudden.

**15** **You're enjoying some pizza** with your friends outside the school after a great volleyball team win. One of the people in the group passes up the pizza. She says she's on a diet and can't eat it. Then, she takes out a cigarette and lights it, telling everyone that the smoking helps her to lose weight. After a few curious looks, she offers to give a cigarette to anyone else in the group who wants to try it.

**16** **You and your friends** are making plans for doing something together this weekend. Your friend's older sibling overhears you, and then they say, "You should come to my place instead. I'm having a party that night." You know that there will be smoking, drinking, and maybe more there.



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- 17** **You're eating outside with some friends**, all having fun and chatting. Then, another group of older kids sits down a little further away from your group. One of them lights up a cigarette, and suddenly you can smell the smoke all over your area, and your food even tastes weird. Your friends don't know what to do, but they don't want to eat around all that smoke.
- 18** **You and your younger sibling** are walking into a store together. Your younger sibling sees a brightly coloured display that advertises flavours. Your sibling says, "I want to try one!" You realize that it's a display for an e-cigarette brand, and don't think that your sibling realizes.
- 19** **This weekend, you helped** an older family member do something around the house. After you finish the chore, they say that you did a really good job. To thank you, they offer to buy you a pack of smokes since you're not old enough to buy them yourself.
- 20** **You're at home on the internet**, and you're looking up information about your favorite celebrity. You see them posing in a picture that looks really cool, and you realize that you have the same shirt! You think it would make a really great Instagram picture, so you ask your friend to help you take the picture looking the exact same. But you realize the celebrity has a cigarette hanging out of their mouth in the picture.
- 21** **You lent one of your friends some money** last week and they're supposed to pay you back today. When you ask for the money, your friend says that they don't have any cash to pay you back. But they offer to give you their pack of smokes. They say it's worth more, and you should take it and call it even.
- 22** **You are hanging out with a new friend** and you kind of want to impress them. As you're talking, they take out their e-cigarette and show you the flavour they're smoking. You have chosen not to smoke, but they don't know that yet. They say, "What's your favorite kind? Maybe I have it!"

