

# WORKCARDS

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**\*\* The thing which made me most nervous was**

---

**\* The most interesting thing about school is**

---

**\*\* A person who has been a good  
friend to me is**

---

**\* My Birthday is on \_\_\_\_\_  
I am \_\_\_\_\_ years old**

ID Lesson 4

**\*\* I hate**

---

ID Lesson 4

**\*\* I am good at**

---

ID Lesson 4

**\*\* People who get drunk**

---

ID Lesson 4

**\*\*\* I have a problem with**

---

**\* I think friends should**

---

**\* Cigarette smoking**

---

ID Lesson 4

**\* The best thing about school is**

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ID Lesson 4

**\*\* I have no problem with**

---

ID Lesson 4

**\* I really want to**

---

ID Lesson 4

**\*\* I wish**

---

**\*\*\* When people are really afraid of something**

---

**\*\* The person who was kindest to me in my whole life was**

---

**\*\*\* The scariest thing that ever happened  
to me was**

---

**\*\* I love**

---

**\* My favourite food is**

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**\*\*\* When I'm worried about something I**

---

**\* When I get a headache I**

---

**\*\* My favourite person in the family is**

---

ID Lesson 4

**\*\* My favourite person outside my  
family is**

---

ID Lesson 4

**\*\* People who sniff glue**

---

**\* When I grow up I will**

---

**\* I have \_\_\_\_\_ eyes**

**and \_\_\_\_\_ hair**

**\* If I had €5,000 I would**

---

**\* If I could have any name I liked,  
I would choose**

---

**because** \_\_\_\_\_

ID Lesson 4

**\*A funny thing that happened to me was**

---

ID Lesson 4

**\* My favourite possession is**

---

**\* A silly thing I once did was**

---

**\* A kind thing I once did was**

---

ID Lesson 4

**\* My favourite television programme is**

---

ID Lesson 4

**\* My favourite drink is**

---

ID Lesson 4

**\* I like people who**

---

ID Lesson 4

**\*\* I think a good teacher**

---

ID Lesson 4

**\*\* A brave thing I once did was**

---

ID Lesson 4

**\*\*\* I was upset when**

---

**\*\* The worst thing about school is**

---

### **MITCHING**

**Three friends are walking to school. One announces s/he is not going to school, that s/he is going to mitch and go to town for the day. Another decides that this is a good idea. The third does not want to be part of this.**

**Two use peer pressure to try to convince the third person to mitch.**

### **SHOPLIFTING**

**A group of friends are planning to steal items from a shop. Each person is to take an item. The last person does not want to.**

**The others use peer pressure.**

## **SMOKING**

**At breaktime many of the gang smoke even though it is forbidden. Four friends are in the bicycle shed at lunch time. Three of them start smoking. The other refuses the cigarette.**

**The three use peer pressure.**

**ROLE CARD**

**Patrick: Had his first drink at 13, drinks at weekends. He is determined to get his friends to drink. He has a part time job.**

***Think about Patrick and jot down some details which will help you make Patrick convincing.***

**ROLE CARD**

**John: A non-drinker. He doesn't want to drink. He thinks it's a waste of time. He likes football and plays on a team. He likes being active. He likes Patrick, as he is generous.**

***Think about John and jot down some details which will help you make John convincing.***

**ROLE CARD**

**Ann:** Ann has taken a drink on a number of occasions. She's not sure about drinking, but she goes along. She knows her parents don't want her to drink.

*Think about Ann and jot down some details to make Ann convincing.*

**ROLE CARD**

**Bernadette:** A non-drinker. She tasted drink at home and didn't like it. She also saw a friend of hers very drunk one night and she didn't like it.

*Think about Bernadette and jot down some details to make Bernadette convincing.*

AC Lesson 1



**You are in a bus queue.  
When the bus comes  
someone behind you starts  
pushing and elbows you out  
of the way...**

***(Making a request)***

AC Lesson 1

**You are with a group of friends. Someone takes out a packet of cigarettes and offers them round. You say you don't want one and the others start to make fun of you...**

***(Dealing with being teased)***

**You have been working hard at your maths, but you did very badly on a test. Your Dad is disappointed with you and has cut off this week's pocket money...**

*(Dealing with criticism)*

**You want to go on a school tour and you are fairly sure your mother is going to say "No". You go into the kitchen while she is making the dinner to ask her...**

*(Making a request)*

**You are going to a film and your friend arrives late – this is not the first time this has happened and you will probably miss the beginning...**

*(Expressing feelings - annoyance)*



**You bought a new pair of shoes and the stitching has ripped in one of them. You take them back to the shop. The manager says, “We don’t give refunds” ...**

*(Making a complaint)*

**You've got a cup of coffee in a restaurant  
and it is lukewarm...**

*(Making a complaint)*

**A friend borrowed some CDs from you. It  
was clearly agreed that they were to be  
returned in one week. It is now a month  
later and you still haven't got them back.  
You meet your friend on the street...**

*(Expressing feelings – annoyance)*

**An aunt of yours is always roping you into helping with her good deeds. She has just asked you again to do the shopping for an elderly neighbour. You don't want to do it...**

*(Refusing a request)*

**You are working hard on a test when a teacher comes past and finds a note on the floor near your desk. S/he yells at you that you are cheating but you know you are not...**

*(Dealing with criticism)*

**You and your friends are going to a film.  
One person is insisting on going to a film  
that you definitely do not want to see...**

*(Expressing your opinion)*

**You changed your plans for the evening in  
order to help a friend with preparation for  
an exam. In the end s/he never turned up.  
Now you are sitting next to each other just  
before the test...**

*(Expressing annoyance/giving criticism – N.B. timing)*

**A teacher makes a derogatory remark about itinerants in general. You disagree and feel you ought to say something...**

*(Expressing an opinion/disagreement)*

**You are sent to the Principal for leading the trouble in class. Though you were involved in trouble-making in the past, you have been trying hard lately and you were not involved in any way in this incident...**

*(Dealing with criticism)*

AC Lesson 1



**You are at a party and someone is trying to persuade you to have an alcoholic drink. You have said "No" already but they are being persistent...**

**(Dealing with persistence)**

AC Lesson 1

**You want to buy a tape but have no time to go into town. Your mum's friend has just dropped in to ask your mother if she needs anything...**

***(Making a request)***

AC Lesson 2

A friend who borrowed CDs or tapes and did not return them on the day agreed says:

***“Sorry about being so long returning these – I’m sure you didn’t miss them anyway! I have a few more at home I wanted to listen to this week – I’ll drop them in on Wednesday. See you later!”***

AC Lesson 2

A aunt who frequently drags you into helping with her shopping/helping other people when you would rather be doing something else, says:

**“I can’t understand what’s got into you! You were always so generous with your time in the past. Kids today don’t know how lucky they are – it’s all ‘take’ and no ‘give.’”**

AC Lesson 2

You said you would go to a disco with a friend you felt sorry for but you really don't want to and you've just told him/her. S/he says:

***“Just come this last time – I don't have anyone else to go with and after all, you did say you would.”***

AC Lesson 2

A group of you are going camping. One of your friends who is the leader of the gang wants to pool money to buy cannabis. You don't want to get into drugs and you say so. S/he says:

**“Nobody in their right mind would want to go camping with you. How come you always have such stupid ideas?”**

AC Lesson 2

You have really done your best with your homework, but the teacher says:

***“How dare you hand up homework like this! And don’t try to excuse yourself – you can do better than this rubbish!”***

AC Lesson 2

You do not understand something a teacher has just explained twice and you ask for more help. S/he says:

**“What do you mean you don’t understand?  
Haven’t I already explained it twice?”**

AC Lesson 2

One of your gang has just decided to go drinking cider. You do not want to, and have suggested going to the Youth Club. S/he says:

***“If you don’t agree with the group decision, then you can clear off, Mammy’s girl/boy.”***

AC Lesson 2

You have just spilled a carton of milk on the kitchen floor. Your mother/father shouts:

***“You stupid child! What did you go and do that for?”***

AC Lesson 2

A friend has asked you to come in next door and help to move some furniture. You are in the middle of something and say you'll help later. S/he says:

**“I know you’re busy right now, but this won’t take a minute. Come on.”**

AC Lesson 2

You have just asked for some extra pocket money, a thing you never do, to go to the pictures. Your mother/father says:

***“Who the hell do you think you are! Do you think we’re made of money!  
When I was your age I didn’t get any pocket money.”***

AC Lesson 2

You are with some people who have just bought a flagon of cider. When you are offered some you say you don't drink.  
One person says:

**“My Da says that a man who doesn't drink isn't a man at all. I agree with him. I can't stand people who won't drink like everyone else – then they sit there looking so serious.”**

### **SITUATION A**

You have a friend in hospital and you promised to go to see her on Wednesday night. Now a girl/fellow you have been out with once and really like has suggested you go to the pictures.

***What will you do?***

### **SITUATION B**

**In your house both your Mum and Dad work and you have all agreed to split up the housework between everyone except your little brother who is only five. Now your sister has asked you to do the fire every day for the next week. It is one of her jobs but she wants to do some work after school for this week so she can go to a disco on Saturday.**

***What will you do?***

## **SITUATION C**

**In your house both your Mum and Dad work and you have all agreed to split up the housework between everyone except your little brother who is only five. Now your Mum has asked you to do the fire every day for the next week. It is one of her jobs but she wants to do some overtime so she can go to a dinner dance on Saturday night.**

***What will you do?***

AC Lesson 3

## **SITUATION D**

**You are in a supermarket and you are in a hurry for a bus. You see a small boy/girl at one of the checkouts and you say to him/her, “Do you mind if I go ahead of you – I’m going for a bus”. He says nothing...**

***What will you do?***

### **SITUATION E**

**You are in a restaurant and you have been waiting fifteen minutes for a cup of coffee. You can see that the waitress is new and she is not coping very well. You are not in a hurry but you do wish she'd bring it to you!**

***What will you do?***

### **SITUATION F**

**Your Auntie May is a very obliging and caring person. She is always doing things for other people and never asks for anything for herself. You know she is not very good at saying 'No' either. You want her to make an outfit for you for a fancy dress party. When you ask her (nicely) she hesitates – looks as if she's going to say something then says "OK love, go ahead and get the material".**

***What will you do?***

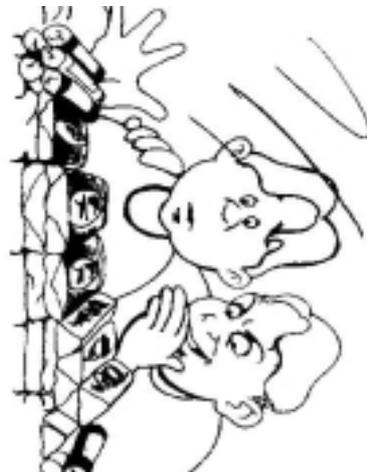
AC Lesson 11

**Your friend asks to borrow a new tape of yours and you do not want to lend it.**

AC Lesson 11

**Your friends want to copy your homework. You really don't want to lose their friendship but you think they should do their own homework.**

**You are in your boyfriend's house. His parents are away. He starts pressurising you to have sex. You don't want to even though you really fancy him.**



**You are on the way to a shop at lunchtime to get crisps and your friend suggests that you both nick some bars of chocolate.**

AC Lesson 1

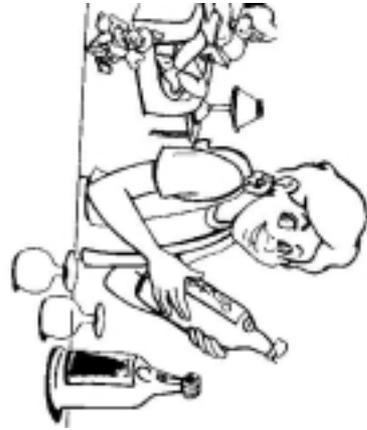


**Your friends want to play a trick on a classmate. You do not want to be part of it.**

AC Lesson 11

**You have moved into a new area and are at a soccer match with two new friends. One of them offers you a cigarette. The other friend takes one. When you hesitate, they start insisting that you take one.**

AC Lesson 11

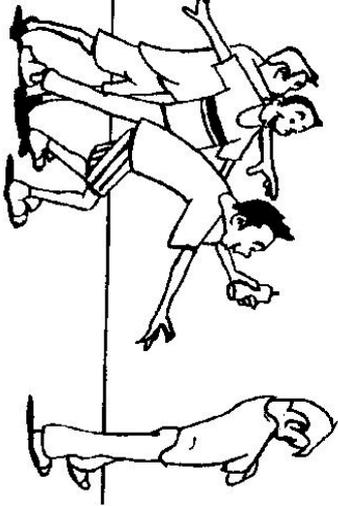


**You are babysitting with a friend and s/he suggests helping yourselves to some alcohol. You do not want to.**

AC Lesson 11

**You are at a party and someone you fancy offers you some cannabis. You want to be 'cool', but you do not really want to start smoking dope.**

AC Lesson 11



**You are with a group of friends. One has some gas and suggests trying it. The others are game but you know it can kill you. You do not want to try it even once.**

**SITUATION**

- Peter:** You are the leader of the gang. The others nearly always do what you suggest. You are out in the park and you suggest pooling your money to buy cider.
- John:** You like belonging to Peter's gang. Everyone looks up to him so you like to be included and you usually go along with everything he says. You would hate him to think you're chicken.
- Eamonn:** You like the gang though you wish they would think of something other than drinking. You have seen the effects of that in your house and are determined not to go the same way. You would love to play football or go to a Youth Club instead of just hanging about but there is nowhere to go in this part of town. You do not want to drink.
- Tom:** You like Eamonn but you get a kick out of drinking. It feels like a cool, adult thing to do and after you have had a few, you are not half as shy as usual. When Eamonn says he does not want to drink, you do not think he should be forced.

**SITUATION**

- Mary:** You have asked a friend to come over to stay the night several times but she always says 'No'. You are disappointed and beginning to wonder if she really likes you.
- Theresa:** Mary keeps asking you to stay the night but you are a bit of a home-bird and you love your own bed! So you say 'No' yet again. You wish she would stop asking you because you do not want her to feel hurt.

**SITUATION**

**Patrick:** You want to borrow Paul's bike for a cycling trip on Saturday with the local club. You know he would love to go but he has to keep his Saturday job to pay off what he owes on the bike. You have a bike but it's not as good as Paul's.

**Paul:** You saved hard for a year to get a bike and you still owe your big brother some money he lent you for it. You love your bike and take great care of it and you've made up your mind you're not lending it to anyone – not even Patrick, who is your best friend.

**SITUATION**

**Sarah:** Your Mum and Dad have gone away for the night to a wedding and left your big brother in charge. He was supposed to stay in but some friends of his called and he is gone out with them. He has made you promise not to tell your parents and he said he would let you try a joint if you promised not to. You phoned two friends and now you are all in the kitchen. You produce the joint and when Orla say "No", you persist. After all, Jim (big brother) has been smoking dope for years and it hasn't done him any harm.

**Yvonne:** When Sarah rang and asked you round, you were delighted. You were feeling bored and your Mum was getting on to you about your hair. You are dying to try dope. All the 'in-crowd' at school are into it and you feel a real square – you usually pretend you have smoked it too, but you never did before.

**Orla:** You are quite friendly with Sarah and Yvonne. They are good fun and often do crazy things. You are not so sure of yourself as they seem to be. But when Sarah produces a joint, you are not sure you want to try it. You do not want to spoil the fun but you think starting to use drugs is stupid. There are lots of ways of having a good time without them. You wish Sarah would lay off. She is spoiling a nice night and if she does not stop, you are going home.

**SITUATION**

*14 year  
old boy  
or girl*

**You are 14. You have been invited to a party on Saturday night. Your mother says you cannot go. She knows there will be drink at it and thinks you are just too young to handle the situation. You say you will not touch it but she will not change her mind.**

*Mother:*

**You are prepared to let him/her go to parties, which are supervised, or where there is no drink served and which are over by midnight. You will let your children start having a shandy or a beer at home when they are 16, but not before.**

AC Lesson 17

**You are in the non-smoking compartment of a train.  
Someone comes in, sits down and immediately lights up...**

***(Making a request/saying 'Thank you')***

AC Lesson 17

**You are in a crowded restaurant and the person beside you  
lights a cigarette...**

***(Making a request/saying 'Thank you')***

AC Lesson 17

**You are on the way home from school with some friends. They want to buy fags between them but are short 20p. You have 30p but you had planned to buy chocolate and anyway, you do not smoke, though sometimes you feel you are the odd one out...**

***(Saying 'No')***

AC Lesson 17

**You are in a café down town with some friends and a fellow/girl you fancy comes in and joins you. You do not smoke but when s/he offers you a cigarette, you do not want to appear dull...**

***(Saying 'No')***

**You have already asked some people in a non-smoking compartment of a train to stop smoking, but they just kept on. You sat here because you have contact lenses and smoke irritates your eyes...**

***(Escalating assertion)***

**You smoke, even though you know you should not. You are in a group where someone starts making fun of a friend of yours who does not smoke and does not want to start. You decide to stand up for your friend...**

***(Giving support/listening to a 'No')***

AC Lesson 17

**You have been in trouble at home and at school lately and you are really fed up. A friend tells you s/he know something that will make you forget your troubles. You know s/he is part of a crowd who sniff and while you are a bit afraid of it, you decide to go along anyway. Someone produces plastic bags and glue and suddenly you realise you do not want to, but someone has put the bag in your hand...**

***(Saying 'No'.)***

AC Lesson 17

**You used to sniff glue but you came to your senses and you have stopped. Now you see your old friends trying to get another person to join in. You decide to back her/him up when s/he says s/he does not want to...**

***(Giving support/listening to a 'No'.)***

AC Lesson 17

**You have just moved to a new house and hardly know anyone, so when a classmate invites you to his/her house after school, you are delighted. When you get there he produces some Tippex thinner and says his parents will not be home till 6.30 and you have plenty of time to try it. You do not want to lose his/her friendship but you have heard people have died from sniffing solvents and you decide to say 'No'. However, s/he keeps on at you and starts calling you 'chicken'...**

***(Saying 'No'/dealing with persistence.)***

AC Lesson 17

**You are staying the night with a friend who suggests nicking some booze from the drinks cupboard. You have never tried it before and you are curious, but his/her parents were uneasy about going out and you both insisted you could be trusted to be left alone. You do not want to be sneaky so you decide to persuade your friend not to...**

***(Persuading)***

AC Lesson 17

**You are at a party where everyone seems to be drinking a lot. You have had a couple of lagers but you want to stop at that. A friend who has had 'one too many' gets nasty and aggressive...**

***(Dealing with an aggressive person)***

AC Lesson 17

**You are at a family wedding and your father said you could have one drink to toast the happy couple. You agreed to just having one but now your uncle is pouring you another without asking you. You say, 'I'm not allowed to have anymore' but he just laughs and keeps on pouring...**

***(Saying 'No' Dealing with persistence)***

AC Lesson 17

**You are on a school camping trip and on the Saturday night all the teachers, but one, go down to the pub. Some of your friends have clubbed together to buy cider and you chipped in so as not to be a spoilsport. They argue that the teachers are hypocrites and are getting manky drunk themselves so why should they tell pupils how to behave. You agree with that but, at the same time, you would rather not drink. They pass you the bottle...**

***(Saying 'No')***

AC Lesson 17

**You are on a school camping trip and when a secret drinking session starts, one of the crowd does not want to drink. The others start teasing him/her and you decide to stand up for his/her right to say 'No'. They then start on you...**

***(Standing up for your point of view/supporting someone/listening to a 'No')***

*How would you feel if -*

**You came in after school and discovered  
your parents kissing on the couch?**

*How would you feel if -*

**Your younger brother/sister was allowed to  
do something you weren't allowed to at  
his/her age?**

FE Lesson 1

*How would you feel if -*

**You were told you have won a two-week holiday in London for two with €500 to spend?**

FE Lesson 1

*How would you feel if -*

**Everyone forgot your birthday?**

FE Lesson 1

*How would you feel if -*

**You ripped the sleeve of a very expensive  
shirt the first time you put it on?**

FE Lesson 1

*How would you feel if -*

**You lent a tape to a friend who now says  
you didn't?**

FE Lesson 1

*How would you feel if -*  
**Your father shouted at you?**

FE Lesson 1

*How would you feel if -*  
**You came in after school and found your  
mother at the table crying?**

FE Lesson 1

*How would you feel if -*  
**You were caught mitching?**

FE Lesson 1

*How would you feel if -*  
**Your friend stopped calling for you?**

FE Lesson 1

*How would you feel if -*

**Your mother said  
“I love you very much”?**

FE Lesson 1

*How would you feel if -*

**Your father said  
“I love you very much”?**

FE Lesson 1

*How would you feel if -*

**You did really well in your exam?**

FE Lesson 1

*How would you feel if -*

**You saw a mother really  
hurt a small child?**

FE Lesson 1

*How would you feel if -*

**A close friend was going to die?**

FE Lesson 1

*How would you feel if -*

**A teacher, who usually gives out about  
your work, praised you highly?**

FE Lesson 1

*How would you feel if -*  
**Your girlfriend/boyfriend broke it off?**

FE Lesson 1

*How would you feel if -*  
**Your favourite uncle gave  
you a big hug?**

FE Lesson 1

*How would you feel if -*

**You heard someone making a  
sarcastic remark about you that you  
were obviously meant to hear?**

FE Lesson 1

*How would you feel if -*

**You wanted to do something and nobody  
wanted to do it with you?**

FE Lesson 1

*How would you feel if -*

**You were wrongly accused of something?**

FE Lesson 1

*How would you feel if -*

**Someone close to you broke a  
confidence?**

FE Lesson 1

*How would you feel if -*

**You did something to please someone and  
they didn't even notice?**

FE Lesson 1

*How would you feel if -*

**A group of people jeered at you as you  
passed by?**

FE Lesson 2

**Ashamed**

FE Lesson 2

**Weak**

FE Lesson 2

**Anxious**

FE Lesson 2

**Envious**

FE Lesson 2

**Energetic**

FE Lesson 2

**Irritated**

FE Lesson 2

**Worthless**

FE Lesson 2

**Embarrassed**

FE Lesson 2

**Contented**

FE Lesson 2

**Angry**

FE Lesson 2

**Thrilled**

FE Lesson 2

**Relieved**

FE Lesson 2

**Joyful**

FE Lesson 2

**Annoyed**

FE Lesson 2

**Overwhelmed**

FE Lesson 2

**Clumsy**

FE Lesson 2

## **Nervous**

FE Lesson 2

## **Sympathetic**

FE Lesson 2

**Accepted**

FE Lesson 2

**Sad**

FE Lesson 2

**Proud**

FE Lesson 2

**Confused**

FE Lesson 2

**Frustrated**

FE Lesson 2

**Responsible**

FE Lesson 2

**Superior**

FE Lesson 2

**Warm**

FE Lesson 2

**Amazed**

FE Lesson 2

**Foolish**

FE Lesson 2

**Stupid**

FE Lesson 2

**Respected**

FE Lesson 2

**Satisfied**

FE Lesson 2

**Strong**

FE Lesson 2

**Pressured**

FE Lesson 2

**Happy**

FE Lesson 2

**Grateful**

FE Lesson 2

**Lonely**

FE Lesson 2

**Guilty**

FE Lesson 2

**Free**

FE Lesson 2

**Tense**

FE Lesson 2

**Afraid**

FE Lesson 2

**Defeated**

FE Lesson 2

**Enthusiastic**

FE Lesson 3

**If someone I fancied told me they liked me**

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FE Lesson 3

**The thing I'm most afraid of is**

---

FE Lesson 3

**If someone I loved died**

---

FE Lesson 3

**I feel excited when**

---

FE Lesson 3

**When someone ignores me**

---

FE Lesson 3

**It annoys me when**

---

FE Lesson 3

**The thing that could hurt me most is**

---

FE Lesson 3

**When someone I like gives me a big smile**

---

**When I'm anxious about something**

---

**I feel sad when**

---

FE Lesson 3

**I feel irritated when**

---

FE Lesson 3

**Being alone**

---

FE Lesson 3

**The last time I felt important**

---

FE Lesson 3

**The worst thing that could happen to me is**

---

FE Lesson 3

**The last time I cried**

---

FE Lesson 3

**If people really knew me**

---

FE Lesson 3

**I'm happiest when**

---

FE Lesson 3

**When I'm left out of something I**

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FE Lesson 3

## **Unhappy people**

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FE Lesson 3

## **You would know someone loves you if**

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**I hate**

---

***What would you least like to do -***

- ❖ **Mind a young child?**
- ❖ **Read a Shakespearean play?**
- ❖ **Help your mother/father/somebody at home?**

***Who would you prefer to marry -***

- ❖ **A rich person?**
- ❖ **A happy person?**
- ❖ **A good-looking person?**

***What should pocket money be used for -***

- ❖ **Spending on whatever you want at the moment?**
- ❖ **Saving for something you want?**
- ❖ **Buying school clothes and books?**

***What is most important in a friendship -***

- ❖ **A sense of humour?**
- ❖ **Courage?**
- ❖ **Generosity?**

***If you were Taoiseach which would be most important to you -***

- ❖ **Education?**
- ❖ **Health care?**
- ❖ **Pollution?**

***Your friend has written an essay, which you think, is terrible. If s/he asks for your opinion, what would you tell him/her -***

- ❖ **The truth?**
- ❖ **What s/he wants to hear?**
- ❖ **As much as you think s/he will be ready to hear?**

***If you could not do your homework, to whom  
would you go for help -***

- ❖ **A friend?**
- ❖ **A teacher?**
- ❖ **A parent?**

***Who do you like best -***

- ❖ **A classmate who plays practical jokes?**
- ❖ **A classmate who is very shy?**
- ❖ **A classmate who gossips?**

***What would you do if you saw your best friend  
steal some money -***

- ❖ Report him/her?
- ❖ Pretend you did not see?
- ❖ Ask him/her to share it?

***Where would you rather live -***

- ❖ In a large city?
- ❖ On a farm?
- ❖ In the suburbs?

***Which would you rather do -***

- ❖ **Swim?**
- ❖ **Play tennis?**
- ❖ **Play basketball?**

***What do you like best at school -***

- ❖ **Art?**
- ❖ **PE?**
- ❖ **English?**

***Which would you rather get for your birthday -***

- ❖ **Clothes?**
- ❖ **Money?**
- ❖ **CD's/Tapes?**

***Where would you seek help for a problem -***

- ❖ **In school?**
- ❖ **At home?**
- ❖ **From a friend?**

***If you were your mother/father/guardian,  
how late would you let yourself stay out -***

- ❖ 10.00 pm.?
- ❖ 12.00 midnight?
- ❖ Anytime?

***If you were a parent, which would worry you  
most -***

- ❖ Drinking?
- ❖ Smoking?
- ❖ Ecstasy?

***Which job would you prefer -***

- ❖ **Teaching?**
- ❖ **Selling?**
- ❖ **Acting?**

***What would you do if you had a fight with your  
best friend -***

- ❖ **Sulk?**
- ❖ **Talk it out with him/her?**
- ❖ **Talk to someone else?**

***What would you do if your best friend kept pushing you to smoke -***

- ❖ **Say “No”?**
- ❖ **Try one?**
- ❖ **Stay away from him/her?**

***If you could be another person, who would you be -***

- ❖ **The President?**
- ❖ **A top athlete?**
- ❖ **The most popular person in your class?**

***How do you have the most fun -***

- ❖ **By yourself?**
- ❖ **With a large group?**
- ❖ **With a few special friends?**

***Which would you most like to have -***

- ❖ **One best friend?**
- ❖ **2 or 3 very good friends?**
- ❖ **Many friends?**

***Which do you think harms your health most -***

- ❖ **Drinking?**
- ❖ **Smoking?**
- ❖ **Over-eating?**

***What do you like least -***

- ❖ **A tell-tale?**
- ❖ **A drug pusher?**
- ❖ **A TV sponger?**

**SUBSTITUTE TEACHER**

Joyce wanted to be included in a particular group at school. The group always seemed to be having a good time. They had never asked Joyce to join them before. Today one of the girls asked Joyce if she would go along with the group as they gave the substitute teacher a bad time. They planned to change seats, pass notes, make signs behind the teacher's back, etc. Joyce remembered how the last substitute had left the room crying and how sorry she felt about it. The group kept urging Joyce to join them.

**- What should she do?**

**HITCH HIKE**

It is Saturday afternoon. You are with a group of friends at the shopping centre. You shop, have coffee and when you are all ready to go home, you arrive at the bus stop three minutes after the bus has left. The next bus is not due for an hour. The others decide to hitchhike home. You are the only one who hesitates and says, 'maybe'

**- What should you do?**

**SWIMMING**

**You are on the beach with some friends. They plan to go swimming in the sea. They are more experienced swimmers than you. You have had some beginner's lessons and need more. Your friends tell you that all you need is practice and that they will look after you. You are afraid to go out swimming with them as they will swim in quite deep water.**

-

**What should you do?**

**SMOKING**

**You are offered a cigarette by someone who you would really like to be friends with. S/he laughs when you tell him/her you have never smoked. Will you take a cigarette?**

**- What should you do?**

**JOHN'S STORY**

**John has always wanted to be an actor but his family do not want him to go to drama school. He is very good with his hands and they want him to learn a trade so that he will have a secure job.**

**- What should he do?**

**LOSING WEIGHT**

**I am sixteen years old and I still have no confidence when it comes to girls. Although I do talk to girls and get on well with some of them, I have had no luck with deeper relationships. I'd like to think that I have a good personality but the reason I think that I haven't a girl friend is because I'm overweight. I think that if I lost weight I would stand a chance. I have tried numerous diets but none have worked. I'm sure I would be more confident as a slimmer person.**

**- What should I do?**

### **MITCHING**

**You are walking home for lunch with two of your friends. They decide to skip school for the afternoon. John's parents are away for the day so he suggests that you mitch too, and go over to his house.**

### **THE BULLY**

**The class bully has beaten you up several times in the past few weeks. He threatens to really hurt you if you tell anyone. Your class teacher notices your bruises and asks you what happened.**

## **NEW SCHOOL**

**You have just moved to a new school. No one is being friendly and you are very lonely. Your parents suggest that you get involved in some activities at school. You are afraid to do that.**

## **TROUBLE**

**You and a friend are messing in a classroom between classes. Your friend throws a bag, which hits and breaks a window. A teacher passing by comes in and asks the people responsible to come forward. Nobody moves. The teacher asks again and says the whole class will be punished if those responsible do not come forward.**

## **HOME ALONE**

**Your parents go away for a day and leave you in charge. A couple of your friends find out and they plan a party at your house. You know that your parents would not approve, but you are afraid to tell your friends that they cannot come around.**

## **SMOKING**

**You are with a group of friends when one pulls out a pack of cigarettes. S/he takes one, lights up and offers a cigarette to everyone else. The others take one. You begin to feel uncomfortable, because you do not smoke.**

## **CANNABIS**

**You are with a new group of friends some of whom are of the opposite sex. You go with them on a camping trip. Unknown to you they have brought cannabis with them and they expect you to smoke it. You don't want to; however you don't want to be seen to be boring in front of someone you fancy.**

## **ALCOHOL**

**You are at the disco. Someone you fancy offers you an alcoholic drink. You don't drink but you want to impress this person.**

## **STUDY**

**You want to study and do well in your forthcoming exams. Some of your close friends frequently call when you are working. You don't want to lose their friendship and you don't want to be called a swot but you want to do well in your exams.**

## **B.O.**

**A friend who sits behind you in class has a terrible body odour (B.O.) problem. Should you tell him/her?**

### **CIGARETTES**

**The first time Sean was offered a cigarette, he was walking home along the main street with some friends of his and some older boys he did not know. One of the older boys stopped and bought a box of ten cigarettes at the machine and offered everybody one.**

### **ALCOHOL**

**“I went to a party with my brother last Christmas. On our way there we went into a pub to buy a six-pack and to meet up with the others going to the party. I knew that my mother would be mad if she found out I was drinking, but I knew that the others would laugh at me if I did not have one. I was a bit worried that the barman would guess my age.”**

## **CANNABIS**

**At a party last weekend, a group of people from school were passing around a joint (cannabis cigarette). My friend smoked and I was surprised because I did not know s/he had tried it. S/He passed it to me and I thought, “I don’t really want to try it. I can’t even inhale. I’ll make a right fool of myself. But if I don’t, they’ll think I’m odd”.**

DM Lesson 13

**John is 14 years old and sometimes when he goes out with his two best friends they get an older brother to buy beer for them. Usually someone's parents are out and they go over to his house and drink or else they go to a shelter on the pier. John drinks as little as possible as his parents would be furious with him if they knew and would not allow him out. He does not like drinking anyhow but his friends keep pressing him to drink more. They sometimes get drunk.**

***What should he do?***

DM Lesson 13

**Fiona, who is 15, has invited a few of her friends over to her home. Her parents are away at a wedding and will not be back until very late. Fiona and her friends listen to music, dance, eat and have a good time. Stephen opens the drinks cupboard and sees various alcoholic drinks there. "Great, look what I've found", he shouts. "Fiona, I'm sure you won't mind us having some of this", he says as he proceeds to open the bottle of Vodka. Catherine joins him at the cupboard. Fiona does not want them to take her parents' drink. They trust her and expect that none of her friends would touch their things.**

***What should she do?***

## DM Lesson 13

**Patrick, who is 19, has his father's car for the night. He likes being able to have the car as it makes getting home easier and he can also bring his girlfriend home without any bother. He has gone to a pub to celebrate his girlfriend's birthday. He plans to have a couple of drinks and then go on to a disco. He does not want to go over the limit of alcohol allowed for driving in case he would get caught. He bought a drink for some friends, has two glasses of beer himself and was almost ready to go on to the disco when Phil offered him a drink. Patrick declined the offer, but to his amazement, Phil still bought him a drink and brought it to the table saying, "I couldn't let you off without paying you back for the drink you bought me earlier. You have plenty of time to go to the disco".**

***What should Patrick do?***

## DM Lesson 16

Imagine that your mother has backache frequently and takes painkillers, which she buys over the counter for it. Today her back has been very sore and she has taken tablets. She still feels terrible, wants to get some work done and is taking more tablets.

### ***What could you do?***

Work out the advantages and disadvantages of doing each of the following things:

- ❖ **Talking to your mother and suggesting that she goes to the doctor.**
- ❖ **Talking to your mother and suggesting that she rest and take more care of her back.**
- ❖ **Talking to another adult about it.**
- ❖ **Telling your doctor.**
- ❖ **Hiding the tablets.**
- ❖ **Doing nothing.**

***Decide on what you would do.***

## DM Lesson 16

Imagine that you have a friend who gets really drunk when you go out each weekend.

### ***How would you feel about it? What could you do?***

Read the following possibilities and add your own. Work out the advantages and disadvantages of doing each and decide what you would do.

- ❖ **Tell his/her parents.**
- ❖ **Stop meeting him/her.**
- ❖ **Only meet him/her to go somewhere besides going to the pub.**
- ❖ **Tell the publican that s/he is under age.**
- ❖ **Talk to him/her about it**
- ❖ **Do nothing.**
- ❖ **Other...**

## DM Lesson 16

Imagine that a friend is smoking cannabis regularly.

### ***How would you feel about it? What could you do?***

Read the following possibilities and add your own. Work out the advantages and disadvantages of each and decide what you would do.

- ❖ **Talk to him/her about it.**
- ❖ **Tell his/her parents.**
- ❖ **Talk to a teacher about it.**
- ❖ **Stop meeting him/her.**
- ❖ **Report it to the police.**
- ❖ **Do nothing.**

## DM Lesson 16

Your brother's best friend is taking heroin. He has been drinking and smoking cannabis since he was 15. He had often said he would never take anything like heroin as he thought it was dangerous, but now he is using heroin regularly. You and your brother are worried about him as he seems to be using it often and you know that he has been stealing recently.

Add your own suggestions to the following list of what you could do and work out the advantages and disadvantages of each.

You could:

- ❖ **Talk to his parents about it.**
- ❖ **Report it to the police.**
- ❖ **Talk to a doctor/counsellor to get advice.**
- ❖ **Talk to him about it.**
- ❖ **Contact a drug advisory service or a self-help group, (e.g., Narcotics Anonymous – for families and friends of drug abusers) to get advice.**
- ❖ **Do nothing.**

## DM Lesson 16

There is a student in your school who uses cannabis and brings cannabis in to sell to other students. Your friend has just bought some and is smoking on the way home. You are aware of this and want to do something about it. Add your own suggestions to the following list of things you could do. Work out the advantages and disadvantages of each and decide what you would do.

- ❖ **Tell your parents and ask them to do something.**
- ❖ **Speak to the principal.**
- ❖ **Speak to your class teacher.**