Appendix

Pretzel Pusher instruction cards

**Person B** Feel free to eat the pretzels. Try to convince your partner that they should have some too. Be persistent.

**Person A**Practice your refusal skills. No matter what the other person suggest, don’t eat the pretzels.

Scenario Cards

You are at a family gathering. When you step outside your uncle and cousins are smoking a joint. They offer you some. What do you do?

Your crush has finally asked you out! They decide to pick you up and take you to a party. When it’s time to leave, you realize they just smoked a joint. What do you do?

You drive to a friend's party with the intention of staying over and driving home in the morning. At the party, you and your friend get into a fight and she no longer wants you to stay over. You've eaten a weed brownie and it’s starting to kick in. What do you do?

You are at a party with your friend’s parents. Both of them have been drinking and smoking pot. When it’s time to leave, the dad grabs his keys; he is going to drive you and his family home. What do you do?

You use pot occasionally when it’s offered to you. Never before school and only on a weekend. On Friday after school, you are asked by your parents to look after your little brother until they are back. A friend stops by with a joint and offers you some. What do you do?

You and some friends are at a cabin for a long weekend. It’s perfect fishing conditions, but the only one person who knows how to drive the boat has been smoking joints all afternoon. They insist that it's not like driving a car and they've driven a boat hundreds of times. What do you do?

You tend to have lots of energy most of the time. Everyone else seems laid back to you. Your brother tells you to smoke pot to “chill out a little”. What do you do?

You wake up feeling a little sick to your stomach and notice you are already late for school. Your sister tells you to have a puff from her bong to help you get through it. What do you do?

You don’t feel good about your appearance at all. You get called names and are made fun of by others at school. You are thinking of trying pot to see if it helps. What do you do?

You wake up feeling a little sick to your stomach and notice you are already late for school. Your sister tells you to have a puff from her bong to help you get through it. What do you do?

It is a Saturday night and you are babysitting for a family across town. The mother of the child has agreed to drive you home. When she gets home you think she seems pretty high. What do you do?

You are driving with your friend when you notice that the car in front of you is swerving. What do you do?

You are at a family gathering. When you step outside your uncle and cousins are smoking a joint. They offer you some. What do you do?

Lately you have been feeling depressed. A friend tells you that pot helps them to feel happier and offers some to you. What do you do?

Cannabis Conversations Handout Cards

**Group 1:**

“Marijuana makes me happier”.

“I do marijuana once a year (family tradition)”.

“It gives me a really detached feeling. Like I am watching my life at the theatre”

Discussion Questions:

* How does the student describe their experiences with cannabis?
* What makes people want to feel detached?
* What emotions do you think this student feels?
* In what ways do you think cannabis is useful to this student?
* In what ways is cannabis use harmful to this student?

**Group 2:**

“I heavily use marijuana. It helps me find new ways of coping in life and it has helped me realize that I do not need to commit suicide”

“I live in a dangerous area. My Dad and older brother smoke weed, boyfriend is a stoner. I am exposed to weed daily”.

Discussion Questions:

* What emotions do you think the student who wrote this statement feels?
* How does the students describe their experience with cannabis?
* List some ways of dealing with this struggle.

**Group 3:**

“I have smoked weed 76 times in the past 30 days…It helps me relieve stress, manage anger, it acts as my anti-depressant AND anxiety reliever, it calms me down, helps me make it through the day”

Discussion Questions:

* What emotions do you think the student who wrote this statement feels?
* How do the students describe their experience with cannabis?
* In what ways do you think cannabis is useful to this student?
* In what ways is cannabis use harmful to this student?
* List other ways of dealing with this struggle.

**Group 4:**

“My community is very boring. Kids around here lose interest in activity and continue to use drugs and alcohol. If there was more of a focus on youth activity, I can guarantee the depression, inactivity, and drug use would go down significantly. To whomever is reading this I hope that my message gets passed on”.

Discussion Questions:

* Who is responsible for fixing a boring community?
* How can you help to build a community that is more fun and engaging?
* How can someone increase their connectedness with their community, family, or school?