

Activity 3a:

Old Friends, New Habits

Liz is hanging at her friend Tess’s house one Tuesday after school to watch the new episode of their favorite show. They have been having a lot of fun snacking and talking about their favorite characters. When the show is over, their friend Xavier starts a group chat with them and some others to talk about the episode. After a while, Xavier mentions that there are some people hanging out at his place and invites Liz & Tess to join. They find out that, among others, Emma and Brian are there. This makes Liz nervous because she has heard that these two vape and already knows that both she and Tess don’t want to start vaping. Tess really wants to go, though, because they haven’t seen Xavier since he moved to a different school.

When they get to Xavier’s place, Liz is excited to see her old friend but feels uncomfortable being around new people and not knowing what they’ll think about her. After a while, Brian pulls out an e-cigarette. Liz sees Tess cringe at the smell and try to wave away the cloud of smoke without anyone noticing. After a few puffs, Brian points it towards Emma who takes a puff then passes it to someone else. Liz’s stomach starts to feel weird and her palms are getting sweaty. She looks at Tess but Tess just shrugs and gives Liz a worried look. As the vape gets passed around, most people take a puff. Then, someone offers it to Liz—she doesn’t want to vape, but with all these people around, she isn’t sure what she should do.

1. Even though Liz knows she **doesn’t want to vape**, what factors might make it harder for her to say ‘no’?
2. What could Liz have done to **avoid** the situation in the first place?
3. What are three ways Liz could **refuse** the vape?
4. How could Liz **exit** the situation?
5. If you decided you didn’t want to vape but were in this situation, do you think it’d be hard for you to say ‘no’? Why or why not?