

SMH3: Smoking and mental health

Scenario Cards



Scenario 1: Ava

Ava is 13 and lives with her mum and grandad, her grandad is quite unwell. Ava's mum looks after grandad during the day when she is at school, but Ava cares for him after school while her mum goes to work. Ava can't attend any youth clubs or after school activities because of this and is finding it difficult to make friends. Her older cousin comes to visit most evenings and usually smokes outside, she often asks Ava to join her for a smoke.

Questions to discuss:

1. How do you think Ava would be feeling?
2. Where could Ava get help or advice?
3. Is there anything Ava could do about the situation?



Scenario 2: Callum

Callum is 16 and in 5th year at school. He passed all his exams in 4th year and his teachers and family were quite proud of his results. He is currently working towards 3 highers but finding it difficult; he's struggling to remember the class work and thinks he might fail. Callum is thinking of taking up vaping as his friends say it helps with stress and if it really helps then he'll give it a try but he's worried about getting addicted.

Questions to discuss:

1. How do you think Callum would be feeling?
2. Where could Callum get help or advice?
3. Is there anything Callum could do about the situation?



Scenario 3: Olivia

Olivia is 15 and has been with her boyfriend, Blair (17) for almost a year. Recently Blair has started offering Olivia cigarettes when they go out with a group of his college friends. Olivia feels embarrassed and awkward and always ends up smoking to avoid 'making a scene' in front of Blair's friends.

Questions to discuss:

1. How do you think Olivia would be feeling?
2. Where could Olivia get help or advice?
3. Is there anything Olivia could do about the situation?



Scenario 4: Leo

Leo is 17, he left school last year and doesn't have a job. Most of his friends are at school or at college during the day. Leo started smoking when he was 14 but has now switched to vaping (although he occasionally still smokes cigarettes). Leo has found that he is vaping a lot more when he is bored and wants to stop both smoking and vaping because he doesn't go more than 10-15 minutes without a puff of his vape.

Questions to discuss:

1. How do you think Leo would be feeling?
2. Where could Leo get help or advice?
3. Is there anything Leo could do about the situation?



Scenario 5: Sam

Sam is 15 and recently lost his grandma to lung cancer, caused by smoking. He was very close to her and it has been a difficult time for his family. Some of Sam's friends smoke but they don't offer him cigarettes. He doesn't feel under pressure to smoke but he is finding it difficult to be around people who smoke, knowing the harm it can cause.

Questions to discuss:

1. How do you think Sam would be feeling?
2. Where could Sam get help or advice?
3. Is there anything Sam could do about the situation?



Adapted from the resilience toolkit

<https://www.seemescotland.org/media/8155/resilience-toolkit.pdf>