

DEMONSTRATION ROLE PLAY

INTRODUCTION/CONFIDENTIALITY

(Can be used for beginning/introduction with any of the scripts)

Provider: (Mom and teen are in room as provider enters >) Hello, Brandon. How has the last year been for you?

Teen: Great! I'm doing well in school now and playing baseball. I'm much better than the last time I saw you.

Provider: Well, it's great to hear that you're doing well in school. Are you getting a physical for sports today?

Teen: (smiling >) Yeah.

Provider: You're approaching the age in which a lot of changes happen and you'll be faced with a lot of decisions, many that affect your health and safety. I want you to begin learning about how you can take responsibility for your health and well-being.

Teen: (teen nods >) Okay.

Provider: (looks at mom and says.....) Before Brandon and I talk alone, did you have any questions or concerns you wanted to discuss with me?

Mom: No, I think he's doing fine. (stays seated)
(Pause)

Provider: That's great. The time Brandon will have with me today will help him become more independent and responsible for his health care. So at this time I do need a few minutes alone with Brandon. Okay?

Mom: Oh. All right then, I'll be in the waiting area. Thanks Doctor.
(mom leaves the room).

Provider: Brandon, one thing that its important for you to know is that when we talk, information that you share with me is confidential. This means that what we talk about is just between you and me. I don't share information with others including your parents without your permission. The exception to this is if there was a situation where you or someone else was in serious danger. Then I would need to talk to your family or others in order to keep you safe.

Teen: (teen nods) Okay.

DEMONSTRATION ROLE PLAY

TOBACCO RISK

Steve

General description

- 16 year old 11th grader
- Caucasian
- Very conservatively dressed
- Lives with Dad and Step-mother, sees Mom on weekends
- Dad is a policeman
- Has two younger siblings

Personality/Mood/Attitude

- Comfortable with discussion
- Somewhat defensive when discussing smoking habit
- Sense of humor

Risk summary

- Always wears seatbelt
- Always wears helmet when biking or skateboarding
- Smokes regularly, 3-5 cigarettes/day
- Family smokes
- Has never used alcohol or drugs
- Has never had sex, currently has girlfriend

DEMONSTRATION ROLE PLAY

TOBACCO RISK

Steve

Provider: Introduction Script

Steve: Introduction Script

Provider: One important area I'd like to discuss with you is safety. **Do you use a seatbelt when you ride in or drive a car?**

Steve: Yeah, I always wear my seatbelt. I don't want to get a ticket now that I have my license.

Provider: That's good. **In order to keep yourself as safe as possible its critical to wear a seat belt every time you ride or drive in the car.** You won't get ticketed for not wearing it and you will have a better chance of escaping injury if you ever are in a crash.

Steve: It's just a habit. I don't even think about it.

Provider: Wonderful. **Are you also wearing a helmet when riding a bike, skateboard, rollerblades or scooter?**

Steve: Uh-huh. My mom used to make me wear my helmet, and now I'm just used to it.

Provider: That's a very good decision for your safety. **How often do you wear a helmet?**

Steve: I wear it every time I ride my bike or skateboard. I don't ride very much now that I have a car though.

Provider: **That's terrific that you wear your helmet every time. As you know, even if it's only once in a while, it's still important to wear a helmet every time.**

Steve: *(nods head in agreement)* Okay.

Provider: **Have you ever smoked or chewed tobacco?**

Steve: *(hesitates – looks uncomfortable).* Yes, I smoke some.

Provider: How long have you been smoking?

Steve: I first started in eighth grade. I guess I was about 13 then. I quit for a while when my dad found out and got mad. But he really couldn't do much because he smokes too.

Provider: How many cigarettes do you usually smoke in a day?

Steve: About five.

Provider: How often do you smoke?

Steve: Every day I smoke at least three cigarettes.

Provider: Do your friends smoke?

Steve: Some do and some don't. I don't really care if they do or not. I just do it because I want to. I can quit if I want to.

Provider: And you say your family members smoke also?

Steve: My dad and my step-mom smoke. My mom quit.

Provider: When do you usually smoke?

Steve: When I walk to school in the morning. When I get out of school. When I'm kickin it in my bedroom just to relax. Sometimes with my friends I smoke.

Provider: How do you get cigarettes?

Steve: I get them from my parents or buy them myself if I have the money. My dad doesn't get mad about it anymore.

Provider: Have you ever tried to quit smoking?

Steve: Oh sure. I've quit before. Like when I have a cold or something. Or one time I went to football camp for a week and I couldn't smoke there. Like I said, I can quit if I want to.

Provider: Its great to hear that on certain occasions you have quit smoking.
Avoiding tobacco use is very important for you health. Sometimes smoking becomes a habit that is hard to break. As someone who cares about your health, I am concerned about your smoking and I encourage

you to quit now. It may be harder to quit later on when you have been smoking longer.

Steve: Yeah, I'm probably going to quit after New Years. My mom wants me to quit and I'm going to start baseball conditioning then too.

Provider: That's a great idea. **When you decide to stop using tobacco, I can help you and there are resources here at Kaiser to help you.** I also have handouts for you to read that can be helpful. (gives Steve a pamphlet).

Steve: Okay. Thanks.

Provider: **Have you ever drunken alcohol or used drugs, Steve?**

Steve: No.

Provider: **Do your friends drink or use drugs?**

Steve: Oh yeah. I know lots of people that do. I never had any reason to do it though. Now that I have my driver's license, I don't want to mess up. My dad would kill me if he caught me drinking or smoking weed. He's a cop so he has real strong feelings about that.

Provider: **Do any of your family drink alcohol or use drugs?**

Steve: My parents drink but its not like they get drunk or anything.

Provider: **Have you ever been in a car with a driver after he or she was drinking or using drugs?**

Steve: No. I'm like, the designated driver.

Provider: That's terrific that you are choosing to be the responsible one. **You are making an excellent decision for your health and safety by choosing to avoid alcohol and drugs. It's also a good choice to avoid driving with someone who is under the influence of drugs or alcohol.** Drinking alcohol and using drugs interfere with people's judgment and ability to control their behavior, and can lead to car accidents, injuries, and health problems. Choosing not to use is a very smart thing to do.

Steve: *(nods head in agreement)*

Provider: OK, now I want to talk with you about relationships. **Have you started dating or going out?**

Steve: Yeah, I have a girlfriend.

Provider: **Have you had sex with her?**

Steve: No it's not that serious. We've only been together for a couple of weeks.

Provider: Have you and your girlfriend talked about having sex?

Steve: We talked about it once, cause some of our friends are, you know, doing it. But we don't want to do that, we just hang out now and then.

Provider: **Have you had sex with anyone else?**

Steve: No. I usually hang out with a group of guys and girls.

Provider: **Avoiding sex is the safest way to prevent pregnancy and sexually transmitted diseases or AIDS.** Deciding to wait longer is a good decision for your health. Even by 11th or 12th grade, like you, many teens have still chosen not to have sex. If you begin to think you might be ready to have sex, remember it is important to **use a condom every time you have sex. To ensure you don't get your partner pregnant and as a backup to a condom, your partner should use another form of birth control such as oral contraceptives (the pill) or Depo Provera (the shot).**

Steve: Okay.

Provider: Do you know about condoms – like how to use them and where to get them?

Steve: Yeah - I can get some if I need them. My Dad has already talked with me about this and he would give me some.

Provider: That's great that you and your Dad can talk about sex and you can be honest with him. Also, you can talk to me about sex and I do have condoms here if you ever need them. If you ever want to, you can make an appointment to see me again confidentially. Here is a card with the appointment/advice phone number on it. You would just call this number and they will connect you to the appointment desk. It also has your Kaiser number and some other important numbers in case you ever need them.

Steve: Thanks.

Provider: Steve, you are making some excellent decisions for your health in many areas. I encourage you to make a plan to quit smoking as soon as you can. I am confident that you will be able to quit if you put your mind to it. Please make an appointment to see me if you want some assistance in

quitting. I can help you and get you connected to people here at Kaiser who can help you as needed.

Steve: Okay, Thanks.

DEMONSTRATION ROLE PLAY

ALCOHOL/SEX RISK

Alexis

General description

- **14 year old, 9th grade**
- **Mexican American**
- **Lives with both parents and two siblings**
- **Mom is full-time homemaker**
- **Father owns a restaurant**

Personality/Mood/Attitude

- **Unfriendly initially (warms up as provider establishes rapport)**
- **Distrustful initially**
- **Minimizes risky behavior**
- **Many friends who like to party**

Risk Summary

- **Always wears seat belt**
- **Doesn't ride bike or skateboard**
- **Always wears helmet with rollerblades**
- **Has never smoked**
- **Drinks alcohol 1-2 servings/ occasion**
- **Has never used drugs**
- **Has had sex**
- **2 partners**
- **condom use 90%**
- **no other contraception**

DEMONSTRATION ROLE PLAY

ALCOHOL/SEX RISK

Alexis

Provider: Introduction Script

Alexis: Introduction Script

Provider: Alexis, **how often do you wear your seatbelt in the car?**

Alexis: I always wear my seatbelt.

Provider: Excellent. That's a very good habit, which could save your life if you were ever in a car crash. Keep up the good work!

Alexis: Okay.

Provider: **Do you ever ride a bike, skateboard, rollerblades or a scooter?**

Alexis: Just rollerblades mostly at the roller rink.

Provider: **Do you wear a helmet when you rollerblade?**

Alexis: Not at Cal Skate, but if I'm on the street I do.

Provider: **How often do you use your helmet?**

Alexis: Every time.

Provider: **That's great. It is important to wear a helmet every time you rollerblade.** I hope you continue to do so.

Alexis: I will.

Provider: Great job. **Have you ever smoked cigarettes?**

Alexis: No.

Provider: **Do your friends or family use tobacco?**

Alexis: My grandfather smokes. I think it stinks.

Provider: Yes, it smells bad. **Avoiding tobacco is very important for your health. I think its great that you have chosen to be a nonsmoker.**

Alexis: Thanks.

Provider: **Have you ever drunk alcohol?**

Alexis: (Nods head yes)

Provider: **For how long have you been using alcohol?**

Alexis: In eighth grade I drank a few times. Now that I'm in High School, everybody does it.

Provider: **How much do you usually drink?**

Alexis: One or two wine coolers is all.

Provider: **Have you ever had 5 or more drinks of alcohol in a row?**

Alexis: No, I just drink a little. I know when to stop.

Provider: Limiting yourself to one or two servings is a safer choice than drinking more. **When do you drink alcohol?**

Alexis: At parties or just hanging out at my boyfriend's house.

Provider: **Have you ever been in a car with a driver who had been drinking or using drugs?**

Alexis: No. I'm afraid of car accidents. I walk home or just spend the night.

Provider: That's good that you keep yourself safe by not driving after drinking. **Do any of your friends or family drink?**

Alexis: Oh sure, my parents like to drink if they're at a party. And everybody at school does it.

Provider: **As someone who cares about your health, I am concerned that you've chosen to drink alcohol. The decision to not drink is very important for your health and safety. It's also important to avoid driving a car, swimming, boating, or doing any dangerous activity under the influence of alcohol.**

Alexis: *(nods head in agreement)*

Provider: **Have you ever used drugs?**

Alexis: **No, my family doesn't believe that's right. My boyfriend wants me to stay away from it too. And it's only the real losers at school who do drugs.**

Provider: **(Nods) The best choice for your health and safety is to avoid drugs.** You've mentioned your boyfriend a couple of times. Have you been going out together for very long?

Alexis: Since eighth grade. We broke up over the summer though and then got back together.

Provider: **Have you and he had sex together?**

Alexis: Yes.

Provider: **Do you use any form of birth control or STD protection when having sex?**

Alexis: Condoms.

Provider: **How often do you use condoms?**

Alexis: Almost every time. There were a couple of times we didn't but it was okay because I had my period afterwards.

Provider: I see. **When did you most recently have sex?**

Alexis: Four days ago. But we used condoms then.

Provider: **Have you ever had sex with anyone other than your current partner?**

Alexis: Yeah, there was this one guy when we broke up over the summer. I met him at a party at my cousin's house.

Provider: **Have you ever felt pressure to have sex?**

Alexis: No, I wanted to do it.

Provider: **Were you using alcohol when you had sex?**

Alexis: Just one or two. I wasn't drunk!

Provider: Even small amounts of alcohol can interfere with our ability to think clearly and make good decisions. Its good that you and your partners have used condoms. As your doctor, I'm concerned that you are at risk for becoming pregnant or catching an STD. **Avoiding sex is the safest way to prevent pregnancy and sexually transmitted diseases or AIDS. If you chose to have sex, be responsible: use a condom every time you have sex. If you don't have a condom, don't have sex. To ensure you don't get pregnant, and as a backup to a condom, use another form of birth control such as oral contraceptives or Depo Provera.**

Alexis: Yeah, I've been wanting to get the shot. My friend takes it and she says its great. I think I would forget pills if I used them.

Provider: I can start you on the Depo Shot and also give you some condoms. We need to do some tests to make sure that you aren't pregnant or infected with an STD. Do you know what a pelvic exam is?

Alexis: Yeah – we learned about it in school.

Provider: I would like you to see the MA after we are done so that she can make you an appointment to come in for a pelvic exam as soon as possible.

Alexis: OK. What will you tell my mom if she asks you if I'm having sex?

Provider: I'd say that she needs to ask you about it because what you tell me is confidential – just between you and me.

Alexis: OK.

Provider: Do you have any questions about anything we've talked about?

Alexis: No.

Provider: Do you know how you can get back for your pelvic exam?

Alexis: Yeah. I'll tell my cousin and she can give me a ride. I might talk to my mom about it. She's always said to tell her when I am ready to have sex.

Provider: Great. Remember that teens can make appointments for their own confidential care. Here's a card with the phone number for appointments and advice on it. You have to know your Kaiser number in order to make an appointment so that is on the card also. You should keep this in a safe place in case you ever need to know this information. Also, if you were ever to slip up and have unprotected sex, call the appointment/advice line number and we can give you emergency contraception (the morning after

pill) if you call within three days of having sex. Here is a handout about that.

Alexis: Thank you.

Provider: Alexis, I can see that you are making many good decisions for your health. Good job! I would like you to think more about avoiding alcohol use in the future. That would be the best choice for your health and safety. Also be sure to contact me if you have any questions about any of the things we have talked about today.

Alexis: Okay.

DEMONSTRATION ROLE PLAY

ALCOHOL/DRUG RISK

Janice

General description

- 15 year old 10th grader
- Caucasian
- stylishly dressed
- lives with both parents and 17 year old brother

Personality/Mood/Attitude

- initially very relaxed and smiling
- becomes more fidgety with less eye contact as the discussion continues
- polite throughout

Risk Summary

- always wears seatbelt
- never rides bike, rollerblades or skateboard
- has never smoked
- has used alcohol occasionally
- has tried marijuana
- has never had sex

DEMONSTRATION ROLE PLAY

ALCOHOL/DRUG RISK

Janice

Provider: Introduction Script

Janice: Introduction Script

Provider: First lets talk a little bit about safety. **Do you use a seatbelt when riding in a car?**

Janice: Yeah, I always wear my seatbelt.

Provider: **I think it's great you wear your seatbelt every time you ride in a car.** Car accidents injure and kill more people your age than anything else and wearing a seatbelt can save your life. I hope you continue to make this good choice to buckle up and protect your health and safety.

Janice: It's just something I always do, you know, it's a habit.

Provider: Wonderful. **How often do you wear a helmet when riding your bike, rollerblades or skateboard?**

Janice: I don't do any of that stuff.

Provider: Okay. In the future, **if you do start to ride a bike or any of these other activities, it's important that you use a helmet every time.**

Janice: I will.

Provider: Great. **Have you ever smoked or chewed tobacco?**

Janice: No. I think smoking is gross.

Provider: **Do your friends use tobacco?**

Janice: No, nobody I know does.

Provider: **Does anyone in your family or household smoke?**

TIPS

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Janice: No.

Provider: **That's great that you don't smoke. You are also making a good choice by hanging out with friends who don't smoke. Avoiding tobacco is very important for your health.**

Janice: Thanks.

Provider: **Have you ever drunken alcohol?**

Janice: (Nods) Uh-huh.

Provider: **How long have you been using alcohol?**

Janice: The first time was last New Years at a party.

Provider: **What kind of alcohol do you typically drink?**

Janice: Wine coolers. Once I had a shot of Hennessy. I really don't drink that much.

Provider: **How much is the most you've ever had on one occasion?**

Janice: Oh, just one or two. I don't feel drunk or anything.

Provider: **And how often do you drink?**

Janice: Just at parties.

Provider: **About how often do you go to parties?**

Janice: Oh, not that often.

Provider: **Would you say every week or less than that?**

Janice: Oh, I don't know... every once in a while, like every few months.

Provider: **Have you ever been to a party where you chose not to drink?**

Janice: Oh yeah. Like I said, I'm not always drinking.

Provider: It's great that you sometimes choose not to drink. However, as your doctor, I am concerned that you are drinking. Do you think alcohol has any negative effect on you or your safety?

Janice: Well, I only drink with my friends, you know, when we're in a party mood. We have fun and dance and stuff. We make sure we don't drive with anybody who's been drinking.

Provider: That's a great decision not to ride in a car with anyone who has been drinking. How do you usually get home from a party?

Janice: Oh, either my mom or my older brother will come pick us up.

Provider: Again, I'm glad that you make sure you have a safe ride home. **Its important to avoid driving a car, riding a bike, skateboarding, swimming, boating, riding a scooter, or doing any activity that is dangerous under the influence of alcohol or with someone who is under the influence of alcohol. Always have a designated driver, who hasn't been drinking, to drive you home, or call your mom or brother. In fact, the best choice to protect your health and safety is to avoid alcohol completely.**

Janice: (Looks away from provider. Shrugs.)

Provider: **Have you ever tried drugs?**

Janice: Just once.

Provider: **What kind of drug did you use?**

Janice: Weed.

Provider: **How long ago was this?**

Janice: This past summer. My best friend and me decided to find out what it was like. So we got some from her brother and smoked it at her house. It was stupid. It made me cough and tasted really bad. I'm not going to do that again.

Provider: **That's terrific that you have made the decision not to try marijuana again. Do any of your friends or family use drugs?**

Janice: Yeah there are some kids that do it. Mostly guys. I think my brother has tried it.

Provider: How do you think you can continue with your decision not to use marijuana even if other kids and your brother are doing it?

Janice: It's easy. I just don't want to and won't do it.

Provider: Do you think you would try any other drugs?

Janice: No way! I'm totally not going to do any thing else. That can kill you.

Provider: As your doctor, I'm really glad to hear you say that. We know that drug use is risky for your health and safety. **Avoiding all drugs is the best choice for your health. And just like with alcohol, avoid driving with someone who is under the influence of drugs.**

OK, now I want to talk with you about relationships. I know sometimes it can be uncomfortable talking about this, but I want to make sure you have all the information you need to keep yourself safe and healthy. **Have you started going out or dating?**

Janice: I've had boyfriends. My boyfriend and I just broke up.

Provider: **Have you ever had sex?**

Janice: Oh no. I'm not ready to have sex. We just kiss and stuff.

Provider: **Deciding to wait longer before having sex is a good decision for your health. By choosing not to have sex, you are protecting yourself from the risk of pregnancy and infections that are sexually transmitted, including HIV.** If you ever begin to think you might be ready to have sex, I want you to get in touch with me so we can talk more about this and make sure you are prepared with birth control and condoms. Do you know how to make an appointment with me?

Janice: No.

Provider: Teens can make appointments for their own confidential care – that is a private appointment where the information won't be shared with your parents. Here's a card with the phone number for appointments and advice on it. You will call a number and they will get you to the appointment desk. You have to know your Kaiser number in order to make an appointment so that is on the card also. On the back of the card are some additional numbers in case you ever need them. You should keep this in a safe place in case you ever need to know this information. Well, Janice, do you have any questions about anything we've talked about or anything else?

Janice: No.

Provider: Thanks again for sharing some personal information with me. I see that you care about your health, and you're making a lot of good decisions. I also feel that it would be useful for you to think more about the effect alcohol has on you and about avoiding alcohol in the future. I am confident that you will continue to make wise decisions about your health and safety as you get older.

Greg

No Risk

Physical Description

- ◆ 13 ½ years old
- ◆ Well dressed
- ◆ Physically fit
- ◆ Pierced ear with cross dangling

Personal History

- ◆ Lives with grandparents and sisters (twins) age 6yr
- ◆ Honor student
- ◆ Attends church regularly with family
- ◆ Has girlfriend

Personality/Mood/Attitude

- ◆ Intense
- ◆ Serious
- ◆ Self-assured
- ◆ Well-informed on health issues
- ◆ Confident about continuing to engage in healthy and safe behaviors

Risk Profile

- ◆ Always uses seatbelt
- ◆ Doesn't ride, blade, board, scooter
- ◆ Never used tobacco
- ◆ Never used alcohol or drugs
- ◆ Never had sex

Susan
NO RISK

Physical Description

- ◆ 14 year old
- ◆ Overweight
- ◆ Neatly dressed

Personal History

- ◆ Lives with mom, stepfather and three siblings ages 15yr,12yr,3yr
- ◆ Average student
- ◆ No boyfriend
- ◆ Asthmatic
- ◆ Likes to ride bike frequently
- ◆ Roller blades often

Personality/Mood/Attitude

- ◆ Shy
- ◆ Very soft voice
- ◆ Very embarrassed to answer questions
- ◆ Uncomfortable with discussion of sex in particular

Risk Profile

- ◆ Always uses seatbelt
- ◆ Rides bike, always wears helmet
- ◆ Never used tobacco
- ◆ Never used alcohol or drugs
- ◆ Never had sex

Del/Della
SEXUAL RISK

Physical description

- ◆ 15 1/2 years old
- ◆ Average build
- ◆ Clothing is worn

Personal History

- ◆ Parents recent immigrants from Southeast Asia
- ◆ Lives with parents, four younger brothers and older sister age 16 years
- ◆ Fair student but has difficulty reading
- ◆ Has girlfriend/boyfriend

Personality/Mood/Attitude

- ◆ Attentive and interested
- ◆ Not shy or embarrassed
- ◆ Worried that father will find out that he has been sexually active

Risk summary

- ◆ Always wears seatbelt
- ◆ Always wears helmet when rollerblading
- ◆ Has never smoked
- ◆ Has never used alcohol or drugs
- ◆ Has had sex with girlfriend; no other partners;
- ◆ No history: pregnancy, stds, interest in same sex
- ◆ Uses condoms sometimes – doesn't like them/boyfriend doesn't like them
- ◆ No other form of birth control used
- ◆ Knows about stds/AIDS
- ◆ Many friends sexually active

TIPS

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Adrian/Adriana

MODERATE ALCOHOL RISK

Physical description

- ◆ 16 years old
- ◆ Well-dressed
- ◆ Attractive

Personal History

- ◆ Lives with parents and two sisters ages 9 and 7 years
- ◆ Honors student
- ◆ Active in student government (class president)
- ◆ Very popular, many friends
- ◆ No current boyfriend/girlfriend

Personality/Mood/Attitude

- ◆ Talkative and friendly
- ◆ Well informed on health issues
- ◆ Answers questions without embarrassment
- ◆ Casual about drinking; doesn't perceive drinking to be a problem

Risk summary

- ◆ Always wears seatbelt
- ◆ Always wears helmet when rollerblading
- ◆ Has never smoked
- ◆ Has never had sex; not currently thinking about sex because no girl/boy friend
- ◆ No history: pregnancy, stds, interest in same sex
- ◆ Has had alcohol 4 times in past 30 days
- ◆ Drinks about once or twice a week most weeks, sometimes less
- ◆ Usually drinks about 1-2 beers
- ◆ Doesn't binge drink – most has had 3 beers at a party
- ◆ Usually drinks with friends at parties or sometimes after school at someone's house
- ◆ Group of friends drink about same amount

TIPS

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ROB/ROBIN
MODERATE TOBACCO RISK

Physical Description

- ◆ 16 1/2 years old
- ◆ Casual, neat appearance

Personal History

- ◆ Lives with parents and 2 sisters (ages 10 and 12)
- ◆ Currently on baseball team, and trying out for football team
- ◆ Above average student
- ◆ No current girlfriend
- ◆ Rides bike frequently to school

Personality/ Mood/ Attitude

- ◆ Polite
- ◆ Listens intently to information given by provider
- ◆ Responds openly to all questions
- ◆ Willing to listen about tobacco, but not clear that it's a serious problem
- ◆ Listens to idea of quitting and willing to think about it

Risk summary

- ◆ Always wears seatbelt
- ◆ Always wears helmet when rollerblading
- ◆ Has never had sex; not currently thinking about sex because no girl/boy friend
- ◆ No history: pregnancy, stds, interest in same sex
- ◆ Has tried alcohol at 12 years old and hated it - got sick. Decided not to drink anymore and has not had a drink since.
- ◆ Smokes 10 out of past 30 days
- ◆ Started smoking age 13 (about 1 year ago)
- ◆ Usually smokes about 3-5 cigarettes per day
- ◆ Most smoked was 1 pack one time about 6 mos ago with a group of friends.
- ◆ Does not feel he/she is addicted
- ◆ Never tried to quit because feels just for fun – will stop when gets older
- ◆ Only negative consequence is hair/breath – but can cover that up

TIPS

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Martin/Martina

HELMET RISK

Physical description

- ◆ 14 years old
- ◆ Well dressed
- ◆ Very athletic appearance

Personal History

- ◆ Lives with father, step-mother, two step-brothers ages 4 years and 2 years
- ◆ Good student
- ◆ Active in sports: softball, basketball, volleyball and soccer
- ◆ Does not have a boyfriend/girlfriend

Personality/Mood/Attitude

- ◆ Cooperative
- ◆ Enjoys talking with provider
- ◆ Had not considered wearing helmet for anything other than biking
- ◆ Interested in information given by provider
- ◆ Open to considering wearing a helmet
- ◆ Concerns about peers – feels no one else wears them for skateboarding, scooter, etc.

Risk Profile

- ◆ Always uses seatbelt
- ◆ Rides bike, rollerblades, skateboards, and uses scooter
- ◆ Wears helmet only for bike every time, not for other activities
- ◆ Never used tobacco
- ◆ Never used alcohol or drugs
- ◆ Never had sex

Marlene/Marcus

SEAT BELT RISK

Physical Description

- ◆ 17 year old
- ◆ Neat appearance

Personal History

- ◆ Lives with mom and dad, and four siblings
- ◆ Recent immigrants to U.S., however; all speak English fairly well
- ◆ Not currently dating

Personality/Mood/Attitude

- ◆ Respectful, serious
- ◆ Rarely smiles
- ◆ Attentive and polite
- ◆ Answers questions briefly
- ◆ Mature for age
- ◆ Speaks highly of family; dedicated to family

Risk Profile

- ◆ Never uses seatbelt – doesn't think about it – didn't wear in his other country
- ◆ Doesn't ride, blade, board, scooter
- ◆ Never used tobacco
- ◆ Never used alcohol or drugs
- ◆ Never had sex

GRETCHEN/GABRIEL

MODERATE ALCOHOL AND SEXUAL RISK

Physical Description

- ◆ 15 years old
- ◆ Very attractive

Personal History

- ◆ Lives with parents and four siblings (ages 13, 11, 6, and 3)
- ◆ Broke up with 16 year old boyfriend/girlfriend two months ago
- ◆ Currently has new boyfriend/girlfriend
- ◆ Frequently absent and tardy from school

Personality/ Mood/ Attitude

- ◆ Disinterested in interview at first, but perks up over time
- ◆ Slightly hostile/sarcastic (don't be too difficult though!)
- ◆ Rolls eyes sometimes when asked questions early on (like safety)
- ◆ Shrugs shoulders in response to some questions
- ◆ Listens when provider discusses negative consequences of risky behavior
- ◆ Becomes increasingly concerned about things like pregnancy or getting into a car accident after drinking with friends
- ◆ Toward end is open to thinking about risky behavior and considering making a change

Risk summary

- ◆ Always wears seatbelt
- ◆ Always wears helmet when rollerblading
- ◆ Has never smoked
- ◆ Has had alcohol 4 times in past 30 days – every week
- ◆ Drinks about once a week most weeks, sometimes less
- ◆ Usually drinks about 1-2 beers or a couple glasses of wine
- ◆ Has had 2 binge drinking episodes – drank 6 pack of beer at a party and drank ½ a bottle of wine with a friend once after school
- ◆ Usually drinks with friends at parties or sometimes after school at someone's house
- ◆ Group of friends drink about same amount
- ◆ Has tried pot once but didn't like the effect on him – went to sleep
- ◆ Has had sex with girlfriend/boyfriend; no other partners;
- ◆ No history: pregnancy, stds, interest in same sex
- ◆ Uses condoms sometimes – doesn't like them/boyfriend doesn't like them
- ◆ No other form of birth control used
- ◆ Knows about stds/AIDS
- ◆ Sex was mutual, but ambivalent about fact that he/she has had sex; not sure about future plans for sexual activity

TIPS

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RON/RENEE

HIGH RISK – SEXUAL BEHAVIOR

Physical Description

- ◆ 17 year old

Personal History

- ◆ Lives alone with parents and no siblings
- ◆ Average student – plans to go to college
- ◆ Has current boy/girlfriend and active sexual history
- ◆ Has reputation among peers for sexual history

Personality/Mood/Attitude

- ◆ Cracks jokes, tries to make atmosphere light
- ◆ Uncomfortable talking about details of sex, but willing to do it
- ◆ Slouches in chair
- ◆ Never has discussed sexual activity and is nervous doing so
- ◆ Concerned about confidentiality, parents finding out about her sex life

Risk summary

- ◆ Always wears seatbelt
- ◆ Always wears helmet when rollerblading
- ◆ Has never smoked
- ◆ Has never used alcohol
- ◆ Tried pot couple of times at age 14 – didn't like it and never did it again (for 3 years)
- ◆ Has had sex with current girlfriend/boyfriend many times for about 1 year
- ◆ Has sex every week-end for about 4 months; prior about 1 to 2 times per month
- ◆ No history: pregnancy, stds
- ◆ Uses condoms sometimes, but often forgets
- ◆ Has been on birth control pill (or partner) but stopped because of weight gain (or partner weight gain)
- ◆ Knows about stds/AIDS
- ◆ Active sexual history – 5 partners – beginning at age 13 ½. All were in relationships. All mutual
- ◆ Open to discussion about birth control options and condoms. Plans to continue to have sex

TIPS

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DENISE/DOUG

HIGH RISK– SAME SEX SEXUAL BEHAVIOR

Physical Description

- ◆ 16 year old

Personal History

- ◆ Lives with parents and one younger brother
- ◆ Above Average student – plans to go to college
- ◆ Has current boy/girlfriend and active sexual history
- ◆ Is confused about sexual orientation – has had both male and female partners

Personality/Mood/Attitude

- ◆ Serious about discussion of sex
- ◆ Open – glad to have opportunity to talk about issues

Risk summary

- ◆ Always wears seatbelt
- ◆ Always wears helmet
- ◆ Has never smoked
- ◆ Has never used alcohol or drugs
- ◆ Has same-sex partner
- ◆ Has had sex with current same-sex partner many times for about 6 months – anal sex for males/oral sex for females
- ◆ Has sex every week-end for about 6 months
- ◆ First sex at 14 with opposite sex partner
- ◆ Since 14, 2 other partners, both same-sex
- ◆ Confused about sexual orientation but believes he/she is gay/lesbian
- ◆ No history: pregnancy, stds
- ◆ Uses condoms sometimes, but sometimes sex is impulsive and does not have them available. Also can not always afford to buy condoms – limited financial resources.
- ◆ Has never/partner has never used birth control
- ◆ Knows about stds/AIDS
- ◆ Open to discussion about condoms, safe sex. Plans to continue to have sex with current partner and interested in obtaining more condoms

TIPS

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