

Student Name: _____

Pre-Activity: Substance Use Spectrum Scenarios

Cut out the cards. Then, place each scenario on your Substance Use Spectrum according to how safe or risky you believe it is.

<p>Deciding not to use substances when offered to you.</p>	<p>Choosing to talk to a counselor or trusted adult about problems instead of using drugs.</p>
<p>Participating in activities like sports or clubs to stay busy and avoid substance use.</p>	<p>Practicing ways to avoid using substances, like role-playing with a friend or mentor.</p>
<p>Using a prescribed medication correctly and only for the purpose it was intended (e.g., antibiotics for an infection).</p>	<p>Discussing concerns about medication with a healthcare provider before use.</p>
<p>Using cough syrup as directed when sick, without exceeding the recommended dosage.</p>	<p>Taking over-the-counter medication (e.g., ibuprofen) as directed for occasional headaches.</p>
<p>Using a friend's over-the-counter medication without asking a doctor first.</p>	<p>Taking a prescription medication not prescribed to you but for a similar condition (e.g., taking someone else's medication for a cold).</p>

Trying a drug one time but not regularly using it (e.g., trying a friend's prescription medication).	Using medication in a manner not prescribed, such as taking a higher dose than recommended for faster relief.
Taking a prescription in higher doses than prescribed (e.g., painkillers).	Mixing prescription drugs with alcohol or other substances.
Using stimulant drugs (e.g., Adderall) without a prescription to help you with school work.	Using substances, such as alcohol or cannabis, before school or work.
Regularly using substances (e.g., cocaine, heroin, alcohol, cannabis) and experiencing negative health issues or legal problems.	Combining multiple types of substances, leading to dangerous physical and mental health effects.
Buying illegal drugs from other people in order to get access to the drug.	Using drugs that puts other people at risk, such as driving under the influence of drugs.