Student Name: _____

Sharing and Reflection: Understanding the Substance Use Spectrum

Instructions: In this sharing and reflection activity, you will think about different situations in your life where you have observed or experienced different points on the **Substance Use Spectrum**. This could include non-use, beneficial use, lower-risk use, risky use, or substance use disorder.

Examples of substances you might reflect on include alcohol, nicotine (smoking or vaping), caffeine, cannabis, prescription medications, or other drugs. Consider the following 3 questions.

1) Think about times when you've seen or perceived "beneficial" use of a substance. What substance was involved? What were the circumstances?

2) Think about times when you've noticed lower-risk use. How was the substance being used in a way that lowers the risk of causing harm?

3) Think about times when you've noticed risky use or substance use disorder. What were the consequences or impacts?

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