

Student Name: _____

Sharing and Reflection: What Influences My Decisions?

Throughout this lesson, you have learned about:



- The Substance Use Spectrum
- The factors that influence decision-making
- Risk factors and protective factors

For this reflection activity, you will think about what influences your decision-making. Consider the following:

- The factors that influence your own decision-making.
- The protective factors that are present in your life.
- The ways these protective factors help guide you in making decisions, especially about substance use.

Be creative and thoughtful in showing how influences and protective factors shape your choices. Choose **one way** below to express yourself:

- Create an infographic
- Create a Venn diagram
- Write a short story or poem
- Create a presentation
- Design a pamphlet
- Make a comic strip