Student Name: _____

Harm Reduction Situations

Student Instructions:

For each situation, identify at least **two harm reduction strategies** that could help someone stay safer and reduce potential risks. Use the Harm Reduction Infographic and the Substance Snapshots as guides to support your answers.

Situation 1: Katjuk has been smoking weed (cannabis) daily for the past year. Most mornings, they smoke a joint. But they've noticed that once they do, they usually end up skipping school. Katjuk isn't ready to quit entirely, but graduating is really important to them. What harm reduction strategies could help Katjuk stay on track with school while still managing their cannabis use?
Harm Reduction Strategies:

Situation 2: Gavin drinks heavily at parties on the weekends. He often blacks out and forgets parts of the night. A few times, he's done embarrassing things while drunk, like throwing up in a friend's car or saying mean things to his friends. At first, his friends laughed it off, but now they've started to avoid hanging out with him when he drinks like that. Gavin doesn't want to stop drinking completely, but he's starting to worry about how it's affecting his friendships. What harm reduction strategies could help Gavin avoid these embarrassing situations and hang out with his friends?
Harm Reduction Strategies:

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Situation 3: Jessie recently started vaping nicotine at school because she heard it might help her manage stress. She's new to the school and hasn't made many friends yet, so she's feeling a lot of pressure to fit in. Vaping helps her feel more relaxed during the day, but she knows the school has a strict no-vaping policy. Jessie is worried about getting caught and facing consequences, especially since she's trying to make a good impression. She's thinking about quitting but is unsure how to manage her stress without it.

What harm reduction strategies could help Jessie reduce the risks while she works on coping with stress in other ways?

Harm Reduction Strategies:

Situation 4: Leo goes to parties a few times a month with his friends. At these parties, he usually takes molly (e.g., MDMA, ecstasy) because he likes how it makes him feel, and he often drinks alcohol at the same time. At a recent party, he became very overheated, nauseous, and disoriented. These symptoms scared him. He wants to keep having fun but is starting to think about ways to stay safer at parties.

What harm reduction strategies could help Leo lower the risks when using substances at parties?

Harm Reduction Strategies:

Situation 5: Harper sometimes uses cocaine at parties and usually snorts it. At a recent party, they were hanging out with a group of older teens who were injecting cocaine. They told Harper that injecting gives a stronger "high" and encouraged them to try it, saying it was "better" than snorting. Harper felt tempted but also unsure, because they had never considered injecting before. It made Harper uneasy, and they began to think more about the possible risks of injecting cocaine.

What harm reduction strategies could help Harper stay safer when using cocaine?

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Harm Reduction Strategies:

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