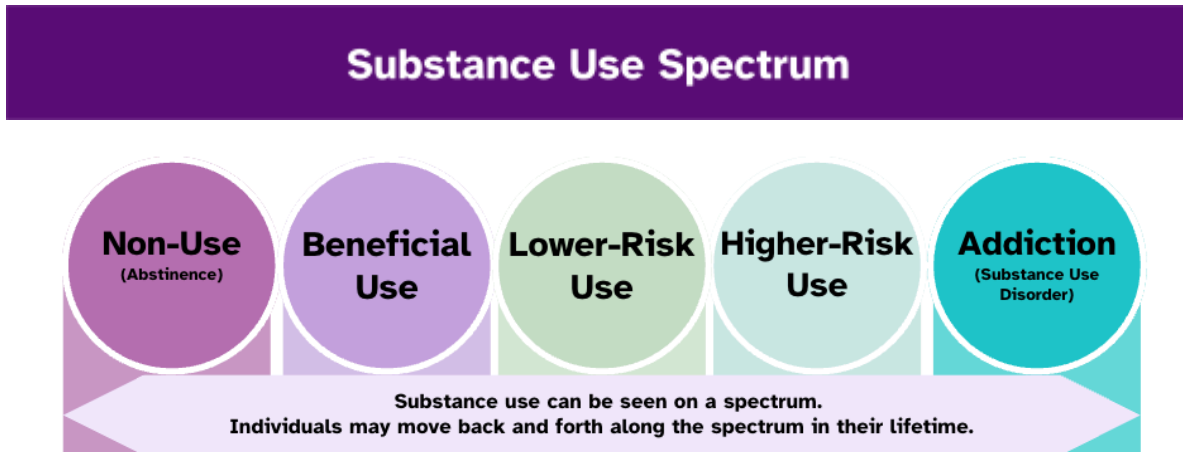


Student Name: _____



Student Instructions:

Using the [Substance Use Spectrum](#) infographic, read through each situation in the activity. For each one, decide where it belongs on the spectrum.

SITUATION	RISK LEVEL
<p>Jay finds it very difficult to get through full days during exams. They know they should be getting more sleep, but they are staying up late to study. They drink an energy drink at lunchtime to get them through the day. He knows this can't go on, but just needs to get through exam week.</p>	<p>Where do you think Jay is on the Substance Use Spectrum?</p> <p> <input type="checkbox"/> Non-Use <input type="checkbox"/> Beneficial Use <input type="checkbox"/> Lower-Risk Use <input type="checkbox"/> Higher-Risk Use <input type="checkbox"/> Addiction (Substance Use Disorder) </p>
<p>Julia was once pulled over and charged with a DUI (driving under the influence) for driving after consuming too much alcohol. She understands that consuming alcohol decreases her ability to make good decisions. She feels lucky that no one was hurt but her bad choice. Since her DUI, she has given up alcohol altogether.</p>	<p>Where do you think Julia is on the Substance Use Spectrum?</p> <p> <input type="checkbox"/> Non-Use <input type="checkbox"/> Beneficial Use <input type="checkbox"/> Lower-Risk Use <input type="checkbox"/> Higher-Risk Use <input type="checkbox"/> Addiction (Substance Use Disorder) </p>

Student Name: _____

<p>Peter and Jayden are excited! They've just graduated from high school and have arrived at an all-inclusive resort in Mexico. Neither of them has ever been there before. They plan to try all the fancy drinks and basically stay under the influence of alcohol for the entire week.</p>	<p>Where do you think Peter and Jayden are on the Substance Use Spectrum?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Non-Use <input type="checkbox"/> Beneficial Use <input type="checkbox"/> Lower-Risk Use <input type="checkbox"/> Higher-Risk Use <input type="checkbox"/> Addiction (Substance Use Disorder)
<p>Nora is afraid of flying. She wants to attend her best friend's wedding, but the only way to get there is by airplane. She goes to see her doctor and is prescribed lorazepam (a benzodiazepine) for the trip. Nora uses the prescription before the flight and feels much more relaxed during the flight. She arrives safe and sound at the ceremony.</p>	<p>Where do you think Nora is on the Substance Use Spectrum?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Non-Use <input type="checkbox"/> Beneficial Use <input type="checkbox"/> Lower-Risk Use <input type="checkbox"/> Higher-Risk Use <input type="checkbox"/> Addiction (Substance Use Disorder)
<p>Stacy started drinking alcohol at age 13, taking liquor from her parent's liquor cabinet on weekends. When she broke up with her first boyfriend in high school, she started drinking every day. She thinks it's okay if she only has a few on weekdays, but drinks alcohol and smokes weed every weekend until she passes out, and her friends have stopped inviting her to parties, so she "parties" alone.</p>	<p>Where do you think Stacy is on the Substance Use Spectrum?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Non-Use <input type="checkbox"/> Beneficial Use <input type="checkbox"/> Lower-Risk Use <input type="checkbox"/> Higher-Risk Use <input type="checkbox"/> Addiction (Substance Use Disorder)