

Student Name: \_\_\_\_\_

## Exploring Influences on Substance Use Decisions

### Student Instructions:

1. Review the DECYDE infographics on [Factors Influencing Decision-Making](#) and [Protective and Risk Factors](#).
  - a. Influences include: Media, School & Community, Family, Peer Groups, Knowledge & Experiences, and Self-Concept.
  - b. Each influence can include risk factors (things that increase the chance of substance use) or protective factors (things that reduce risk and support healthy choices).
2. At each station, brainstorm examples of risk and protective factors. Be sure to consider examples at the individual, family, and community levels for each influence.
3. Once you have visited every station, return to your group's final station. Present to the class the top five risk factors and the top five protective factors from that station, making sure to highlight examples at the individual, family, and community levels.
4. After your group's presentation, answer the following **reflection questions**. Your teacher will let you know whether to complete them as a class discussion or in your group using the student worksheet.

**Remember:** Everyone has a mix of risk and protective factors. By building protective supports at the individual, family, and community levels, risks can be balanced and safer decisions can be made.

