

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

## Exploration: Reaching Out Guide

**Instructions:** For this activity, you will be designing a one-page guide or poster that helps young people understand how to recognize when someone might need help, how to reach out safely, and where to find support. Your guide should be creative and include the following information:

### 1. Recognizing the Signs:

- List or illustrate signs that someone's substance use might be becoming harmful.
- You may refer to the [Substance Use Spectrum](#) and [Substance Use Disorder](#) infographics, or other online resources.

### 2. Starting the Conversation:

- Describe safe and compassionate ways to approach someone you're worried about.
- Include examples of what you could say to show care and support without judgment.  
(e.g., "I've noticed you haven't seemed like yourself lately—do you want to talk?")
- You may refer to the [Stigma](#) infographic or other online resources.

### 3. Finding Help:

- Identify trusted people youth could turn to (e.g., parents, teachers, school counsellors, coaches, friends).
- Research 2–3 youth-friendly support services (local, online, or national).  
For each, include:
  - Who the service is for
  - What kind of help they offer (e.g., counselling, harm reduction, crisis support)
  - How to contact them (phone, text, chat, or in-person)
- You may refer to the [Support Resources Page](#) on the DECYDE website or other online resources.

Your guide should include visuals, short phrases, or positive messages that reduce stigma and encourage help-seeking.