

Student Name: _____

K-W-L Chart: Know, Wonder, Learn**Topic:** _____

| Know | Wonder | Learn |
|--|--------------------------------------|---|
| What do you think you already know about this topic? | What do you wonder about this topic? | After completing this lesson, write what you learned. |
| | | |

FACT SHEET: ANTIBIOTICS

Station 1



Category:

- Antibiotics are a group of medical drugs.
- They are prescribed by healthcare professionals to treat infections, such as ear or lung infections.

How is it consumed?

- Antibiotics can be taken as a pill, capsule, or injection.
- Antibiotics are most commonly taken for 7 to 14 days.

What are the effects of antibiotics on the body?

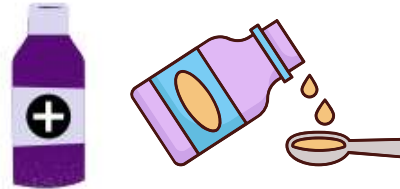
- Antibiotics can sometimes cause side effects like upset stomach, diarrhea, or feeling very tired.
- Antibiotics work by killing the bacteria causing the infection.

Staying Safer:

- Only take antibiotics if a healthcare professional gives them to you.
- Always follow the healthcare professional's instructions.

FACT SHEET: COUGH SYRUP

Station 1



Category:

- Cough syrup is a medical drug that helps treat coughs and can be taken at any age. You can buy it at a store without needing a doctor's prescription.

How is it consumed?

- It is usually taken as a liquid.

What are the effects of cough syrup on the body?

- If someone takes too much cough syrup, it can be harmful.
- One main ingredient found in cough syrups, called DM (dextromethorphan), can cause strange effects like: seeing or hearing things that aren't real, feeling dizzy, or being confused.
- It can also make you very tired, feel sick, throw up, sweat a lot, lose balance, or have trouble speaking clearly.

Staying Safer:

- Only take cough syrup if you really need it.
- Always read the instructions on the bottle and follow them carefully.

FACT SHEET: SALBUTAMOL INHALER

Station 1



Category:

- Salbutamol is a medical drug used for the treatment of asthma.
- It can help people with asthma breathe better.

How is it consumed?

- Salbutamol is a medicine that is inhaled through an inhaler, or puffer, to get into the lungs.

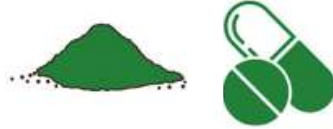
What are the effects of salbutamol on the body?

- Salbutamol works by relaxing the muscles of the airways into the lungs, which makes it easier to breathe.
- Taking too much can cause a fast heartbeat, shakiness, or headache.

Staying Safer:

- Only use a salbutamol inhaler if your healthcare professional tells you to.
- Always follow the instructions carefully and do not use more than prescribed.

FACT SHEET: METHYLPHENIDATE



Station 1

Category:

- Methylphenidate (Concerta, Ritalin, or Biphentin) is a medical drug when it is prescribed to you by a healthcare professional.
- Sometimes people take it for non-medical reasons, which means that they use it without a prescription.
- It is usually given to people with Attention Deficit Hyperactivity Disorder, or ADHD.

How is it consumed?

- Methylphenidate can be taken as a tablet or capsule for medical reasons. When used for non-medical reasons, it may be swallowed as a pill or crushed into powder and snorted.

What are the effects of methylphenidate on the body?

- In people with ADHD, methylphenidate can increase focus and concentration.
- It is a stimulant, and when it's used for non-medical reasons it can make people feel restless, overly energetic, or have trouble sleeping.
- It can also make your heart beat faster and make your blood pressure go up.

Staying Safer:

- Do not take it if it is not prescribed to you.
- Avoid mixing methylphenidate with other medications.

FACT SHEET:

CAFFEINE

Station 2



Category:

- Caffeine is a legal, non-medical drug.
- It is legal for everyone but is not recommended for use by children.

How is it consumed?

- Caffeine is mostly consumed in coffee, tea, soft drinks, energy drinks, chocolates, or in a pill.

What are the effects of caffeine on the body?

- Caffeine is a stimulant. This means it can make you feel very awake, but it might also cause you to feel nervous or shaky.
- Using caffeine can give you an upset stomach and make you pee more often.

Staying Safer:

- If possible, wait until you are a bit older to use caffeine.
- If you use caffeine, don't have too much at one time.
- Avoid mixing caffeine with alcohol or other drugs.

FACT SHEET: ALCOHOL

Station 2



Category:

- Alcohol is both a non-medical drug and a legal drug.
- It is not used to treat any illnesses, but it can be legally purchased by anyone 19 years old and older in NL.

How is it consumed?

- Alcohol is consumed as a liquid. It can be mixed into different drinks.
- Alcohol is often consumed at parties and other social situations.

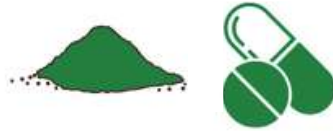
What are the effects of alcohol on the body?

- Alcohol is a depressant. This means it slows down messages sent from the brain to the body.
- It can make you feel angry, sad, or happy.
- Drinking alcohol can cause you to make decisions you may not normally make.
- Long-term alcohol use can lead to memory loss and increase risks of cancer and heart-disease.

Staying Safer:

- Waiting until you are of legal age to drink alcohol is a safer decision.
- Do not get into a vehicle if the driver has been drinking.

FACT SHEET: METHYLPHENIDATE



Station 2

Category:

- Methylphenidate (Concerta, Ritalin, or Biphentin) is a medical drug when it is prescribed to you by a healthcare professional.
- Sometimes people take it for non-medical reasons, which means that they use it without a prescription.
- It is usually given to people with Attention Deficit Hyperactivity Disorder, or ADHD.

How is it consumed?

- Methylphenidate can be taken as a tablet or capsule for medical reasons. When used for non-medical reasons, it may be swallowed as a pill or crushed into powder and snorted.

What are the effects of methylphenidate on the body?

- In people with ADHD, methylphenidate can increase focus and concentration.
- It is a stimulant, and when it's used for non-medical reasons it can make people feel restless, overly energetic, or have trouble sleeping.
- It can also make your heart beat faster and make your blood pressure go up.

Staying Safer:

- Do not take it if it is not prescribed to you.
- Avoid mixing methylphenidate with other medications.

FACT SHEET: CANNABIS



Station 2

Category:

- Cannabis is a legal drug for those aged 19 and over in NL.
- Some people use it to help with medical problems, while others use it for fun.

How is it consumed?

- Cannabis can be vaped, smoked, or eaten.

What are the effects of cannabis on the body?

- Cannabis has 2 main parts: THC, which can make you feel 'high', and CBS, which can help you feel calm.
- It can make people feel hungry, sleepy, or sick to their stomach.
- Using cannabis can sometimes make people more worried or scared and can affect their mental health.
- Using cannabis long-term can make it hard to stop, even if you want to.

Staying Safer:

- Waiting until you are of legal age to use cannabis is a safer decision.
- It is illegal to use cannabis in public spaces or drive after use.
- Avoid using cannabis with alcohol or other substances.

FACT SHEET: CANNABIS

Station 3



Category:

- Cannabis is a legal drug for those aged 19 and over in NL.
- Some people use it to help with medical problems, while others use it for fun.

How is it consumed?

- Cannabis can be vaped, smoked, or eaten.

What are the effects of cannabis on the body?

- Cannabis has 2 main parts: THC, which can make you feel 'high', and CBS, which can help you feel calm.
- It can make people feel hungry, sleepy, or sick to their stomach.
- Using cannabis can sometimes make people more worried or scared and can affect their mental health.
- Using cannabis long-term can make it hard to stop, even if you want to.

Staying Safer:

- Waiting until you are of legal age to use cannabis is a safer decision.
- It is illegal to use cannabis in public spaces or drive after use.
- Avoid using cannabis with alcohol or other substances.

FACT SHEET: CAFFEINE

Station 3



Category:

- Caffeine is a legal, non-medical drug.
- It is legal for everyone but is not recommended for use by children.

How is it consumed?

- Caffeine is mostly consumed in coffee, tea, soft drinks, energy drinks, chocolates, or in a pill.

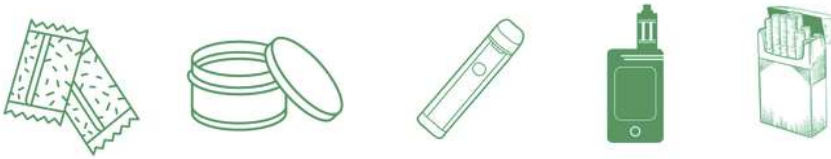
What are the effects of caffeine on the body?

- Caffeine is a stimulant. This means it can make you feel very awake, but it might also cause you to feel nervous or shaky.
- Using caffeine can give you an upset stomach and make you pee more often.

Staying Safer:

- If possible, wait until you are a bit older to use caffeine.
- If you use caffeine, don't have too much at one time.
- Avoid mixing caffeine with alcohol or other drugs.

FACT SHEET: NICOTINE



Station 3

Category:

- Nicotine is a legal drug that does not have any uses as medication.
- The legal age to use nicotine is 19 and above in NL.

How is it consumed?

- Nicotine can be vaped, smoked, or absorbed through pouches in the mouth.
- It can also come as a gum, a spray, a patch or lozenges.

What are the effects of nicotine on the body?

- Nicotine is a stimulant, which means it increases how active your body and mind are.
- It can cause headaches, make you feel dizzy, and even make you feel nervous or worried.
- Using nicotine long-term can harm your heart and lungs, and irritate your mouth.
- Using nicotine often can make it hard to stop, even if you want to.

Staying Safer:

- Waiting until you are of legal age (19 or above) to use nicotine is a safer decision.
- Avoid using nicotine with medications or combining with other substances.

FACT SHEET: ALCOHOL

Station 3



Category:

- Alcohol is both a non-medical drug and a legal drug.
- It is not used to treat any illnesses, but it can be legally purchased by anyone 19 years old and older in NL.

How is it consumed?

- Alcohol is consumed as a liquid. It can be mixed into different drinks.
- Alcohol is often consumed at parties and other social situations.

What are the effects of alcohol on the body?

- Alcohol is a depressant. This means it slows down messages sent from the brain to the body.
- It can make you feel angry, sad, or happy.
- Drinking alcohol can cause you to make decisions you may not normally make.
- Long-term alcohol use can lead to memory loss and increase risks of cancer and heart-disease.

Staying Safer:

- Waiting until you are of legal age to drink alcohol is a safer decision.
- Do not get into a vehicle if the driver has been drinking.

FACT SHEET: FENTANYL



Station 4

Category:

- Fentanyl is an illegal drug, but can sometimes be used legally. It cannot be bought or owned legally, unless a doctor prescribes it for pain.

How is it consumed?

- Fentanyl can be swallowed, snorted, smoked, or injected. Doctors may give it as an injection, a patch, or a lozenge.

What are the effects of fentanyl on the body?

- Fentanyl is a depressant, which means it slows down the body, including breathing and heart rate.
- Fentanyl is very potent, which makes it very dangerous and can easily lead to overdose or death.
- It can also make you feel sleepy, dizzy, and confused.
- Fentanyl is very addictive and can cause withdrawal if stopped suddenly.

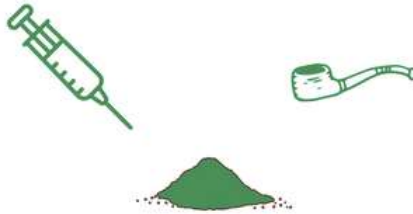
Staying Safer:

- Only using fentanyl if prescribed by a doctor.
- If using fentanyl, have someone with you and a naloxone kit for emergencies.
- Other drugs may have fentanyl mixed in, so have a naloxone kit available.

FACT SHEET:

COCAINE

Station 4



Category:

- Cocaine is an illegal drug at all ages.

How is it consumed?

- Cocaine can be injected, smoked or snorted through the nose.

What are the effects of cocaine on the body?

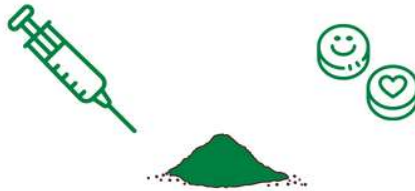
- Cocaine is a powerful stimulant. This means it can make you feel awake, restless, upset, or even angry.
- It can also make your heart beat faster and unevenly, which can cause a heart attack.
- Cocaine use can increase the chance of getting infections and harming your lungs.
- Snorting cocaine can cause nosebleeds.

Staying Safer:

- It's safest to avoid using cocaine as it is illegal.
- If using cocaine, have a naloxone kit available in case fentanyl is mixed with it.

FACT SHEET: ECSTASY (MDMA)

Station 4



Category:

- Ecstasy is an illegal drug.

How is it consumed?

- Ecstasy can be swallowed as pills, injected, or snorted through the nose.
- It is often used at parties because it makes people feel very happy and excited.

What are the effects of ecstasy on the body?

- Ecstasy is a psychoactive or mind-altering drug. This means it can change how feel, think, act and can make you take risks you would not normally take.
- It might cause your heart to beat faster, raise your blood pressure, and make your body too hot, which can lead to dehydration.
- After using it, you might feel confused, sad, forgetful, or worried.

Staying Safer:

- It's safest to avoid using ecstasy as it is illegal.
- Avoid mixing ecstasy with other stimulants like cocaine.
- Have a naloxone kit available in case fentanyl is mixed with it.

FACT SHEET: PSILOCYBIN (MAGIC MUSHROOMS)



Station 4

Category:

- Psilocybin is a substance found in magic mushrooms, which is an illegal drug.

How is it consumed?

- They can be eaten as dried mushrooms or taken as a powder, which some people inhale.

What are the effects of Psilocybin on the body?

- Psilocybin is a drug that can change how you see, hear, or feel things, making it hard to tell what's real.
- It might also make some people feel more creative. However, it can also make you feel scared, nervous, or sick to your stomach.
- Other effects include a faster heartbeat, higher blood pressure, and trouble controlling when you go to the bathroom.

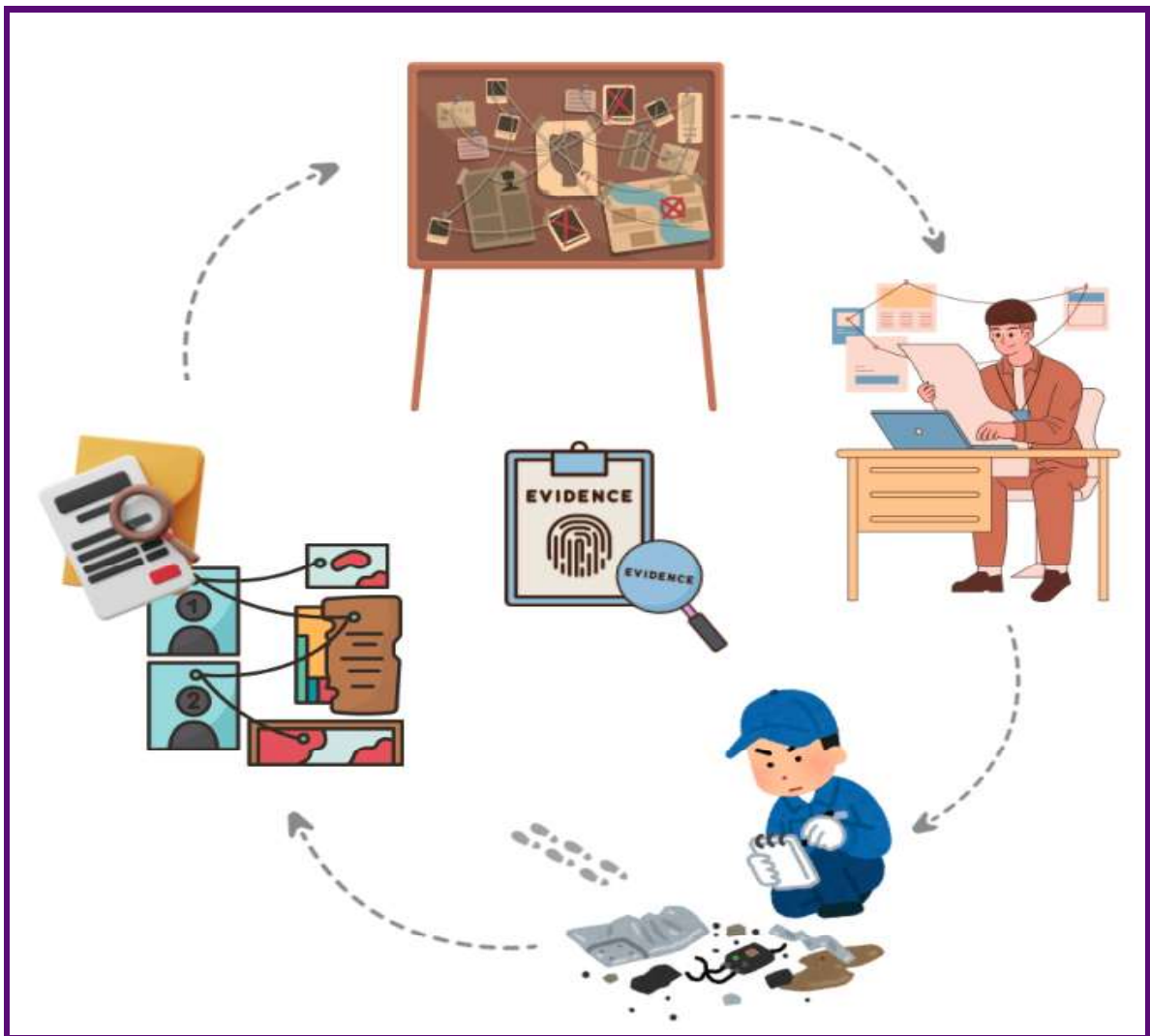
Staying Safer:

- It is safest to avoid using Psilocybin (magic mushrooms) as it is illegal.

INVESTIGATING THE TYPES OF DRUGS

Exploration: Detective on Duty

Student Name: _____



Exploration: Detective on Duty

Category 1: Medical Drugs

Mystery Drug #1

- Often prescribed by a doctor.
- Can treat ear or lung infections.
- Can be taken as a tablet, capsule, or liquid.

Solve the mystery:

Mystery Drug #2

- Used to treat coughs.
- Can be bought at a store without a prescription.
- Taking too much can make you lose your balance or have trouble speaking clearly.

Solve the mystery:

Mystery Drug #3

- Used to manage asthma symptoms
- Usually inhaled through a puffer.
- It can relax the muscles of the airways into the lungs, which makes it easier to breathe.

Solve the mystery:

Mystery Drug #4

- Commonly prescribed by healthcare professionals to treat ADHD or narcolepsy
- For people with ADHD, this drug can help them to focus.
- For people without ADHD, this drug can make them feel restless or unfocused.

Solve the mystery:

Mystery Drug #5

- Usually taken for 7-14 days to treat illness.
- Could cause side effects such as upset stomach.
- Should only be taken by the person they were prescribed for.

Solve the mystery:

Mystery Drug #6

- This drug can increase blood pressure.
- This drug should only be consumed if it is prescribed to you by a healthcare professional.
- This drug may cause issues with sleep.

Solve the mystery:

Category 2: Non-Medical Drugs

Mystery Drug #1

- Is legal to consume.
- Consumption can make you feel nervous.
- It is best not to mix this drug with other drugs like alcohol.

Solve the mystery:

Mystery Drug #2

- Legal for anyone aged 19+ in NL.
- May be mixed with other substances to mask the taste.
- You should not get in a vehicle with a driver who has been consuming this drug.

Solve the mystery:

Mystery Drug #3

- Can also be a medical drug.
- This drug is a stimulant, which can make your heart beat fast and make you restless.
- This drug can be taken in many forms, including as a tablet or capsule.

Solve the mystery:

Mystery Drug #4

- This drug is a depressant, meaning it slows down messages in your body.
- This drug might make you feel angry, sad, or happy.
- Taking this drug might lead you to make decisions you would not normally make.

Solve the mystery:

Mystery Drug #5

- Can be vaped, smoked, or eaten.
- Often makes you hungry when taken.
- Can be hard to stop using this drug once you start

Solve the mystery:

Mystery Drug #6

- This drug can be found in many forms, including liquid and pill form.
- This drug is a stimulant.
- If you use this drug, it is best not to have too much at one time.

Solve the mystery:

Category 3: Legal Drugs

| | |
|--|---|
| <p style="text-align: center;">Mystery Drug #1</p> <ul style="list-style-type: none">● Is legal if you are age 19+ in NL.● Can be consumed in multiple different ways, including vaping.● Using this drug can sometimes make people feel worried or scared. <p style="text-align: center;">Solve the mystery:</p> <p style="text-align: center;">_____</p> | <p style="text-align: center;">Mystery Drug #2</p> <ul style="list-style-type: none">● This drug does not have a minimum age for consumption.● This drug can be found in soft drinks and chocolate.● Using this drug can keep you feeling awake. <p style="text-align: center;">Solve the mystery:</p> <p style="text-align: center;">_____</p> |
| <p style="text-align: center;">Mystery Drug #3</p> <ul style="list-style-type: none">● This drug has no medical uses.● It is a stimulant, which increases body and mind activity.● This drug can come as a gum, spray, or patch. <p style="text-align: center;">Solve the mystery:</p> <p style="text-align: center;">_____</p> | <p style="text-align: center;">Mystery Drug #4</p> <ul style="list-style-type: none">● Can be both a legal and non-medical drug.● Often consumed at parties.● Can make you forget things when consumed. <p style="text-align: center;">Solve the mystery:</p> <p style="text-align: center;">_____</p> |
| <p style="text-align: center;">Mystery Drug #5</p> <ul style="list-style-type: none">● This drug is sometimes used to treat medical issues.● It can make you feel very hungry after consuming.● It is illegal to consume this drug in public spaces. <p style="text-align: center;">Solve the mystery:</p> <p style="text-align: center;">_____</p> | <p style="text-align: center;">Mystery Drug #6</p> <ul style="list-style-type: none">● This drug can be vaped or smoked.● Regular use can cause harm to the heart and lungs.● Short term effects of using this drug include headaches and dizziness. <p style="text-align: center;">Solve the mystery:</p> <p style="text-align: center;">_____</p> |

Category 4: Illegal Drugs

Mystery Drug #1

- This drug can be legally prescribed by a doctor to manage pain.
- It acts as a depressant, slowing down breathing and heart rate.
- It is very addictive.

Solve the mystery:

Mystery Drug #2

- This drug is a stimulant.
- It can cause nosebleeds if it is snorted through the nose.
- This drug can make you feel restless, upset, or sometimes angry.

Solve the mystery:

Mystery Drug #3

- This drug can be injected or swallowed as pills.
- This drug is often taken at parties.
- As the effects of the drug wear off, you may feel confused or sad.

Solve the mystery:

Mystery Drug #4

- This drug can be eaten or taken as a powder which may be inhaled.
- This drug can change how you see, hear, or feel.
- If you take this drug, you may feel scared or sick to your stomach.

Solve the mystery:

Mystery Drug #5

- If someone overdoses on this drug, naloxone can help to save their life.
- This drug can make you sleepy and dizzy when consumed.
- This is a very potent drug, meaning it can lead to overdose quickly.

Solve the mystery:

Mystery Drug #6

- It is best to avoid using this drug with other stimulants.
- This is a psychoactive drug which can change how you think or feel.
- This drug can make your heart beat faster and cause you to overheat.

Solve the mystery:

Student Name: _____

Sharing and Reflection: Detective Findings

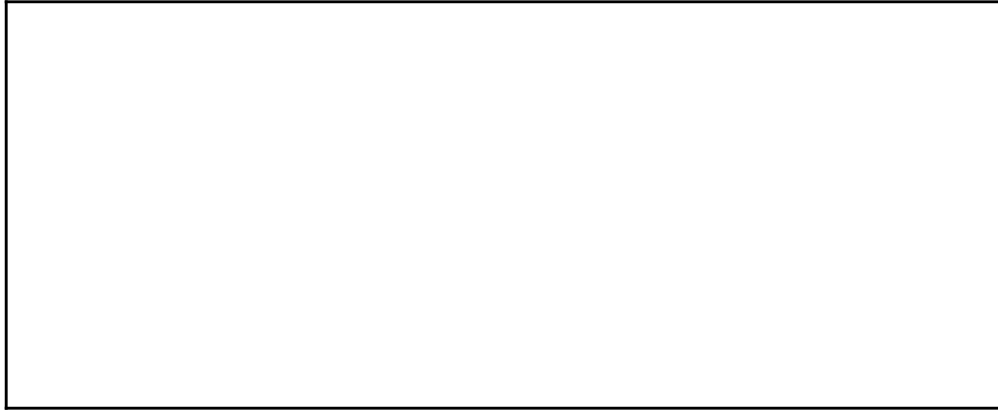


Detective Findings: return to your last station and discuss the following as a group:

1. Was there a clue that your group struggled with? What helped you figure it out?

2. Did you come across a drug that seemed like it could fit into more than one category? Why do you think that is?

3. Did any of the clues change the way you think about certain drugs?

A large, empty rectangular box with a black border, intended for students to write their answers to the question above.

FACT SHEET: ALCOHOL



Category:

- Alcohol is both a non-medical drug and a legal drug.
- It is not used to treat any illnesses, but it can be legally purchased by anyone 19 years old and older in NL.

How is it consumed?

- Alcohol is consumed as a liquid. It can be mixed into different drinks.
- Alcohol is often consumed at parties and other social situations.

What are the effects of alcohol on the body?

- Alcohol is a depressant. This means it slows down messages sent from the brain to the body.
- It can make you feel angry, sad, or happy.
- Drinking alcohol can cause you to make decisions you may not normally make.
- Long-term alcohol use can lead to memory loss and increase risks of cancer and heart-disease.

Staying Safer:

- Waiting until you are of legal age to drink alcohol is a safer decision.
- Do not get into a vehicle if the driver has been drinking.

FACT SHEET: CANNABIS



Category:

- Cannabis is a legal drug for those aged 19 and over in NL.
- Some people use it to help with medical problems, while others use it for fun.

How is it consumed?

- Cannabis can be vaped, smoked, or eaten.

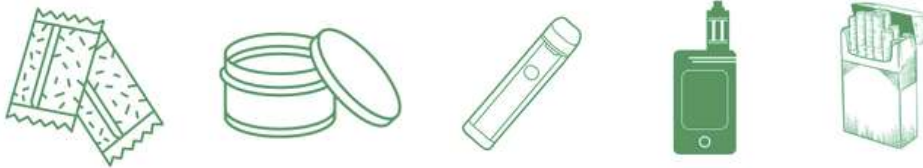
What are the effects of cannabis on the body?

- Cannabis has 2 main parts: THC, which can make you feel 'high', and CBS, which can help you feel calm.
- It can make people feel hungry, sleepy, or sick to their stomach.
- Using cannabis can sometimes make people more worried or scared and can affect their mental health.
- Using cannabis long-term can make it hard to stop, even if you want to.

Staying Safer:

- Waiting until you are of legal age to use cannabis is a safer decision.
- It is illegal to use cannabis in public spaces or drive after use.
- Avoid using cannabis with alcohol or other substances.

FACT SHEET: NICOTINE



Category:

- Nicotine is a legal drug that does not have any uses as medication.
- The legal age to use nicotine is 19 and above in NL.

How is it consumed?

- Nicotine can be vaped, smoked, or absorbed through pouches in the mouth.
- It can also come as a gum, a spray, a patch or lozenges.

What are the effects of nicotine on the body?

- Nicotine is a stimulant, which means it increases how active your body and mind are.
- It can cause headaches, make you feel dizzy, and even make you feel nervous or worried.
- Using nicotine long-term can harm your heart and lungs, and irritate your mouth.
- Using nicotine often can make it hard to stop, even if you want to.

Staying Safer:

- Waiting until you are of legal age (19 or above) to use nicotine is a safer decision.
- Avoid using nicotine with medications or combining with other substances.

FACT SHEET: CAFFEINE



Category:

- Caffeine is a legal, non-medical drug.
- It is legal for everyone but is not recommended for use by children.

How is it consumed?

- Caffeine is mostly consumed in coffee, tea, soft drinks, energy drinks, chocolates, or in a pill.

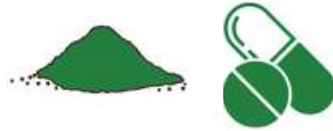
What are the effects of caffeine on the body?

- Caffeine is a stimulant. This means it can make you feel very awake, but it might also cause you to feel nervous or shaky.
- Using caffeine can give you an upset stomach and make you pee more often.

Staying Safer:

- If possible, wait until you are a bit older to use caffeine.
- If you use caffeine, don't have too much at one time.
- Avoid mixing caffeine with alcohol or other drugs.

FACT SHEET: METHYLPHENIDATE



Category:

- Methylphenidate (Concerta, Ritalin, or Biphentin) is a medical drug when it is prescribed to you by a healthcare professional.
- Sometimes people take it for non-medical reasons, which means that they use it without a prescription.
- It is usually given to people with Attention Deficit Hyperactivity Disorder, or ADHD.

How is it consumed?

- Methylphenidate can be taken as a tablet or capsule for medical reasons. When used for non-medical reasons, it may be swallowed as a pill or crushed into powder and snorted.

What are the effects of methylphenidate on the body?

- In people with ADHD, methylphenidate can increase focus and concentration.
- It is a stimulant, and when it's used for non-medical reasons it can make people feel restless, overly energetic, or have trouble sleeping.
- It can also make your heart beat faster and make your blood pressure go up.

Staying Safer:

- Do not take it if it is not prescribed to you.
- Avoid mixing methylphenidate with other medications.

FACT SHEET: FENTANYL



Category:

- Fentanyl is an illegal drug, but can sometimes be used legally. It cannot be bought or owned legally, unless a doctor prescribes it for pain.

How is it consumed?

- Fentanyl can be swallowed, snorted, smoked, or injected. Doctors may give it as an injection, a patch, or a lozenge.

What are the effects of fentanyl on the body?

- Fentanyl is a depressant, which means it slows down the body, including breathing and heart rate.
- Fentanyl is very potent, which makes it very dangerous and can easily lead to overdose or death.
- It can also make you feel sleepy, dizzy, and confused.
- Fentanyl is very addictive and can cause withdrawal if stopped suddenly.

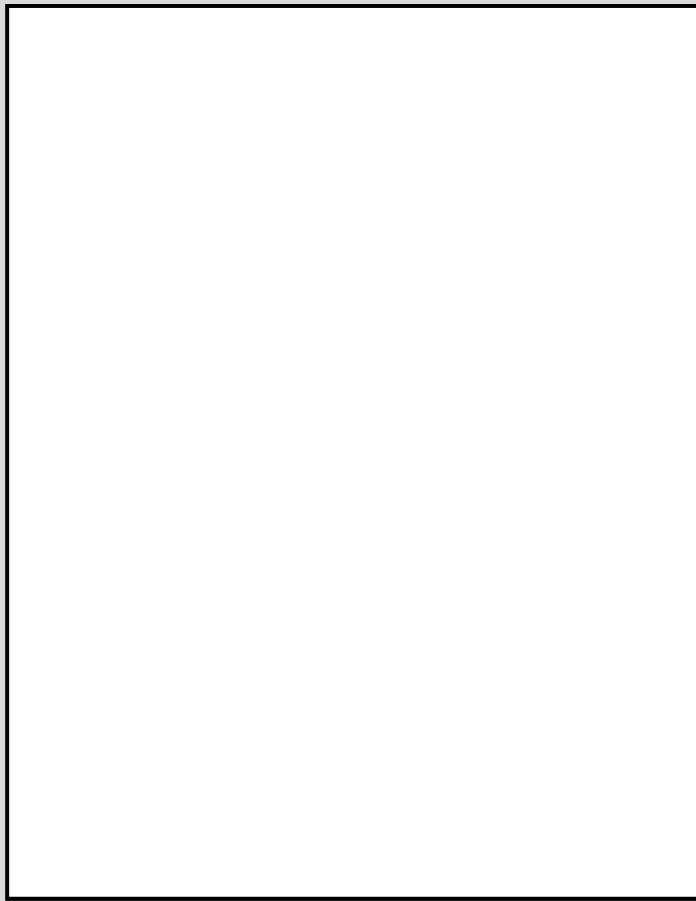
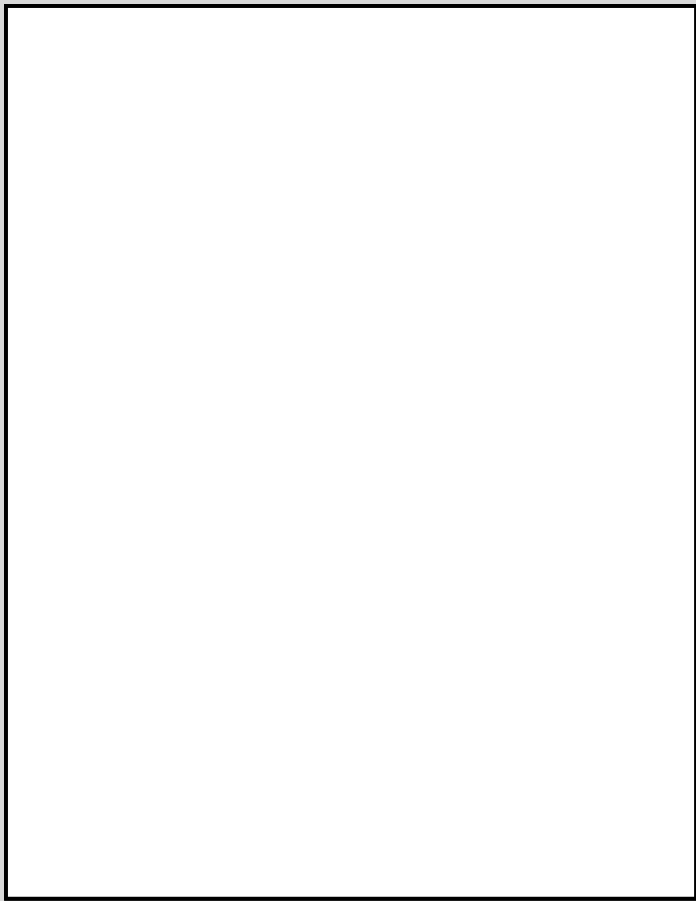
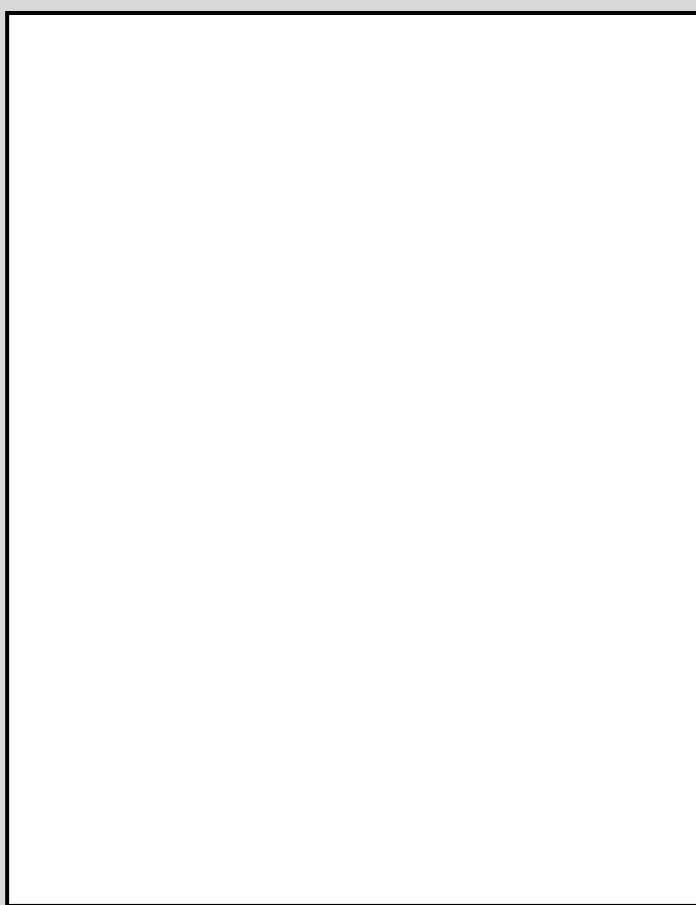
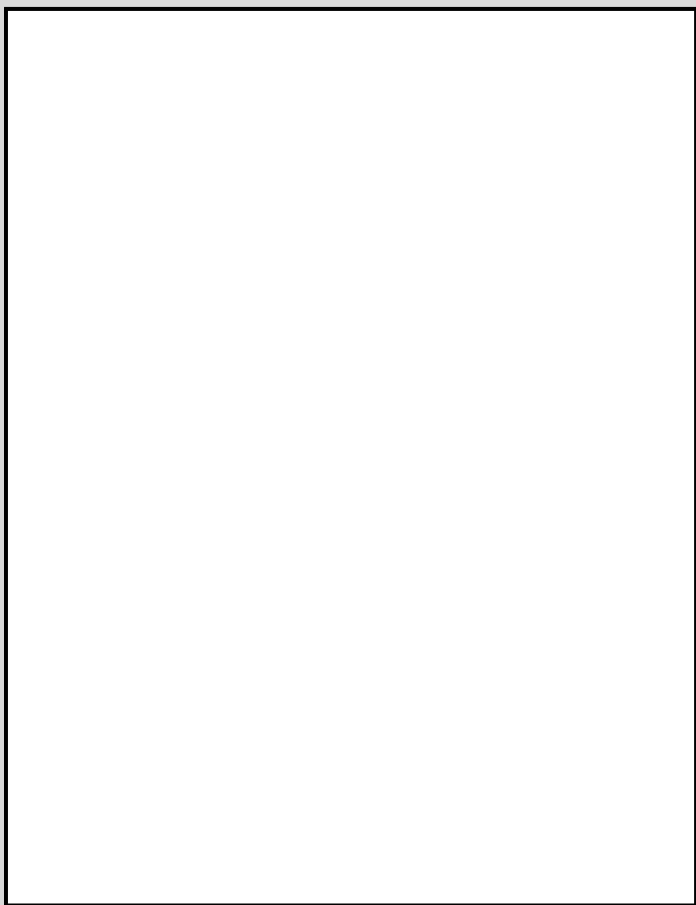
Staying Safer:

- Only using fentanyl if prescribed by a doctor.
- If using fentanyl, have someone with you and a naloxone kit for emergencies.
- Other drugs may have fentanyl mixed in, so have a naloxone kit available.

Comic Strip Activity: Student Worksheet

Instructions:

1. Read the provided Fact Sheet about your substance.
2. Brainstorm the content of your comic. Consider the following:
 - Which drug will be featured.
 - How this drug affects the body.
 - How you will visually represent these effects in a comic format.
3. Use the following comic strip template to design your comic. You can use following outline as a guide:
 - Panel 1: Introduce the drug (name and type).
 - Panel 2: Show how the drug is used or consumed.
 - Panel 3: Illustrate the positive effects (for medical and OTC drugs) or the negative effects (for illegal drugs).
 - Panel 4: Conclude with a message about making healthy choices or the importance of using drugs responsibly.
4. Draw illustrations and write dialogues or captions that explain the effects of the drugs. Be creative and clear!



Student Name: _____

Sharing and Reflection



Think back about the cool things you discovered while making your awesome comic strips. Answer the questions using sentences or by drawing a picture.

1. State an interesting fact about a substance from someone else's comic strip.

2. Why is it important to be aware of how different drugs affect the body?

Student Name: _____

Case Study: Jordan and Taylor

Jordan and Taylor: Sharing Medication with a Friend



Jordan is a 12-year-old who injured their knee during soccer practice a few days ago. After seeing a doctor, Jordan was prescribed a pain reliever to help manage the pain while their knee heals. Jordan follows the doctor's instructions carefully and takes the medication only when needed.

Today, Jordan is hanging out and playing video games with their friend Taylor. Shortly after they start hanging out, Taylor starts to get a bad headache. Taylor notices Jordan's prescription bottle on the table and says:

"Hey, Jordan, can I have one of your pills? My head is killing me, and I really need something to feel better."

Jordan isn't sure what to do. They want to help their friend, but remember the doctor saying the medication is strong and is meant only for them while their knee heals.

How would you FACE this situation?

Student Name: _____

Feel

1. How do you think Jordan might feel in this scenario? Why might they be feeling this way?

2. Who else might have feelings about this situation?

Assess

3. What are Jordan's choices?

4. What are the risks if Jordan gives Taylor a pill?

5. What alternative solutions can Jordan offer Taylor?

Student Name: _____

Choose

6. What is the safest choice Jordan can make?

7. How can Jordan communicate this choice to Taylor?

Evaluate

8. What are some potential consequences of Jordan's choice?

9. What did Jordan learn from this experience?

Student Name: _____

Sharing and Reflection: Drawing Decisions



Pick one substance. It can be any of the substances discussed in this lesson. Draw a picture of a scenario where you need to make a decision about that drug. *This can be done individually or in pairs.* You can use the FACE decision-making model to help you:

 Empowering Youth to DECYDE

How will I **FACE** this situation?

Feel
How does this situation make me feel?

Assess
What are my options?

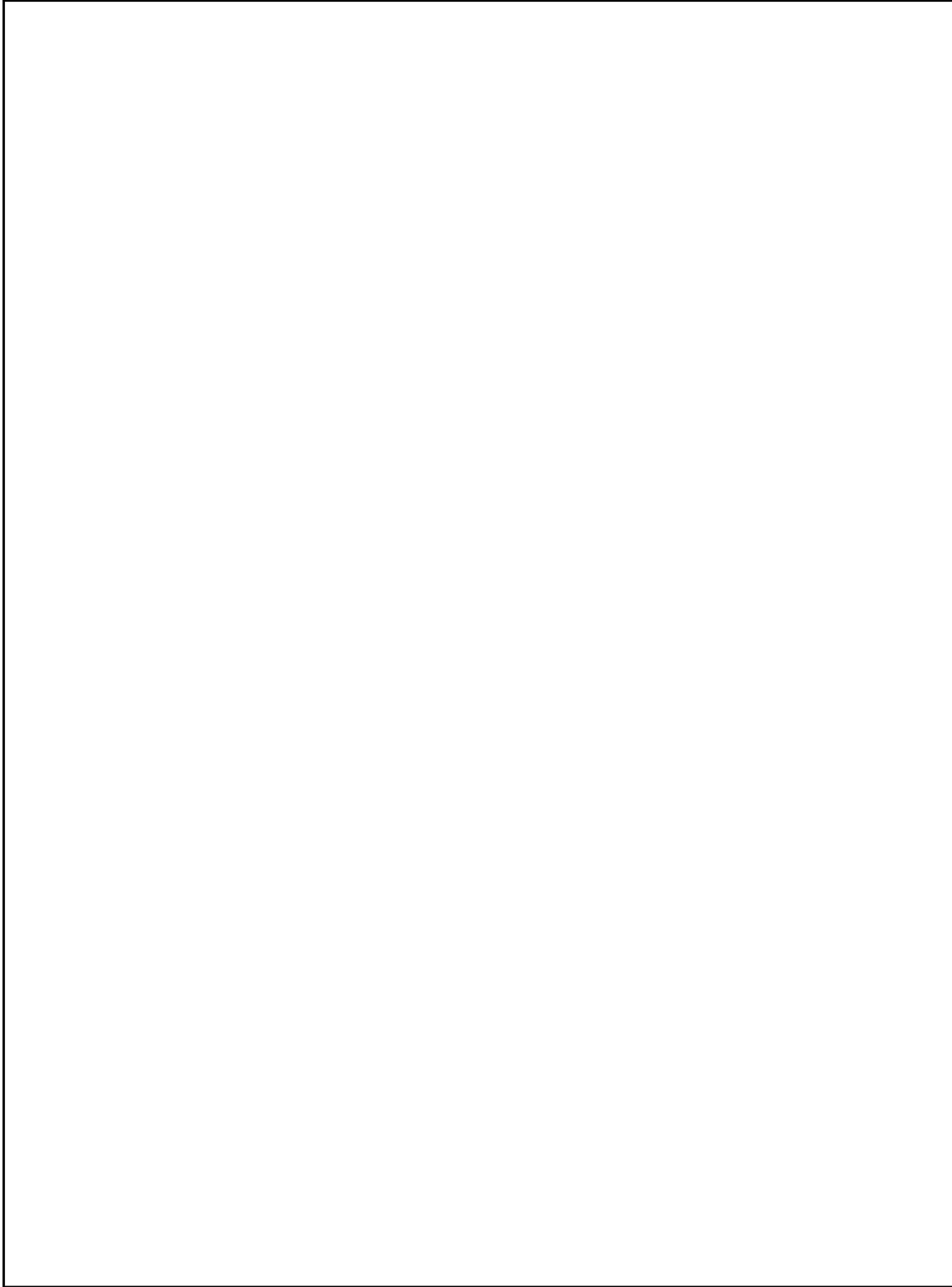
Choose
What is the safest option for me?

Evaluate
What do you think about your decision?



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Draw:



Next, write 2-3 sentences to explain your scenario. You can use the FACE decision-making model to help you: