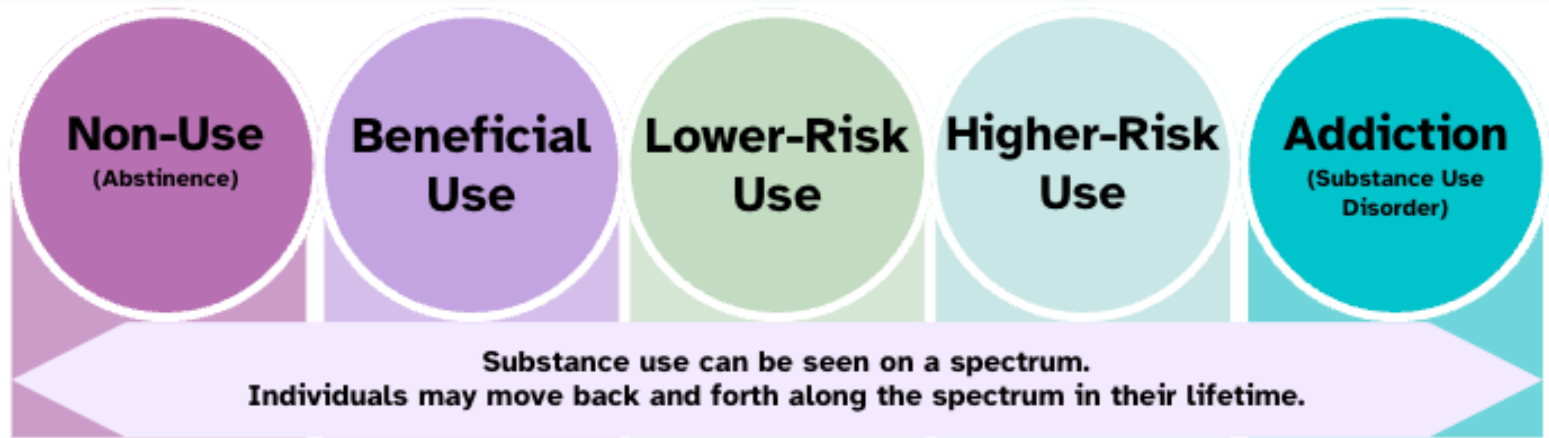


Highschool Lesson 3, Learning Activity 1
EXPLORATION ACTIVITY:
MALIK, BILLIE & ZION'S STORY



visit us at:
www.DECYDE.ca

Substance Use Spectrum



Part 1: MALIK, BILLIE & ZION'S STORY

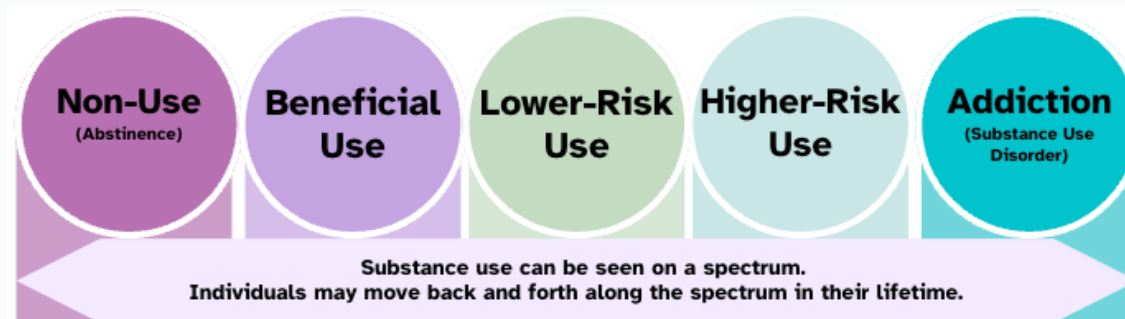
The following incidents occurred over a nine-month period.*

“When Malik was 15 years old, they would hang out on weekends with their two best friends, Billie and Zion. Billie and Zion managed to get a dozen beers and two cannabis joints one weekend to celebrate Billie’s birthday, Malik didn’t want to participate, knowing they were taking antidepressants and that they didn't mix well with alcohol. Billie and Zion started to tease Malik, calling them a wimp. They continued to ask and pressure Malik, who continued to say no...”



Part 1: DISCUSSION QUESTIONS

1. Is it possible for Malik to be in two separate categories on the Substance Use Spectrum? Why?
2. Where are Billie and Zion on the Substance Use Spectrum? Why?



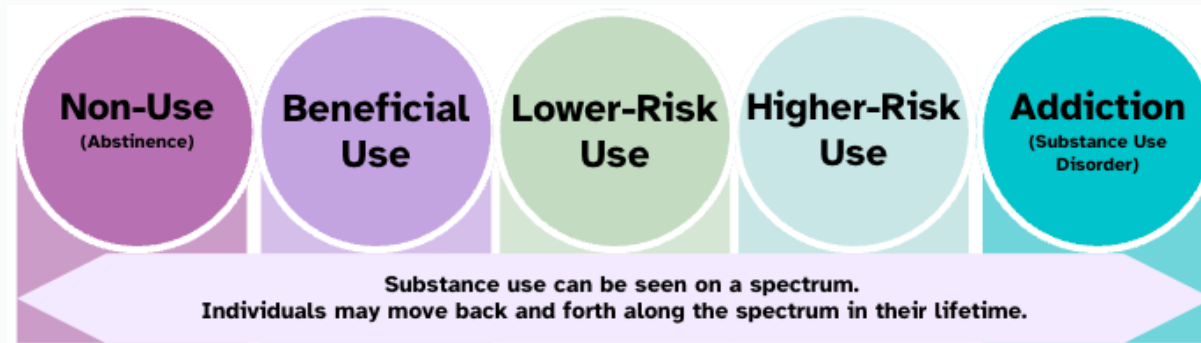
Part 2: MALIK, BILLIE & ZION'S STORY

“Over the next six months, Billie and Zion’s continued to share a dozen beers and two cannabis joints when they got together. Malik still hung around with these friends but chose not to use any substances. Malik noticed that Billie and Zion started using both Friday and Saturday nights and felt uncomfortable whenever they felt his friends got too intoxicated...”



Part 2: DISCUSSION QUESTIONS

3. What category on the Substance Use Spectrum do you think Billie and Zion are in now? Why?



Part 3: MALIK, BILLIE & ZION'S STORY

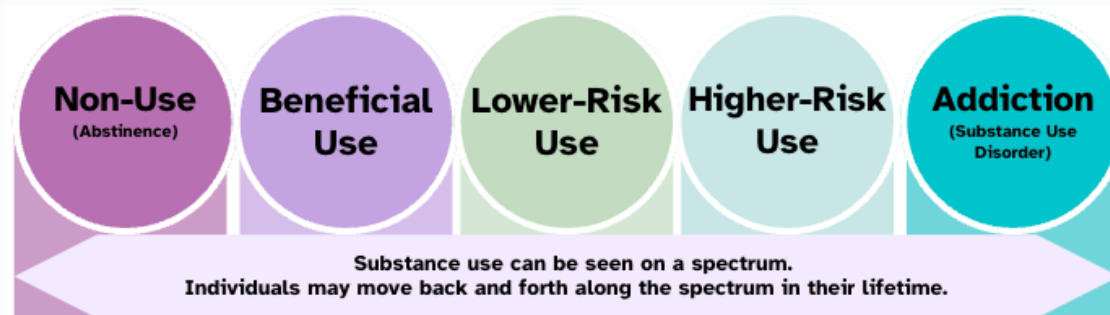
“Malik decided to speak with their friends and explained how they were behaving when they were intoxicated. Then they showed them a short video they took of them jumping over the campfire they built to roast wieners. Zion was embarrassed and realized this is not the way they wanted to behave. He committed to reducing his use but did not want to stop drinking beer or using marijuana completely. Billie laughed and said, “We are young. We are supposed to be enjoying ourselves. Everyone says this is the best time of our lives.”

Over the next few months, whenever the friends got together, Zion would have three beers and two puffs of the joint. Billie drank the other 9 beers and smoked the rest of the joint Zion had plus another full one themselves calling their friends party poopers. Zion only used on Friday nights so Billie drank the dozen beers themselves as well as smoked two joints on Saturdays, often resulting with them slurring their words and vomiting...”

Part 3: DISCUSSION QUESTIONS

4. Where would you place Zion on the Substance Use Spectrum? Why?

5. Where on the Substance Use Spectrum would you place Billie? Why?



Part 4: MALIK, BILLIE & ZION'S STORY

“Next, Billie started missing school every Monday for the next month or so. After a couple of weeks Malik was concerned and called to check on them. Billie said they partied by themselves on Sundays and this past Sunday they got into a big fight with their mom. Also, that they were too hungover to come to school. Malik and Zion went to Billie’s house after school because they were very concerned about their substance use and Billie was drunk. They tried to talk with them but Billie got very upset. They pushed Malik and told them to get out and leave them alone. Malik and Zion cared a lot about their friend and wouldn't leave. This made Billie even more irate; he punched Malik in the face and told them to mind their own business, then kicked Zion and Malik out of their house.

The next few weekends Billie did not show up to hang out. Malik and Zion found them partying with some of the grade 12 students who were well known for using cocaine. Malik and Zion want to help Billie, but they don't know what else to do...”

Part 4: DISCUSSION QUESTIONS

6. Where do you think Billie is now on the Substance Use Spectrum and why?

7. What advice would you give to Malik and Zion to try to help their friend?

