

High School Lesson 4

Learning Activity 2: Self-Medication and Mental Health (T/F)



Classify each statement as 'True' or 'False' statements.



Statement 1

People sometimes use substances like alcohol, cannabis, or caffeine to cope with stress, anxiety, or other mental-health symptoms.



True or False?

TRUE

This is called self-medicating. That is, trying to manage emotional or mental pain without professional help.



Statement 2

Using unregulated or unprescribed substances to manage emotions is a healthy, long-term coping strategy.



True or False?

FALSE

It may give short-term relief, but it avoids the real cause of distress and increases the risk of addiction.

Statement 3

Some people with ADHD use caffeine to help with focus if they can't access medication or treatment.



True or False?

TRUE

Caffeine acts as a mild stimulant, but it's not a substitute for proper ADHD care and can cause sleep problems or anxiety.

Statement 4

Using substances during adolescence can change how the brain develops, especially in areas linked to reward and impulse control.



True or False?

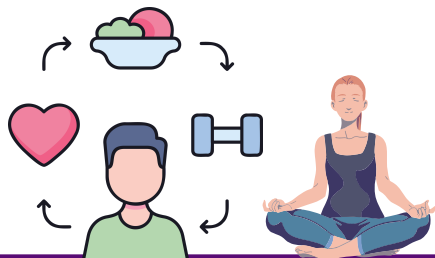
TRUE

This increases the risk of future substance-use problems and mental-health challenges.

Statement 5

Building healthy coping skills and self-care habits have no impact on whether someone self-medicates.

True or False?



FALSE

Developing strong coping habits reduce the urge to self-medicate because they give people safe ways to manage emotions.

Statement 6

Drinking alcohol to feel more comfortable in social situations is a form of self-medicating.

True or False?



TRUE

Alcohol lowers inhibitions and can temporarily reduce social anxiety, but it can create dependence over time.

Statement 7

Having supportive relationships and a sense of purpose can protect against harmful substance use.



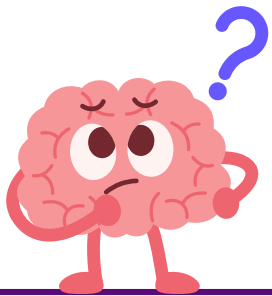
True or False?

TRUE

Feeling connected helps people manage stress in healthier ways.

Statement 8

The part of the brain that helps with decision-making and impulse control (the prefrontal cortex) is still developing in teens.



True or False?

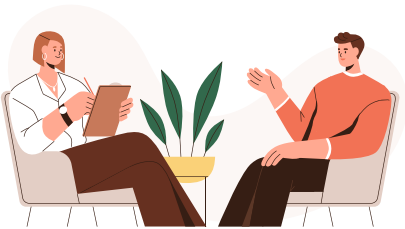
TRUE

This makes teens more likely to take risks or act on impulses without fully thinking them through.

Statement 9

Limited access to mental health care has no effect on whether someone uses substances.

True or False?

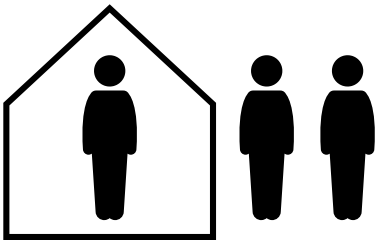


FALSE

When therapy, medication, or support are hard to access, people may self-medicate using alcohol or drugs instead.

Statement 10

Feeling isolated or disconnected from others can increase someone's risk of using substances to cope.



True or False?

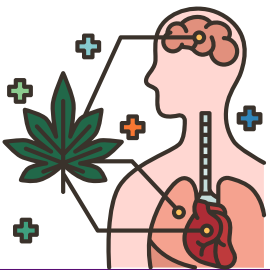
TRUE

Loneliness and lack of belonging can lead people to seek comfort or escape through substance use.

Statement 11

Using cannabis as a teen has no link to psychosis or other mental-health effects.

True or False?



FALSE

Early or heavy cannabis use can increase the risk of psychosis, especially for people already at risk.

Statement 12

Neurodivergent individuals (e.g., ADHD or autism) may be at higher risk for substance use because they are trying to manage symptoms or fit in socially.

True or False?



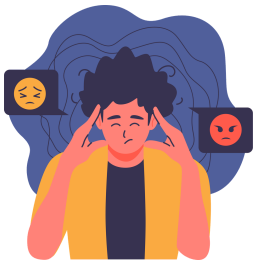
TRUE

Substances might be used to focus, calm anxiety,
or feel more accepted in groups.

Statement 13

Self-medicating can seem helpful at first but often makes mental-health symptoms worse over time.

True or False?



TRUE

Substances can change brain chemistry, leading to stronger anxiety, depression, or dependency.

Statement 14

“Social prescribing” means using social and community activities, like sports, volunteering, or art, to support mental health.



True or False?

TRUE

It focuses on meaningful connections and positive coping strategies instead of medication alone.

Statement 15

It's always easy to tell the difference between trauma, chronic stress, and neurodevelopmental disorders.



True or False?

FALSE

These can look similar, so proper assessment is important before assuming one cause.

Statement 16

Because the prefrontal cortex develops more slowly in some neurodivergent individuals, substance use can have a stronger and longer-lasting impact on their brains.



True or False?

TRUE

Lower development can increase vulnerability to addiction.

Statement 17

Mixing substances (e.g., alcohol and prescription or street drugs) can increase mental-health risks and cause unpredictable effects.



True or False?

TRUE

Combining substances can intensify anxiety, depression, or psychosis, and raise overdose risk.