



Empowering Youth to
DECYDE
www.DECYDE.ca

Grade 7 Lesson 1

PASSPORT

to Learning About Substance Use



Name:

This Passport to Learning About Substance Use records the learning journey of:

Name:

On this learning journey with your class, you will...

1. Explore and talk about alcohol, nicotine, cannabis and methylphenidate (ADHD medication)
2. Explore factors that influence your decisions
3. Explore scenarios and situations in which you are faced with making decisions
4. Explore the harms of “taking too much” and prevention strategies

With your group, you will participate in a carousel activity to learn more about different substances such as methylphenidate (ADHD medication), cannabis, nicotine, and alcohol. You will visit 4 stations to explore information about these substances including their effects, risks, and how individuals may reduce the harm when using these drugs. Using your Passport to Learning About Substance Use, consult the infographics available at each station and record what you have learned.

CANNABIS



Refer to the [Cannabis Substance Snapshot](#) and [Overconsumption Infographic](#) for more information.

NICOTINE



Refer to the [Nicotine](#) or [Stimulants Substance Snapshot](#) and [Overconsumption Infographic](#) for more information.

ALCOHOL



Refer to the [Alcohol](#) or [Depressants Substance Snapshots](#) and [Overconsumption Infographic](#) for more information.

METHYLPHENIDATE (ADHD MEDICATION)



Refer to the [Methylphenidate](#), [Caffeine](#), or [Stimulants Substance Snapshot](#) and [Overconsumption Infographic](#) for more information.

Carousel Passport Activity



Working in small groups, you will visit 4 stations to learn about each of the following substances:

- 1) Cannabis
- 2) Alcohol
- 3) Nicotine
- 4) Methylphenidate (ADHD medication)

Record your learnings in the pages of your **Passport to Learning About Substance Use**.

You may use the Substance Snapshots provided at each station as well as resources on the [DECYDE Website](#) to help you learn more information about the substance at each station.

CANNABIS

- ☐ Depressant
- ☐ Stimulant

Date of Entry:

Something I already know:

Something new I learned:

Something that surprised me: *Hint: Check the “Did you Know” section.*

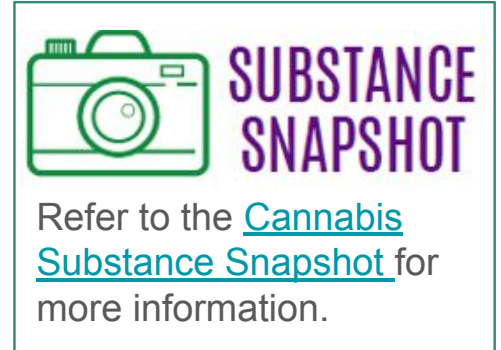
**SUBSTANCE
SNAPSHOT**

Refer to the [Cannabis Substance Snapshot](#) for more information.



CANNABIS

**Cannabis is considered a legal drug, How do you know if cannabis is legal?
When is cannabis use considered illegal? (*Hint: Look at page 2 of the Cannabis Substance Snapshot*)**



Why might people use cannabis?

What are the harms of using cannabis? (*Hint: Refer to the Overdose Signs and Symptoms section*)



CANNABIS

Ways to reduce harm when using cannabis: (*Hint: Refer to the How to Stay Safer section*)



**SUBSTANCE
SNAPSHOT**

Refer to the [Cannabis Substance Snapshot](#) for more information.

Create a slogan with a message directed at youth about safe cannabis use for a community billboard.



ALCOHOL

- ☐ Depressant
- ☐ Stimulant

Date of Entry:

Something I already know:

Something new I learned:

Something that surprised me: *Hint: Check the “Did you Know” section.*



Refer to the [Alcohol](#) or [Depressants](#) Substance Snapshots for more information.



ALCOHOL

What are the effects of using alcohol?

Why might people drink alcohol?

What are the harms of drinking alcohol? (*Hint: Refer to the Overdose Signs and Symptoms section*)



Refer to the [Alcohol](#) or [Depressants](#) Substance Snapshots for more information.



ALCOHOL

Ways to reduce harm when drinking alcohol: *(Hint: Refer to the How to Stay Safer section)*



**SUBSTANCE
SNAPSHOT**

Refer to the [Alcohol](#) or [Depressants](#) Substance Snapshots for more information.

Your local radio station invited you to speak about youth and alcohol use during their weekly morning show. You have 60 seconds of air time to send a message to youth about safe alcohol consumption. What will you say?



NICOTINE

- ☐ Depressant
- ☐ Stimulant

Date of Entry:

Something I already know:

Something new I learned:

Something that surprised me: *Hint: Check the “Did you Know” section.*



**SUBSTANCE
SNAPSHOT**

Refer to the [Nicotine](#) or [Stimulants](#) Substance Snapshot for more information.



NICOTINE

What are the effects of using nicotine?

Why might people use nicotine?

What are the harms of smoking or vaping? (*Hint: Refer to the Overdose Signs and Symptoms section*)



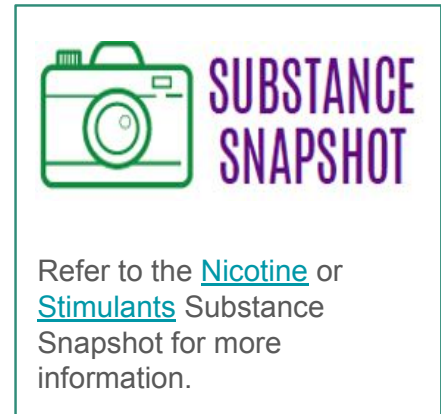
**SUBSTANCE
SNAPSHOT**

Refer to the [Nicotine](#) or [Stimulants](#) Substance Snapshot for more information.



NICOTINE

Ways to reduce harm when using nicotine: (*Hint: Refer to the How to Stay Safer section*)



Create a bumper sticker with an important message you would like everyone to know about vaping or smoking.



METHYLPHENIDATE (ADHD MEDICATION)

- ☐ Depressant
- ☐ Stimulant

Date of Entry:

Something I already know:

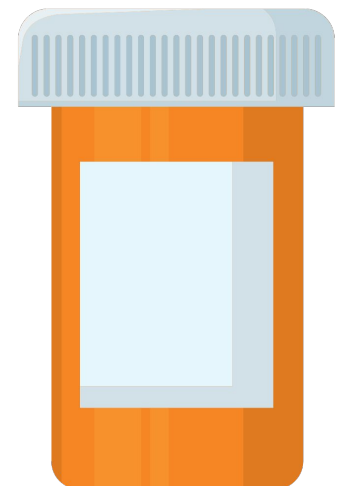
Something new I learned:

Something that surprised me: *Hint: Check the “Did you Know” section.*



**SUBSTANCE
SNAPSHOT**

Refer to the [Methylphenidate](#) or [Stimulants](#) Substance Snapshot for more information.



METHYLPHENIDATE (ADHD MEDICATION)

What are the effects of using methylphenidate (ADHD medication)?

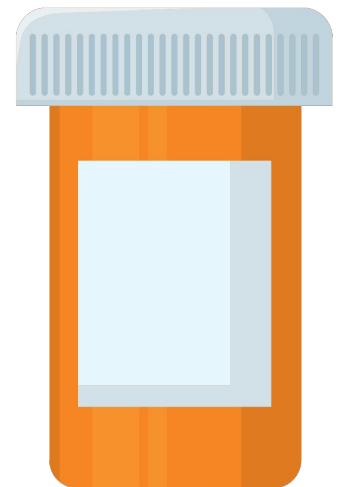
Why is methylphenidate (ADHD medication) sometimes prescribed to adults or children? How may it help them?

What could happen if a person uses methylphenidate (ADHD medication) when it is not prescribed for them?

What are the harms of taking too much Methylphenidate (ADHD medication)? *(Hint: Refer to the Overdose Signs and Symptoms section)*



Refer to the [Methylphenidate](#) or [Stimulants](#) Substance Snapshot for more information.



METHYLPHENIDATE (ADHD MEDICATION)

Ways to reduce harm when using Methylphenidate (ADHD medication): *(Hint: Refer to the How to Stay Safer section)*

What are some examples of other stimulants?

You are to create a warning label for youth with a message about safe methylphenidate (ADHD medication) consumption. What will this label say?



Refer to the [Methylphenidate](#) or [Stimulants](#) Substance Snapshot for more information.



Sharing & Reflection

Share a strategy that you learned which is important for youth to understand in order to reduce harm from using alcohol, cannabis, nicotine, or stimulants if they choose to try a substance or find themselves in a compromising situation.

Your friend is going to a party where there will be a lot of alcohol and cannabis. You don't think your friend should go, but they are not listening to you. You're worried they might drink or use cannabis at the party, and you want them to be safe. What advice would you give your friend? ? Remember to inform your friend of harm reduction strategies in case they choose to go to the party and they encounter alcohol or cannabis.



What Influences Me?

Your personal values are the things that matter to you. They can influence how you think, act, and make decisions. For each category, identify internal and external factors that could affect your choices and lead to healthy or unhealthy behaviours.

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

Media:

School and Community:

Family:

Peer Groups:

Knowledge and Experiences:

Self-esteem and Self-concept:



For more information visit us at:
www.decyde.ca

Copyright 2024 Cannabis Health Evaluation and Research Partnership (CHERP). All Rights Reserved.

Learning Activity: How Would You FACE The Situation?

You will now meet Jordan, Alex, Taylor and Robin who are all FACED with making a decision.

With your teacher's guidance and conversations with your classmates, help them consider their options and make the safest choice.

Scenario 1: Jordan and Vaping

Lately, Jordan's home has been filled with the tense atmosphere of his parents' frequent arguments, adding stress to his daily life and disrupting his ability to get a good night's sleep. To cope with this, Jordan finds comfort in watching his favorite streamer on social media who uses nicotine vaping for relaxation. Faced with his own stressors, Jordan wonders whether trying nicotine vapes could offer him similar relief. What decision should Jordan make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

FEEL:

How would Jordan feel in this situation?

Why would Jordan feel this way?

Who else might have feelings about this situation?

Scenario 1: Jordan and Vaping

Lately, Jordan's home has been filled with the tense atmosphere of his parents' frequent arguments, adding stress to his daily life and disrupting his ability to get a good night's sleep. To cope with this, Jordan finds comfort in watching his favorite streamer on social media who uses nicotine vaping for relaxation. Faced with his own stressors, Jordan wonders whether trying nicotine vapes could offer him similar relief. What decision should Jordan make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

ASSESS:

What are Jordan's choices?

What factors might influence Jordan's decisions?

Who can help Jordan make this choice?

Scenario 1: Jordan and Vaping

Lately, Jordan's home has been filled with the tense atmosphere of his parents' frequent arguments, adding stress to his daily life and disrupting his ability to get a good night's sleep. To cope with this, Jordan finds comfort in watching his favorite streamer on social media who uses nicotine vaping for relaxation. Faced with his own stressors, Jordan wonders whether trying nicotine vapes could offer him similar relief. What decision should Jordan make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

CHOOSE:

What is the safest choice Jordan can make?

Scenario 1: Jordan and Vaping

Lately, Jordan's home has been filled with the tense atmosphere of his parents' frequent arguments, adding stress to his daily life and disrupting his ability to get a good night's sleep. To cope with this, Jordan finds comfort in watching his favorite streamer on social media who uses nicotine vaping for relaxation. Faced with his own stressors, Jordan wonders whether trying nicotine vapes could offer him similar relief. What decision should Jordan make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

EVALUATE:

How would Jordan's choice impact themselves and others?

Who could Jordan talk to about the choice they made?

What factors or influences might change Jordan's decision?

What decision could Jordan make next time?

Scenario 2: Alex and Cannabis Gummies

Alex has struggled to make friends since they moved to a new school. He was excited when Finley, from school, invited him to the movies! At the theatre, Finley offers Alex a cannabis gummy that he found in his older brother's room. Alex has never tried cannabis before but doesn't want to disappoint Finley. What decision should Alex make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

FEEL:

How would Alex feel in this situation?

Why would Alex feel this way?

Who else might have feelings about this situation?

Scenario 2: Alex and Cannabis Gummies

Alex has struggled to make friends since they moved to a new school. He was excited when Finley, from school, invited him to the movies! At the theatre, Finley offers Alex a cannabis gummy that he found in his older brother's room. Alex has never tried cannabis before but doesn't want to disappoint Finley. What decision should Alex make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

ASSESS:

What are Alex's choices?

What factors might influence Alex's decisions?

Who can help Alex make this choice?

Scenario 2: Alex and Cannabis Gummies

Alex has struggled to make friends since they moved to a new school. He was excited when Finley, from school, invited him to the movies! At the theatre, Finley offers Alex a cannabis gummy that he found in his older brother's room. Alex has never tried cannabis before but doesn't want to disappoint Finley. What decision should Alex make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

CHOOSE:

What is the safest choice Alex can make?

Scenario 2: Alex and Cannabis Gummies

Alex has struggled to make friends since they moved to a new school. He was excited when Finley, from school, invited him to the movies! At the theatre, Finley offers Alex a cannabis gummy that he found in his older brother's room. Alex has never tried cannabis before but doesn't want to disappoint Finley. What decision should Alex make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

EVALUATE:

How would Alex's choice impact themselves and others?

Who could Alex talk to about the choice they made?

What factors or influences might change Alex's decision?

Scenario 3: Taylor and Drinking Alcohol

Taylor is invited to Casey's place for a sleepover. Casey is popular but is also known for bullying people. Casey's parents are out of town. This is a big deal for Taylor since it is the first time without adults around. Casey tells Taylor that they are planning a fun night and want to try some of their parent's alcohol. Taylor is feeling anxious because she's never had alcohol before, but wants to get invited to more sleepovers. On top of that, she is worried that if she say no, she might get bullied by Casey. What decision should Taylor make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

FEEL:

How would Taylor feel in this situation?

Why would Taylor feel this way?

Who else might have feelings about this situation?

Scenario 3: Taylor and Drinking Alcohol

Taylor is invited to Casey's place for a sleepover. Casey is popular but is also known for bullying people. Casey's parents are out of town. This is a big deal for Taylor since it is the first time without adults around. Casey tells Taylor that they are planning a fun night and want to try some of their parent's alcohol. Taylor is feeling anxious because she's never had alcohol before, but wants to get invited to more sleepovers. On top of that, she is worried that if she say no, she might get bullied by Casey. What decision should Taylor make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

ASSESS:

What are Taylor's choices?

What factors might influence Taylor's decision?

Who can help Taylor make this choice?

Scenario 3: Taylor and Drinking Alcohol

Taylor is invited to Casey's place for a sleepover. Casey is popular but is also known for bullying people. Casey's parents are out of town. This is a big deal for Taylor since it is the first time without adults around. Casey tells Taylor that they are planning a fun night and want to try some of their parent's alcohol. Taylor is feeling anxious because she's never had alcohol before, but wants to get invited to more sleepovers. On top of that, she is worried that if she say no, she might get bullied by Casey. What decision should Taylor make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

CHOOSE:

What is the safest choice Taylor can make?

Scenario 3: Taylor and Drinking Alcohol

Taylor is invited to Casey's place for a sleepover. Casey is popular but is also known for bullying people. Casey's parents are out of town. This is a big deal for Taylor since it is the first time without adults around. Casey tells Taylor that they are planning a fun night and want to try some of their parent's alcohol. Taylor is feeling anxious because she's never had alcohol before, but wants to get invited to more sleepovers. On top of that, she is worried that if she say no, she might get bullied by Casey. What decision should Taylor make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

EVALUATE:

How would Taylor's choice impact themselves and others?

Who could Taylor talk to about the choice they made?

What factors or influences might change Taylor's decision?

Scenario 4: Robin and Methylphenidate

Robin is really passionate about video games. A highly anticipated video game has just been released, and it seems like all of Robin's friends have already purchased it. Unfortunately, Robin doesn't have the money to buy it. They do not want to bother their family since money has been tight lately. Purchasing this video game seems impossible. Robin takes methylphenidate (ADHD medication) to focus in school. They remember viewing a video on social media where someone was selling their methylphenidate to get money for clothes. This sparks an idea. Maybe Robin can sell some of their medication to get enough money for the video game. Robin is trying to weigh the short-term gain versus the potential harm. What decision should Robin make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

FEEL:

How would Robin feel in this situation?

Why would Robin feel this way?

Who else might have feelings about the situation?

Scenario 4: Robin and Methylphenidate

Robin is really passionate about video games. A highly anticipated video game has just been released, and it seems like all of Robin's friends have already purchased it. Unfortunately, Robin doesn't have the money to buy it. They do not want to bother their family since money has been tight lately. Purchasing this video game seems impossible. Robin takes methylphenidate (ADHD medication) to focus in school. They remember viewing a video on social media where someone was selling their methylphenidate to get money for clothes. This sparks an idea. Maybe Robin can sell some of their medication to get enough money for the video game. Robin is trying to weigh the short-term gain versus the potential harm. What decision should Robin make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

ASSESS:

What are Robin's choices?

What factors might influence Robin's decision?

Who can help Robin make this choice?

Scenario 4: Robin and Methylphenidate

Robin is really passionate about video games. A highly anticipated video game has just been released, and it seems like all of Robin's friends have already purchased it. Unfortunately, Robin doesn't have the money to buy it. They do not want to bother their family since money has been tight lately. Purchasing this video game seems impossible. Robin takes methylphenidate (ADHD medication) to focus in school. They remember viewing a video on social media where someone was selling their methylphenidate to get money for clothes. This sparks an idea. Maybe Robin can sell some of their medication to get enough money for the video game. Robin is trying to weigh the short-term gain versus the potential harm. What decision should Robin make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

CHOOSE:

What is the safest choice Robin can make?

Scenario 4: Robin and Methylphenidate

Robin is really passionate about video games. A highly anticipated video game has just been released, and it seems like all of Robin's friends have already purchased it. Unfortunately, Robin doesn't have the money to buy it. They do not want to bother their family since money has been tight lately. Purchasing this video game seems impossible. Robin takes methylphenidate (ADHD medication) to focus in school. They remember viewing a video on social media where someone was selling their methylphenidate to get money for clothes. This sparks an idea. Maybe Robin can sell some of their medication to get enough money for the video game. Robin is trying to weigh the short-term gain versus the potential harm. What decision should Robin make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

EVALUATE:

How would Robin's choice impact themselves and others?

Who could Robin talk to about the choice they made?

What factors or influences might change Robin's decision?

Scenario 5: Kai and Smoking

One day, after an extra help class at school. Kai and Avery find themselves waiting outside for their rides. To Kai's surprise, Avery pulls out a cigarette and suggests they give it a try, mentioning that she's been taking them from her mom, who smokes in order to lose weight. Kai is wondering how it would feel to smoke, and if it would also help her lose weight. Feeling conflicted, Kai hesitates - admittedly, she wants to look good, especially for boys, but she's worried about the potential harm from smoking. What decision should Kai make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

FEEL:

How would Kai feel in this situation?

Why would Kai feel this way?

Who else might have feelings about the situation?

Scenario 5: Kai and Smoking

One day, after an extra help class at school. Kai and Avery find themselves waiting outside for their rides. To Kai's surprise, Avery pulls out a cigarette and suggests they give it a try, mentioning that she's been taking them from her mom, who smokes in order to lose weight. Kai is wondering how it would feel to smoke, and if it would also help her lose weight. Feeling conflicted, Kai hesitates - admittedly, she wants to look good, especially for boys, but she's worried about the potential harm from smoking. What decision should Kai make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

ASSESS:

What are Kai's choices?

What factors might influence Kai's decision?

Who can help Kai make this choice?

Scenario 5: Kai and Smoking

One day, after an extra help class at school. Kai and Avery find themselves waiting outside for their rides. To Kai's surprise, Avery pulls out a cigarette and suggests they give it a try, mentioning that she's been taking them from her mom, who smokes in order to lose weight. Kai is wondering how it would feel to smoke, and if it would also help her lose weight. Feeling conflicted, Kai hesitates - admittedly, she wants to look good, especially for boys, but she's worried about the potential harm from smoking. What decision should Kai make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

CHOOSE:

What is the safest choice Kai can make?

Scenario 5: Kai and Smoking

One day, after an extra help class at school. Kai and Avery find themselves waiting outside for their rides. To Kai's surprise, Avery pulls out a cigarette and suggests they give it a try, mentioning that she's been taking them from her mom, who smokes in order to lose weight. Kai is wondering how it would feel to smoke, and if it would also help her lose weight. Feeling conflicted, Kai hesitates - admittedly, she wants to look good, especially for boys, but she's worried about the potential harm from smoking. What decision should Kai make?

Helpful tip: Use the [Factors Influencing Decision-Making infographic](#) to help you complete your reflection.

EVALUATE:

How would Kai's choice impact themselves and others?

Who could Kai talk to about the choice they made?

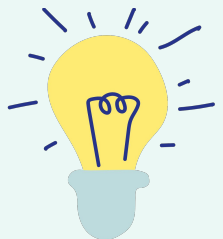
What factors or influences might change Kai's decision?

Sharing & Reflection

Reflect on the influential factors that may affect the decisions you make. You may refer to the What Influences Me brainstorming you completed earlier in your passport.

Think of a decision you made and indicate the factors which may have played a role in that decision. Remember that these factors may influence us to make both safe and unsafe decisions.

Which factors do you think may have the most influence when choosing either to USE or NOT USE nicotine, cannabis, alcohol, methylphenidate, or other substances?



Harm Reduction Hussle

You will meet up with Alex, Jordan, Robin and Taylor again. This time, you will help them navigate a situation where they or someone close to them have taken too much of a substance.

Harm Reduction Hussle

**Hustle to visit a member of another group who worked through a different situation.
With your new group, share with each other what you discovered as you helped either Alex, Jordan, Robin or Taylor. Don't forget to discuss the signs of taking too much as well as strategies to prevent this.**

Situation 1: Alex and Finley at the Movies: Cannabis

Alex is a Grade 7 student who just moved to a new junior high school. He attended a movie with a new friend, Finley. At the movie, Finley offered Alex a cannabis gummy that he had taken from his older brother's room. Alex had never tried cannabis before but did not want to disappoint his new friend or ruin the fun. Alex decided to eat the gummy, but, as time passed, the effects of the edible became more intense than expected. Alex began to feel dizzy, anxious, and had a fast heartbeat. Finley noticed that Alex was not feeling well, but did not know what to do. Should they seek help at the theatre, contact a trusted adult, or try to manage the situation themselves?

Effects:

What signs of an overdose or poisoning is Alex displaying?

What are the risks associated with taking too much of this substance?

Influences:

What are some factors that may have influenced Alex to take this substance?

Situation 1: Alex and Finley at the Movies: Cannabis

Alex is a Grade 7 student who just moved to a new junior high school. He attended a movie with a new friend, Finley. At the movie, Finley offered Alex a cannabis gummy that he had taken from his older brother's room. Alex had never tried cannabis before but did not want to disappoint his new friend or ruin the fun. Alex decided to eat the gummy, but, as time passed, the effects of the edible became more intense than expected. Alex began to feel dizzy, anxious, and had a fast heartbeat. Finley noticed that Alex was not feeling well, but did not know what to do. Should they seek help at the theatre, contact a trusted adult, or try to manage the situation themselves?

Seeking Help:

How might you help Alex if you were in this scenario? Who would you contact? Would you try to manage it yourself? What factors may influence your decision?

Harm Reduction:

What strategies can be used to prevent taking too much of this substance next time?

Conversation: Making Smart and Safe Decisions

Imagine and create a conversation between Alex and Finley that demonstrates a smart decision. You may introduce other people to this situation. Your teacher may ask you to role-play this conversation for the class.

Situation 2: Jordan and His Little Sister: Nicotine

Jordan started vaping nicotine to cope with his parents' frequent arguing at home. His parents have recently started going to weekly counselling together to work things out. When they go to their counselling session, Jordan has to look after their 6-year-old little sister, Lilly. One evening, while Jordan is doing homework in his room, Lilly is playing in the living room. She stumbles upon a colourful bottle of Jordan's vape juice that has a banana scent. She drinks it, and soon after, she starts feeling stomach sick and dizzy. Jordan hears her crying out from the other room. Jordan immediately notices the empty bottle of vape juice and starts panicking. What should Jordan do?

Effects:

What signs of an overdose or poisoning is Lily displaying?

What are the risks associated with taking too much of this substance?

Influences:

What are some factors that may have influenced Lily to take this substance?

Situation 2: Jordan and His Little Sister: Nicotine

Jordan started vaping nicotine to cope with his parents' frequent arguing at home. His parents have recently started going to weekly counselling together to work things out. When they go to their counselling session, Jordan has to look after their 6-year-old little sister, Lilly. One evening, while Jordan is doing homework in his room, Lilly is playing in the living room. She stumbles upon a colourful bottle of Jordan's vape juice that has a banana scent. She drinks it, and soon after, she starts feeling stomach sick and dizzy. Jordan hears her crying out from the other room. Jordan immediately notices the empty bottle of vape juice and starts panicking. What should Jordan do?

Seeking Help:

How might you help Lily if you were in this scenario? Who would you contact? Would you try to manage it yourself? What factors may influence your decision?

Harm Reduction:

What strategies can be used to prevent taking too much of this substance next time?

Conversation: Making Smart and Safe Decisions

Imagine and create a conversation with Jordan that demonstrates a smart decision. You may introduce other people to this situation. Your teacher may ask you to role-play this conversation for the class.

Situation 3: Robin and the Big Math Test: Methylphenidate

Robin takes methylphenidate (ADHD medication) to help them concentrate in school because they have ADHD. It's the weekend, and they have a big Math test on Monday. Usually, they take their medication just like the instructions on the bottle say—only one tablet a day. But this time, feeling stressed about all the material they need to study, they decide to take four tablets, hoping it will help them work better. They did not feel the effects immediately, so they decided to have an energy drink as well. An hour later, Robin realizes something isn't right. Their heart is pounding fast, their chest feels tight, and even though they have just been studying on his bed, they are finding it hard to catch their breath. What should Robin do?

Effects:

What signs of an overdose or poisoning is Robin displaying?

What are the risks associated with taking too much of this substance?

Influences:

What are some factors that may have influenced Robin to take this substance?

Situation 3: Robin and the Big Math Test: Methylphenidate

Robin takes methylphenidate (ADHD medication) to help them concentrate in school because they have ADHD. It's the weekend, and they have a big Math test on Monday. Usually, they take their medication just like the instructions on the bottle say—only one tablet a day. But this time, feeling stressed about all the material they need to study, they decide to take four tablets, hoping it will help them work better. They did not feel the effects immediately, so they decided to have an energy drink as well. An hour later, Robin realizes something isn't right. Their heart is pounding fast, their chest feels tight, and even though they have just been studying on his bed, they are finding it hard to catch their breath. What should Robin do?

Seeking Help:

How might you help Robin if you were in this scenario? Who would you contact? Would you try to manage it yourself? What factors may influence your decision?

Harm Reduction:

What strategies can be used to prevent taking too much of this substance next time?

Conversation: Making Smart and Safe Decisions

You are Robin's friend. You have been texting back and forth, and you notice something is not right. You decide to call them. Imagine and create a conversation between you and Robin that demonstrates a smart decision. Your teacher may ask you to role-play this conversation for the class.

Situation 4: Taylor at a Sleepover: Alcohol

Taylor is at Casey's place for a sleepover, and Kabir, another friend, is there too. They decide to try some of Casey's parents' alcohol. Casey starts chugging vodka to show off, and Kabir and Taylor start cheering him on. About an hour later, Casey is slurring words, stumbling around, and seeming confused about his surroundings. He eventually passes out on the couch. Both Taylor and Kabir only had a couple of sips of vodka each, but they are worried about Casey. Taylor puts Casey in the recovery position because they remember hearing that you should do that if someone drinks too much. Taylor and Kabir are also scared of getting in trouble for underage drinking if they decide to tell an adult. What should they do?

Effects:

What signs of an overdose or poisoning is Taylor displaying?

What are the risks associated with taking too much of this substance?

Influences:

What are some factors that may have influenced Taylor to take this substance?

Situation 4: Taylor at a Sleepover: Alcohol

Taylor is at Casey's place for a sleepover, and Kabir, another friend, is there too. They decide to try some of Casey's parents' alcohol. Casey starts chugging vodka to show off, and Kabir and Taylor start cheering him on. About an hour later, Casey is slurring words, stumbling around, and seeming confused about his surroundings. He eventually passes out on the couch. Both Taylor and Kabir only had a couple of sips of vodka each, but they are worried about Casey. Taylor puts Casey in the recovery position because they remember hearing that you should do that if someone drinks too much. Taylor and Kabir are also scared of getting in trouble for underage drinking if they decide to tell an adult. What should they do?

Seeking Help:

How might you help Taylor if you were in this scenario? Who would you contact? Would you try to manage it yourself? What factors may influence your decision?

Harm Reduction:

What strategies can be used to prevent taking too much of this substance next time?

Conversation: Making Smart and Safe Decisions

Imagine and create a conversation between Taylor and Kabir in this situation that demonstrates a smart decision. You may introduce new people to the situation. Your teacher may ask you to role-play this conversation for the class.

Sharing & Reflection

Throughout your journey, you have read several scenarios about young people who were faced with making decisions about substance use (nicotine, cannabis, alcohol, and methylphenidate, an ADHD medication). With a partner, create a scenario in which someone is deciding whether to use a drug, such as vaping nicotine or cannabis, consuming alcohol, or drinking coffee, or energy drinks. Consider the potential harms of that substance and ways to minimize risk. Tip: Go to the DECYDE website and view the substance snapshots for ideas!

Imagine you are a pharmacist visiting a classroom to educate students about a substance. Visit the DECYDE website and choose one substance that you think the class should learn more about. What are the effects of this substance and the harms it may cause? What are some strategies to prevent harm when this substance is used?