

Student Name: _____

Substance Use and Health

Group 1: TJ

TJ is supposed to take their medication, sertraline, every day. They were prescribed it by their physician to treat anxiety and depression. They never remember to take their medication unless their older sister reminds them. On average, TJ takes 3 doses per week.

How could this affect their health? What could they do to help them remember to take their meds?

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Group 2: Lyndsay

Lyndsay has been partying every weekend for the past few months. She usually goes to a house party where she drinks alcohol and uses cocaine.

How does mixing substances affect her health?

Student Name: _____

Group 3: Ramses

Ramses wants to bulk up because all his buddies call him skinny. He bought steroids from a person he met at the community gym.

How could anabolic steroids affect his health?

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Group 4: Shelby

a) Shelby just found out she was pregnant and is excited to become a parent. She currently smokes at least a half pack of cigarettes per day and binge drinks alcohol every weekend.

How can smoking cigarettes and drinking alcohol affect the health of her baby?

b) A few weeks into her pregnancy, she begins experiencing morning sickness. Her sister told her that she smoked weed (cannabis) to deal with nausea during her pregnancy.

Is this a good idea? Why or why not?

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Group 5: Ali

Ali is suffering from a concussion after a bad fall he had while skateboarding. His friends invited him to a field party where they will be drinking alcohol and try to find other drugs to bring with them.

How can alcohol and other substances affect his brain health?

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Group 6: Malachy

Malachy has Type 1 Diabetes and he uses insulin to control his blood sugar. The last time he had an appointment with his doctor, he was told to always bring candy or something sugary with him if he was drinking alcohol.

He knows that it is a good idea for him to always carry some carbohydrates with him but why specifically when he is drinking?

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Group 7: Mimi

Mimi is worried she will not fit into her prom dress she bought a few months ago. Her friend suggested trying cocaine, claiming it could help her fit into the dress.. How can cocaine affect Mimi's health?

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Group 8: Alex

Alex is getting ready to go to a party with some older friends. One of them offers them a homemade drink made with vodka and an energy drink. Alex remembers hearing something about mixing alcohol and caffeine being dangerous, but their friend tells them it'll be fine and that it'll help them stay awake and party for longer. Why is it risky to mix alcohol and caffeine like this?