

## Substance Use Scenarios

Ages 11-14

**Activity Card 3**  
**75 Minutes**  
**Topics: Critical Thinking,**  
**Emotions, Peer Pressure,**  
**Personal Skills, Substance Use**



### Activity Overview

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Youths will identify and describe the warning signs of substance use and misuse, and use critical thinking skills when responding to scenarios on the appropriate actions to take to ensure their personal health and well-being.

### Assessment

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The educator observes youths' demonstrated knowledge and understanding of the impacts of substance use on a person's well-being.

### Equipment

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Markers, Poster paper

### Minds On

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Using the Rapid Write strategy, youth write as much as possible uninterrupted for five minutes brainstorming possible outcomes of substance misuse, addictions, and related behaviours.

Youths share possible outcomes using large-group discussion, and clarify answers where required. Answers may include:

- financial problems
- feels good
- overdose from prescription or illicit drugs
- a way to momentarily escape reality
- alcohol poisoning or death
- appear "cool" or "dangerous"
- permanently altered cognitive function due to drug abuse
- fit in with social circle
- self-injury or other mental health problems that could be exacerbated by substance misuse
- legal issues that may result from substance misuse (e.g., underage drinking, charges related to illegal behaviour while intoxicated, intoxicated driving charges)
- family issues related to drinking or drug use

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- altered organ/body function due to drug or alcohol use
- social stigma/loss of friends

### Consolidation

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Youths respond to the following questions in an Exit Card:

Stress can be positive and negative. Stress can motivate you to get things done, but it is also connected to things over which you have less control, like illness, death, or family problems.

1. Identify a situation in which you often feel stressed.
2. How can you manage your stress effectively?
3. What/who are your sources of support if you have difficulties dealing with stress?