



(Insert School Logo)

Grade 10

Substance Use Awareness

Name: _____

Teacher: _____

Room #: _____

/ 76 marks (2023)

Goals

- Understand categories of substances
- Learn harm reduction strategies including abstinence
- Identify signs of problematic use and resources
- Explore the stigma associated with substance use
- Provide an assessment tool for youth to reflect on the benefits and harms of using substances as well as the benefits and harms of quitting or reducing use

Substance Use Awareness Introduction (14 marks)

4 things I know about substances (4 marks)

1. _____ 2. _____
3. _____ 4. _____

4 things I wonder about substances (4 marks)

1. _____ 2. _____
3. _____ 4. _____

If someone has a problem with substances, what are 4 signs they are in trouble. (4 marks)

1. _____
2. _____
3. _____
4. _____

Where can someone go for help if they are dealing with an addiction. (2 marks)

1. _____
2. _____

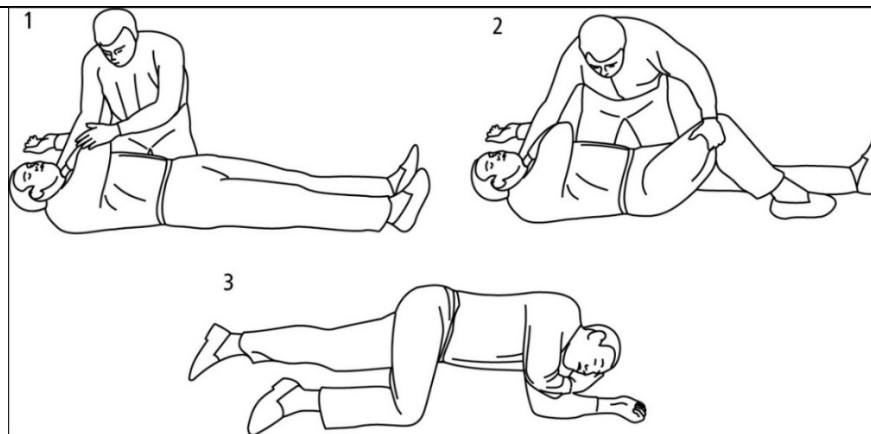
Why is it important not to judge someone for whatever decision they make around substances? (2 marks)

What can you do if you are worried about someone else's substance use? (2 marks)

Recovery Position (7 marks)

When do you put someone in the recovery position? (2 marks)

When do you call 911? (2 marks)



3 Steps for putting someone in the recovery position (3 marks)

- 1. _____
- 2. _____
- 3. _____

Substance Categories (32 marks)

| | |
|--|--|
| <p style="text-align: center;"><u>Uppers</u></p> <p>4 examples:</p> <p>What do uppers do?</p> <p>What are the risks?</p> <p>How can a person be safer if using?</p> | <p style="text-align: center;"><u>Downers</u></p> <p>4 examples:</p> <p>What do downers do?</p> <p>What are the risks?</p> <p>How can a person be safer if using?</p> |
| <p style="text-align: center;"><u>Hallucinogens</u></p> <p>4 examples:</p> <p>What do hallucinogens do?</p> <p>What are the risks?</p> <p>How can a person be safer if using?</p> | <p style="text-align: center;"><u>Cannabis</u></p> <p>4 examples:</p> <p>What does cannabis do?</p> <p>What are the risks?</p> <p>How can a person be safer if using?</p> |

Substance Research Project or Decisional Balancing Chart

Substances Research Project (25 marks)

Create a poster, pamphlet, slideshow, video or another form of presentable media that discusses a specific substance. Present your information in either point or paragraph form. Include the following information:

Origins:

- /1 Where and by whom was the substance first used and for what purposes?
- /1 Is the substance natural or synthetic?
- /1 How is it processed or made ready for use?
- /1 Does the substance have a medical use?

Obtaining and Consuming:

- /1 Is the substance legal or illegal?
- /1 Where can the substance be obtained?
- /1 How can the substance be consumed or used?
- /1 What are the effects of the substance?
- /1 How long do the effects last?
- /4 What are some ways someone can stay safer when they are using?

Long-Term Considerations:

- /1 Can the substance be habit-forming (addictive)?
- /4 What are the long-term effects of using the substance? How might long term use of the substance affect the person's actions?
- /3 Three places a person can go for information and help regarding substances?

Overall:

- /2 Organization - Information is presented in a meaningful order, sources of information are cited.
- /1 Originality - Information is gathered, synthesized and interpreted in an individual style.
- /1 Optics - Information is presented in a visually pleasing and easy to understand format.

/25 Total

Substance Research Project or Decisional Balancing Chart

Decisional Balancing (25 marks)

Think about your substance use or an addictive behavior e.g. internet, video games, shopping, food related and what the positives and negatives are.

Pick one substance or an addictive behavior (1) _____

Write 5 reasons in each box and underline 1-2 points that have the most value for you in each box.

| | |
|--|---|
| Best things about using | Worst things about using |
| Best things about cutting down/quitting | Worst things about cutting down/quitting |

What are some things you can do to help with the worst reason for cutting back? For example, if it is harder to sleep what are some things that would help you sleep. (4)