



## Introduction to Risk Management

*As a 15-year-old student, it's essential to understand the risks associated with drug misuse and develop effective strategies for prevention. This worksheet is designed to help you learn about the dangers of substance use and how to make informed decisions about your health and well-being.*

Substance use can have severe consequences on an individual's physical and mental health, relationships, and academic performance. It's crucial to understand the risks and consequences of substance use to make informed decisions about your health and well-being.

## Understanding Drug Misuse

*Answer the following questions to understand the concept of drug misuse:*

1. What is the definition of drug misuse? \_\_\_\_\_
2. What are the different types of substances that can be misused?  
\_\_\_\_\_
3. Why is it essential to understand the risks and consequences of drug misuse?  
\_\_\_\_\_

## Activity 1: Case Study Analysis

Read the following case study and discuss the questions with your partner or in a small group:

"Sarah, a 15-year-old student, is offered a cigarette by her friend at a party. She has never smoked before, but her friend tells her it's harmless. What should Sarah do?"

1. What are the potential risks and consequences of smoking?

2. How can Sarah resist peer pressure and make a healthy choice?

3. What are some alternative activities Sarah can engage in instead of smoking?

## Risks and Consequences

Answer the following questions to understand the risks and consequences of substance use:

1. What are the short-term effects of substance use on the brain and body?  
\_\_\_\_\_
2. What are the long-term consequences of drug addiction?  
\_\_\_\_\_
3. How can substance use affect relationships and academic performance?  
\_\_\_\_\_

## Activity 2: Role-Play Scenario

---

Divide into pairs and act out the following scenario:

"Your friend is offering you a substance at a party. You don't want to use it, but your friend is pressuring you. What do you say and do?"

## Strategies for Prevention

---

Answer the following questions to understand the strategies for prevention:

1. What are some effective strategies for preventing drug misuse?  
\_\_\_\_\_
2. How can setting boundaries and seeking help support prevention efforts?  
\_\_\_\_\_
3. What are some healthy habits that can reduce the risk of substance use?  
\_\_\_\_\_

### Activity 3: Decision-Making

Read the following scenario and discuss the questions with your partner or in a small group:

"You're at a party, and someone offers you a drink that contains alcohol. You're not sure what to do. What are the pros and cons of accepting the drink?"

1. What are the potential risks and consequences of drinking alcohol?

2. How can you make an informed decision about whether to accept the drink?

3. What are some alternative activities you can engage in instead of drinking?

### Peer Pressure and Social Influences

Answer the following questions to understand the impact of peer pressure and social influences:

1. What is peer pressure, and how can it influence substance use?  
\_\_\_\_\_
2. How can social media and social norms impact substance use?  
\_\_\_\_\_
3. What are some ways to resist peer pressure and maintain a healthy lifestyle?  
\_\_\_\_\_

## Activity 4: Group Discussion

---

Discuss the following questions in a small group:

1. How can peer pressure affect our decisions about substance use?

2. What are some ways to maintain a healthy lifestyle and resist peer pressure?

3. How can we support each other in making healthy choices?

## Seeking Help and Support

---

Answer the following questions to understand the importance of seeking help and support:

1. Why is it essential to seek help and support if you or someone you know is struggling with substance use? \_\_\_\_\_
2. What are some resources and services available to support individuals struggling with substance use? \_\_\_\_\_
3. How can you talk to a trusted adult, such as a parent or teacher, about concerns related to substance use? \_\_\_\_\_

## Activity 5: Reflection and Goal-Setting

---

Reflect on what you've learned about risk management and strategies for prevention of drug misuse. Set a personal goal for maintaining a healthy lifestyle and resisting substance use.

1. What are some healthy habits you can develop to reduce the risk of substance use?

2. What are some strategies you can use to resist peer pressure and maintain a healthy lifestyle?

3. What are some resources and services you can access if you need help or support?

## Conclusion

---

*Remember, making informed decisions about your health and well-being is crucial. By understanding the risks and consequences of substance use and developing effective strategies for prevention, you can maintain a healthy lifestyle and achieve your goals.*

Always seek help and support if you need it, and don't hesitate to talk to a trusted adult about your concerns.

# Understanding the Impact of Substance Use on Mental Health

Substance use can have a significant impact on mental health, leading to issues such as depression, anxiety, and even psychosis. It's essential to understand the relationship between substance use and mental health to provide effective support and treatment.

## Activity 6: Mental Health and Substance Use

Discuss the following questions in a small group:

1. How can substance use affect mental health?

2. What are some common mental health issues associated with substance use?

3. How can we support individuals who are struggling with mental health issues related to substance use?

## Reflection

Reflect on what you've learned about the impact of substance use on mental health. Consider the following questions:

1. What are some strategies for maintaining good mental health?

2. How can you support a friend or family member who is struggling with mental health issues?

Copyright 2024 Planit Teachers. All rights reserved.

3. What are some resources and services available to support mental health?

## Strategies for Prevention and Intervention

Prevention and intervention are critical components of addressing substance use. It's essential to understand the strategies for preventing substance use and intervening early to support individuals who are struggling.

## Case Study: School-Based Prevention Program

A school-based prevention program aimed to reduce substance use among students. The program included education, counseling, and peer support. Evaluate the effectiveness of this program and discuss potential improvements.

### Group Activity: Developing a Prevention Plan

Work in groups to develop a prevention plan for your school or community. Consider the following:

1. Identify the target audience and their needs

2. Develop a comprehensive plan including education, counseling, and peer support

3. Evaluate the potential effectiveness of the plan and discuss potential improvements

## Family and Community Involvement

Family and community involvement are crucial in addressing substance use. It's essential to understand the role of family and community in prevention and intervention.

### Activity 7: Family and Community Involvement

Discuss the following questions in a small group:

1. How can family members support individuals struggling with substance use?

2. What are some community resources and services available to support substance use prevention and intervention?

Copyright 2024 Planit Teachers. All rights reserved.

3. How can we engage family and community members in prevention and intervention efforts?



## Reflection

Reflect on what you've learned about family and community involvement in addressing substance use. Consider the following questions:

1. What are some strategies for engaging family members in prevention and intervention efforts?

2. How can community resources and services support substance use prevention and intervention?

3. What are some potential challenges and barriers to family and community involvement?

## Policy and Legislation

Policy and legislation play a critical role in addressing substance use. It's essential to understand the current policies and laws related to substance use and their impact on prevention and intervention.

### Case Study: Policy and Legislation

Evaluate the current policies and laws related to substance use in your country or region. Discuss their effectiveness and potential areas for improvement.

### Group Activity: Developing a Policy Brief

Work in groups to develop a policy brief on substance use prevention and intervention. Consider the following:

1. Identify the key issues and challenges related to substance use

2. Develop a comprehensive policy brief including recommendations for prevention and intervention

Copyright 2024 Planit Teachers. All rights reserved.

3. Evaluate the potential effectiveness of the policy brief and discuss potential improvements

## Conclusion and Next Steps

In conclusion, addressing substance use requires a comprehensive approach that includes prevention, intervention, and treatment. It's essential to understand the complexities of substance use and the importance of family and community involvement.

## Activity 8: Conclusion and Next Steps

Discuss the following questions in a small group:

1. What are some key takeaways from this course?

2. How can you apply what you've learned to your personal and professional life?

3. What are some next steps for continuing to learn about and address substance use?

## Reflection

Reflect on what you've learned throughout this course. Consider the following questions:

1. What are some strategies for maintaining a healthy lifestyle and reducing the risk of substance use?

2. How can you support individuals who are struggling with substance use?

3. What are some resources and services available to support substance use prevention and intervention?

Copyright 2024 Planit Teachers. All rights reserved.



## Introduction to Risk Management

---

*As a 15-year-old student, it's essential to understand the risks associated with drug misuse and develop effective strategies for prevention. This worksheet is designed to help you learn about the dangers of substance use and how to make informed decisions about your health and well-being.*

Substance use can have severe consequences on an individual's physical and mental health, relationships, and academic performance. It's crucial to understand the risks and consequences of substance use to make informed decisions about your health and well-being.

## Understanding Drug Misuse

---

*Answer the following questions to understand the concept of drug misuse:*

1. What is the definition of drug misuse? \_\_\_\_\_
2. What are the different types of substances that can be misused?  
\_\_\_\_\_
3. Why is it essential to understand the risks and consequences of drug misuse?  
\_\_\_\_\_

## Activity 1: Case Study Analysis

Read the following case study and discuss the questions with your partner or in a small group:

"Sarah, a 15-year-old student, is offered a cigarette by her friend at a party. She has never smoked before, but her friend tells her it's harmless. What should Sarah do?"

1. What are the potential risks and consequences of smoking?

2. How can Sarah resist peer pressure and make a healthy choice?

3. What are some alternative activities Sarah can engage in instead of smoking?

## Risks and Consequences

Answer the following questions to understand the risks and consequences of substance use:

1. What are the short-term effects of substance use on the brain and body?  
\_\_\_\_\_
2. What are the long-term consequences of drug addiction?  
\_\_\_\_\_
3. How can substance use affect relationships and academic performance?  
\_\_\_\_\_

## Activity 2: Role-Play Scenario

---

Divide into pairs and act out the following scenario:

"Your friend is offering you a substance at a party. You don't want to use it, but your friend is pressuring you. What do you say and do?"

## Strategies for Prevention

---

Answer the following questions to understand the strategies for prevention:

1. What are some effective strategies for preventing drug misuse?  
\_\_\_\_\_
2. How can setting boundaries and seeking help support prevention efforts?  
\_\_\_\_\_
3. What are some healthy habits that can reduce the risk of substance use?  
\_\_\_\_\_

### Activity 3: Decision-Making

Read the following scenario and discuss the questions with your partner or in a small group:

"You're at a party, and someone offers you a drink that contains alcohol. You're not sure what to do. What are the pros and cons of accepting the drink?"

1. What are the potential risks and consequences of drinking alcohol?

2. How can you make an informed decision about whether to accept the drink?

3. What are some alternative activities you can engage in instead of drinking?

### Peer Pressure and Social Influences

Answer the following questions to understand the impact of peer pressure and social influences:

1. What is peer pressure, and how can it influence substance use?  
\_\_\_\_\_
2. How can social media and social norms impact substance use?  
\_\_\_\_\_
3. What are some ways to resist peer pressure and maintain a healthy lifestyle?  
\_\_\_\_\_

## Activity 4: Group Discussion

---

Discuss the following questions in a small group:

1. How can peer pressure affect our decisions about substance use?

2. What are some ways to maintain a healthy lifestyle and resist peer pressure?

3. How can we support each other in making healthy choices?

## Seeking Help and Support

---

Answer the following questions to understand the importance of seeking help and support:

1. Why is it essential to seek help and support if you or someone you know is struggling with substance use? \_\_\_\_\_
2. What are some resources and services available to support individuals struggling with substance use? \_\_\_\_\_
3. How can you talk to a trusted adult, such as a parent or teacher, about concerns related to substance use? \_\_\_\_\_

## Activity 5: Reflection and Goal-Setting

---

Reflect on what you've learned about risk management and strategies for prevention of drug misuse. Set a personal goal for maintaining a healthy lifestyle and resisting substance use.

1. What are some healthy habits you can develop to reduce the risk of substance use?

2. What are some strategies you can use to resist peer pressure and maintain a healthy lifestyle?

3. What are some resources and services you can access if you need help or support?

## Conclusion

---

*Remember, making informed decisions about your health and well-being is crucial. By understanding the risks and consequences of substance use and developing effective strategies for prevention, you can maintain a healthy lifestyle and achieve your goals.*

Always seek help and support if you need it, and don't hesitate to talk to a trusted adult about your concerns.



