

Name: _____ **Date:** _____

Drug Use Awareness & Prevention Worksheet

Instructions:

Read the following scenarios carefully and answer the questions that follow. Make sure to use complete sentences and provide thoughtful responses.

Scenario 1: The Pressure to Try

Carlos is a high school student who enjoys playing sports and hanging out with his friends. One day, at a party, an older student offers him a pill, saying it will help him “relax and have more fun.” Carlos feels uncomfortable but also worries about being judged if he says no.

Questions:

1. What type of pressure is Carlos experiencing? (Peer pressure, internal pressure, or both?)

2. What are some risks Carlos might face if he takes the pill?

**3. If you were Carlos, what would you do in this situation?
How could you resist peer pressure?**

Scenario 2: Understanding the Effects

Maria's uncle was prescribed pain medication after surgery. When he stopped using it, he had leftover pills. Maria heard that some students take prescription drugs even when they don't need them. She wonders if it's really dangerous since doctors prescribe them.

Questions:

4. What is the difference between licit (legal) and illicit (illegal) drug use?

5. Why is it dangerous to take prescription drugs that weren't prescribed for you?

6. What are some strategies to prevent drug use among teenagers?

Reflection: Making Healthy Choices

7. Why is it important to develop strong decision-making skills when it comes to drug use?

8. List two ways you can promote a drug-free lifestyle among your peers.

a)

b)

Bonus Activity (If Time Allows)

- **Create a short social media post (a few sentences) encouraging your friends to make healthy decisions and resist peer pressure.**

Example: “True strength is saying NO when others expect you to say yes. Stay in control of your choices and protect your future! #StayDrugFree”

Write your post here: