**Substance Use and Abuse:
What Do YOU Think?**

Circle *Agree* or *Disagree* for each statement. After learning about substance use and abuse, circle *True* or *False* for each statement again 🡪 See what you learned and if any of your responses changed.

|  |  |  |
| --- | --- | --- |
| **Agree/Disagree *(circle)*** | **Statement** | **Agree/Disagree *(circle)*** |
| Agree/Disagree | Internet, TV, and movies can often influence teens to try various substances. | Agree/Disagree |
| Agree/Disagree | Teens are curious by nature and want to experiment with drugs to see what effects are like. | Agree/Disagree |
| Agree/Disagree | The desire to be accepted may result in teens trying substances to avoid being teased or left out. | Agree/Disagree |
| Agree/Disagree | Being well informed of the risks associated with drug use helps teens to avoid using them. | Agree/Disagree |
| Agree/Disagree | Rebelling and the desire to make their own decisions is often a reason that teens try/use drugs. | Agree/Disagree |
| Agree/Disagree | Teens experiencing emotional stress may use drugs as a “quick fix” to their problems. | Agree/Disagree |
| Agree/Disagree | Teens use drugs to help them feel confident. | Agree/Disagree |
| Agree/Disagree | Teens often try various substances to help them stay awake and gain an edge. | Agree/Disagree |
| Agree/Disagree | Teens try drugs to help them stay awake and gain an edge. | Agree/Disagree |
| Agree/Disagree | Teens try drugs to help them lose weight or gain muscle mass. | Agree/Disagree |
| Agree/Disagree | Teens often think that using various substances will help them focus and concentrate better. | Agree/Disagree |
| Agree/Disagree | Teens suffering from clinical mental health problems risk substance abuse when they try various drugs to “self-medicate” their distress. | Agree/Disagree |

|  |  |  |
| --- | --- | --- |
| Agree/Disagree | Teens often think that using various substances will help them focus and concentrate better. | Agree/Disagree |
| Agree/Disagree | Teens suffering from clinical mental health problems risk substance abuse when they try various drugs to “self-medicate” their distress. | Agree/Disagree |
| Agree/Disagree | Alcohol is often valued as a symbolic importance when used in religious services or family/community celebrations. | Agree/Disagree |
| Agree/Disagree | Loneliness is one reason that teens try various substances. | Agree/Disagree |
| Agree/Disagree | Teenagers are more likely than adults to drink or use drugs past the point of intoxication. | Agree/Disagree |
| Agree/Disagree | If a person is using a substance in order to “cope” with other problems, such as stress, shyness, or pain, that person is abusing the substance. | Agree/Disagree |
| Agree/Disagree | Being physically active and playing sports is extremely dangerous if someone is taking drugs of any kind. | Agree/Disagree |
| Agree/Disagree | A person who has an overwhelming desire to repeat the effects of a drug is in need of help and professional counselling. | Agree/Disagree |