

## **Activity Facilitator Guide**

As you move through the activity, please use the following to provide more context to each Kahoot prompt. Be sure to read the “Full Scenario” section and allow folks to submit their responses before moving on to the discussion. You don’t need to follow the “Explanation” sections word-for-word, but instead use them as a guide to facilitate conversation and ensure everyone understands the reasoning behind the correct answer.

### **1. Auden**

- **Kahoot prompt:** What would be a good next step for Auden?
- **Full scenario:** Auden has been struggling to keep up academically and with extracurricular activities. Her parents are immigrants who have done well since moving to America. Auden enjoys school and sports but struggles to tell her parents she may need a break due to her parents' passing comments speaking down on American kids struggling with mental health. One of Auden's closest friends, who uses cannabis every now and then, insists it would help her mellow out. What would be a good next step for Auden?
- **Answer: Diamond.** After revealing the correct answer, read the following explanation and then allow time for discussion.
- **Explanation:** Auden has likely felt this way for a while and can no longer continue ignoring it. Auden knows that smoking weed isn't the healthiest coping skill in the long run, even if she knows her friend has good intentions. Auden would ideally reach out to another friend, teacher, or coach about needing help so that she isn't dealing with her anxiety alone. Why do you think Auden might feel more comfortable initially reaching out to a friend or adult that isn't a family member?

### **2. Paola**

- **Kahoot prompt:** What do you think Paola should do?
- **Full scenario:** Paola's been in therapy for over a month now. She is a senior in high school addressing an experience of assault. Prior to starting therapy, Paola had been relying on cannabis to numb her feelings. Paola has been doing well recently, including finding an entirely new friend group. Still, given how difficult therapy has been, she is tempted to start smoking weed again to ease her emotional discomfort with reliving her experience in treatment. What do you think Paola should do?

- **Answer: Circle.** After revealing the correct answer, read the following explanation and then allow time for discussion.
- **Explanation:** Substance use to address emotional discomfort is not the solution for positive long-term results, because it is often used to avoid facing the root of the mental health challenge. Ideally, Paola would feel comfortable bringing these concerns to her therapist to address them with her. Her therapist would explain how confronting these uncomfortable emotions in therapy will only benefit her in the long term and can provide more positive coping skills for Paola to use. If Paola doesn't think she can wait to talk to her therapist, what else could she do? (Hint: talk to her parents, text a helpline, etc).

### 3. Bennett

- **Kahoot prompt:** What do you think Bennet should consider before making their decision?
- **Full scenario:** Bennett's parents recently had an ugly divorce, and Bennett is looking for ways to relax. Bennett has a history of anxiety and has access to alcohol due to it being in the house, and knows where their mom's medications are. They know in the midst of the divorce that their parents most likely will not notice some missing. From TV and social media, Bennett is very familiar with the additional relaxation effects of alcohol and their mom's antidepressants, and thinks they'll only need to do this a few times to get through the next few weeks.
- **Answer: Triangle.** After revealing the correct answer, read the following explanation and then allow time for discussion.
- **Explanation:** The danger of Bennett's situation lies in the media's portrayal of these substances as normal and safe for recreational use. Bennett may not be aware how dangerous taking someone else's medication can be, especially when mixing with alcohol. Something that is prescribed by a doctor is not automatically "safe" for anyone to take recreationally. Bennett could instead seek out healthier coping skills and resources to get through this difficult time. What do you think they could try instead?

### 4. Finn, part 1

- **Kahoot prompt:** What can he do to make sure he stays as safe as possible?
- **Full scenario:** Finn just got accepted into his top college and to celebrate, his friends throw him a party with liquor involved. He's a high school senior who his peers jokingly refer to as the class/team

"boy scout." Finn's father is a physician and has educated Finn on the dangers of all drug use since middle school. Finn's father understood the reality of teen substance use and encouraged abstaining from it altogether, but also told Finn how to be safe in the event he does make the decision to use. Finn has decided to drink alcohol at this party his friends are throwing. What can he do to make sure he stays as safe as possible?

- **Answer: Circle.** After revealing the correct answer, read the following explanation and then allow time for discussion.
- **Explanation:** Due to media portrayals and personal experiences with family alcohol consumption, many teens may believe alcohol use is nothing to worry about, which could not be further from the truth. While it is always safest (and the only legal option) to abstain from drinking underage, the reality is that some teens will choose to drink anyway. Finn made that choice, but also made the conscious choice to stay as safe as possible while drinking by mixing in water, never going anywhere alone, not mixing substances, and monitoring his intake by sticking to one drink an hour and taking it easy during drinking games. What are everyone's thoughts on Finn's choices?

## 5. Finn, part 2

- **Kahoot prompt:** What should Finn do?
- **Full scenario:** Due to his safer choices, Finn did not overdo it and had a good time. He is alert and oriented by the end of the party, so he helps clean up afterward before crashing for the night so he doesn't have to drive home. While cleaning, Finn stumbles across a friend who is passed out on the couch. He stirs but does not wake up easily when Finn shakes him, and his skin feels a little clammy. He also notices a little bit of vomit next to the couch. What should Finn do?
- **Answer: Diamond.** After revealing the correct answer, read the following explanation and then allow time for discussion.
- **Explanation:** Thanks to his father's guidance, Finn is prepared and aware of C.U.P.S. when he stumbles across a friend passed out on the couch. Someone sleeping after drinking could be harmless, but thanks to his father's conversations, Finn knows he should investigate to be sure. Upon further inspection, he notices his friend's face has subtle signs of vomit at the corner of their lips, as if they didn't clean it off entirely, and is cold to the touch with shallow breathing. On top of being unconscious, this combination alerts Finn that leaving his friend alone could be dangerous and that his health

is seriously at stake. He knows his friend might be mad if he calls for help, but he'd rather his friend be mad than seriously hurt or worse. He calls for help (911 or a medical amnesty number). What do you think you would do if you put yourself in Finn's place?

## 6. Monique, part 1

- **Kahoot prompt:** What should Monique do before heading out to the festival?
- **Full scenario:** The upcoming music festival is Monique's last major get-together for the foreseeable future for her and their high school friend group before going off to separate colleges. Monique loves music festivals, and is well aware of the recreational drug use that goes on. Monique tried a "party drug" once and didn't like the way it made them feel, but she knows their friends might want to use substances. What should Monique do before heading out to the festival?
- **Answer: Square.** After revealing the correct answer, read the following explanation and then allow time for discussion.
- **Explanation:** Despite appreciating music festivals for the kind-hearted, sharing communities they can foster, Monique has learned from other friends and online forums the dangers of not having a plan in place for themselves and her friends before their trip. Monique knows it might be awkward to talk about drug safety and doesn't want to ruin the vibe, but also feels it's important to make sure they all stay safe and have a great time. If you were Monique, how would you start this conversation with their friends?

## 7. Monique part 2

- **Kahoot prompt:** What can Monique do to help her friends stay safe while also not feeling like she has to "babysit"?
- **Full scenario:** Monique has made the decision to stay sober during the festival because she knows she'll have a great time without any substance use. However, some of their friends have made a different decision and plan to take various substances throughout the weekend. What can Monique do to help her friends stay safe while also not feeling like she has to "babysit"?
- **Answer: Triangle.** After revealing the correct answer, read the following explanation and then allow time for discussion.
- **Explanation:** Monique knows that she wants to stick by her decision to stay sober, and also doesn't want to shame their friends or judge them for their choice to take substances. They talk as a

group about how to use safely: Don't mix any substances, drink lots of water, stay with the group or have a "buddy," eat regularly, and understand that if anyone overdoes it, 911 or the festival medical team will be called. They care about each other and want this trip to be fun for everyone, so they all agree to these boundaries and agree to take accountability for their own actions. Monique feels comfortable and excited as they head out for the festival. What do you think about this plan?