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## EDUCATOR ANSWER KEY—HARM REDUCTION SMALL GROUP SCENARIOS

### Scenario 1

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	Continuing my substance use pattern (Jess)	Reducing or stopping my use (Jess)
Positive Things	<ul style="list-style-type: none"><li>• Some relief from stress and sadness</li><li>• Not having to change a habit</li></ul>	<ul style="list-style-type: none"><li>• Relief from worry about dependence</li><li>• Relief from worry about getting caught</li><li>• Will not have to hide drinking from family</li><li>• May get help for underlying sadness and stress</li></ul>
Negative Things	<ul style="list-style-type: none"><li>• Developing dependence</li><li>• Worrying about becoming dependent</li><li>• Increasing use because of increasing tolerance</li><li>• Stress of having to hide drinking</li><li>• Getting caught would stress relationship with family</li><li>• Hiding drinking may distance Jess from friends and family (isolation)</li><li>• Stress and sadness are masked so Jess does not get help</li><li>• When alcohol runs out, Jess will need a way to get more</li><li>• Not dealing with actual causes of stress and sadness</li></ul>	<ul style="list-style-type: none"><li>• It might be hard to stop or reduce</li><li>• Will feel stressed and sad</li><li>• Will have to find another way to deal with stress and sadness</li><li>• Might feel physical symptoms of withdrawal</li></ul>

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## Scenario 2

What are the ways that Kenny can minimize the risks of trying the drug? Circle everything that helps.

Find the cheapest source possible	Get the drug from a dealer they know (Mish's friend)	Know the origin and ingredients of the drug
Get it from an anonymous dealer (person in next town)	Research the drug first	Do it at a party around lots of people
Ask Mish to hide it in Kenny's drink without knowing about when	Do it alone	Do a small amount the first time
Learn about other people's response to the drug	Do it with people Kenny knows and trusts (like Mish)	Know what to do in case of emergency
Do a large amount the first time	Keep it a secret	Plan when to do it and tell someone
Do it with other drugs that Kenny has done before	Do not do it in combination with other drugs	Drive to Mish's house while high on the drug
Do not drive while high	Exercise while using the drug	Drink lots of water



To reduce the risks of using a drug, you can:

- Research substances before trying them.
- Watch how other people behave and feel using it but remember that not everyone responds in the same way.
- Be sure you are with people you trust and who know what to do in case of emergency.
- Remember to hydrate—drink water before, during, and after.
- Know your dealer, do not buy from a stranger and keep in mind that even your dealer may not know the origin and ingredients of the drug.
- Avoid using different drugs (including alcohol) in combination.
- Plan your drug use rather than using them spontaneously.
- Do not share needles, pipes, or any other equipment. *Students can contact their local public health unit to find information on where to find harm reduction supplies.*
- Do not drive while under the influence of any drug (including marijuana and alcohol).
- Do not drink alcohol on an empty stomach.

