

Harm Reduction Small Group Scenarios

Scenario 1

Jess is 15 and has been drinking for a few months. Jess takes alcohol out of the liquor cabinet in the house. At first just for fun but Jess now drinks whenever they want some relief from being stressed or sad, which is almost every day. Jess is afraid of getting caught and worried about becoming dependent on alcohol. Help Jess figure out the pros and cons of alcohol use.

	Continuing my substance use pattern	Reducing or stopping my use
Positive Things		
Negative Things		

Scenario 2

Kenny is curious about a drug their best friend Mish told them about. It is a clear liquid that is supposed to make everything seem really funny. Kenny is determined to try the drug just once. Mish says they have two sources to get the drug from: a close friend and a dealer in a nearby town who she barely knows.

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