

## My Substance Safety Plan

1. At this point in my life, engaging in substance use is a wise decision for me.

Yes/No/Depends on \_\_\_\_\_

- a) If the answer is yes, ask yourself: Why do I want to engage in or experiment with substance use?
- b) If the answer is depends on, consider the following factors that may (or may not) influence your decision:
- > My own values, including religious values (if any)
  - > The values of my parents/guardians/ family
  - > Risks and potential harms (long and short term, physical, social, and economic)

Check the following circumstances in which you might feel safe to use substances such as drugs or alcohol:

- I am at a party where I do not know many people and do not trust anyone, including the people I came with.
  - I am at a friend's house for a slumber party and my family does not know that there will be drugs or alcohol.
  - I am at a family dinner.
  - I am at a party where I know and trust everyone.
  - I am at a party where I know and trust everyone. I also know that I can leave whenever I want to and have a safe way of getting home.
  - I am at a small birthday party with all of my close friends and my family and the host's family know that alcohol is being served.
  - I am at a large party where I do not know many people but I know that I can call an adult I trust if things start to feel unsafe.
2. What is important to consider when thinking about the risks and possible harms of substance use?

*Rank each statement between 1 to 10. 1 being the most important and 10 being the least important. (You can duplicate numbers, e.g., all of the statements might be a 5, or two or three of the statements might be a 1)*

- Knowing where the substance came from.
- Trusting the source (where you are getting the substance from).
- Knowing what else is in the substance (besides the substance you are aware you are consuming).
- Knowing the exact concentration of a substance.
- Having drugs available that can immediately counteract the effects of an overdose.

- Knowing what your plan is for getting home safely (if applicable).
  - Telling someone you trust what you are doing and where you will be.
  - The risk of becoming dependant on a certain substance.
  - Sources of support in your life that you could reach out to about dependence.
  - Strategies for self-care, self-soothing, and coping when things become challenging in life.
3. The following are ways that you can prevent an overdose. Before deciding to engage in substance use, ensure that you have considered the following:
- Where the substance comes from.
  - The source of the substance.
  - What else is in the substance.
  - The exact concentration of the substance.
  - The availability of drugs that can immediately counteract the effects of an overdose.
  - Telling someone you trust what you are doing, what kind of substance you are using, and where you will be.
4. For private reflection only (do not write down): What are substances (both legal and illegal) I would like to try at some point in my life? What are substances (both legal and illegal) that I am not interested in trying?
5. Questions about substance use that I have:

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6. Where can I get them answered accurately?

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