

## Substance Use Situations

A number of situations that involve actual or intended use of alcohol, tobacco and other drugs are described below. For each situation, choose from the words provided that you feel best describe the use, using no more than three words per situation. You will be asked to share your responses in a small group when everyone has completed this exercise.

**Healthy      Wise      Legal      Appropriate      Moral      Low-Risk      Responsible      Necessary**  
**Unhealthy      Foolish      Illegal      Inappropriate      Immoral      High-Risk      Irresponsible      Unnecessary**

1. A woman who is four month's pregnant has a glass of wine to relax after a particularly stressful day at work. \_\_\_\_\_
2. A group of young people take a friend out to a bar for "21 shots" on his/her 21<sup>st</sup> birthday. \_\_\_\_\_
3. A parent enjoys watching the evening news and having a drink before going to bed. \_\_\_\_\_
4. A 16-year-old girl has a glass of wine with the family at home. \_\_\_\_\_
5. A parent has a couple of beers nightly to help get to sleep. \_\_\_\_\_
6. Two team members share a 12-pack after their softball game. \_\_\_\_\_
7. A teacher joins several parents at a local bar after a ball game. \_\_\_\_\_
8. A parent likes to have a beer after mowing the lawn on a hot day. \_\_\_\_\_
9. Wine is served to school-aged young people as part of a religious ceremony. \_\_\_\_\_
10. A person enjoys sharing a joint on a weekend with friends. \_\_\_\_\_
11. Parents make beer available to everyone attending their child's high school graduation party. \_\_\_\_\_
12. After their shift on Friday, several members of a crew gather for a few drinks at a nearby bar. \_\_\_\_\_
13. To conclude their date, a couple return to his place to share a few drinks. \_\_\_\_\_
14. A grandparent regularly has a drink or two as a practice developed over a lifetime. \_\_\_\_\_
15. Two parents have a beer with the youth team they coach, as the team celebrates with soft drinks after a win. \_\_\_\_\_
16. Parents include a cooler with beer for a family boating trip. \_\_\_\_\_

After completing this exercise, discuss the following questions:

1. Was it easy to choose words that describe each situation?
2. What were the criteria or guidelines you used to decide whether the use was appropriate, inappropriate, etc.?