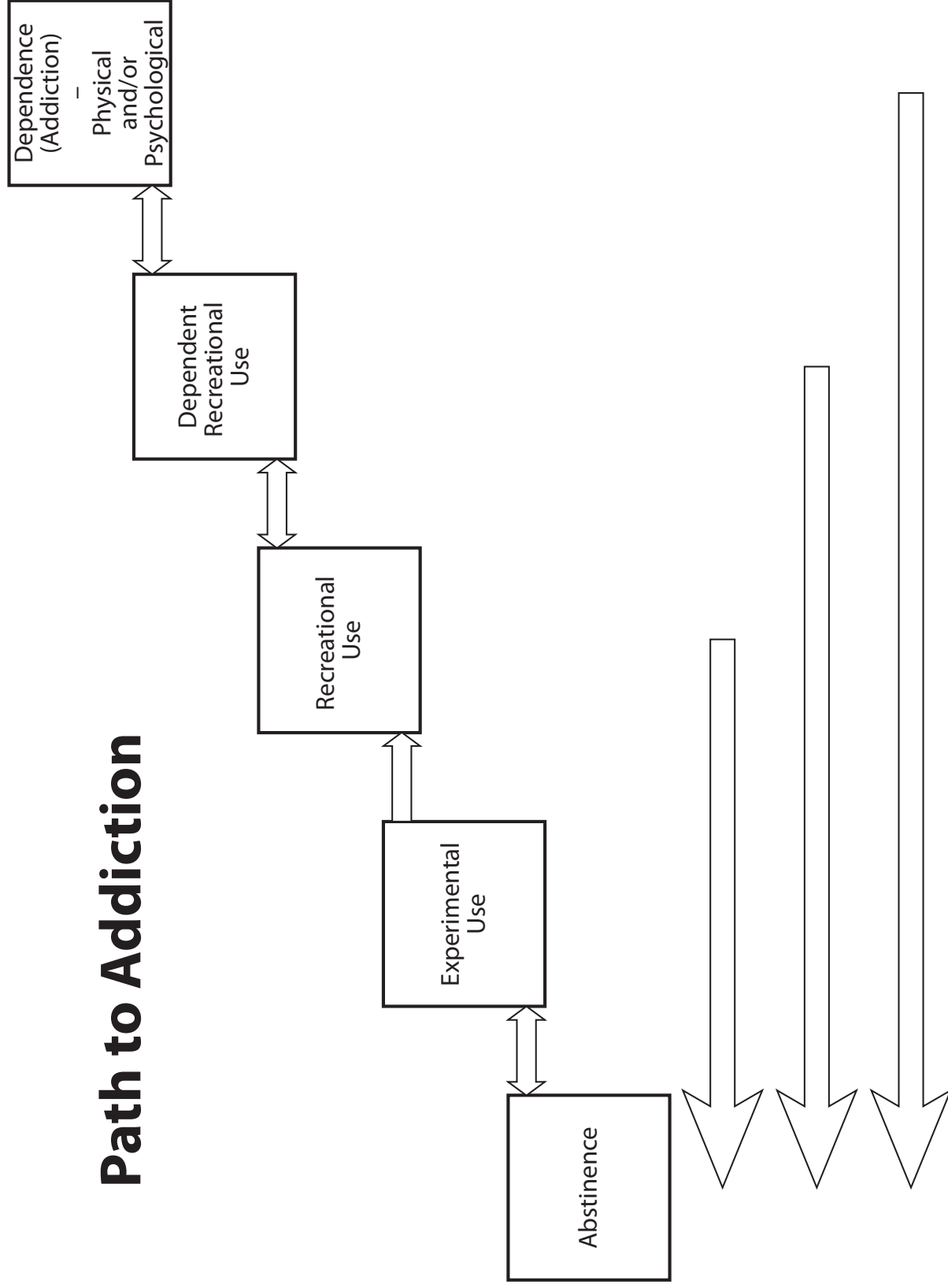


## Case Studies

1. Sam has been under a lot of pressure at college and home and has been smoking cannabis every day to help relax and get to sleep. Sam has been feeling very depressed and is worried about not passing their course. Sam's parents have been talking about splitting up.
2. Charlie goes out with his mates every weekend. All of them always drink about 6-10 alcoholic drinks and occasionally use cocaine (about once every 2-3 weeks). Charlie is quite self-conscious and shy in groups and always has a couple of drinks before going out to feel more sociable and relaxed.
3. Tom has been using heroin a few times a week for the last two years. Recently he has been using it every day, sometimes more than once a day, because he feels shaky and like he has flu when he doesn't use it.
4. Jade has been to a party. She used what she was told was a legal high, mephadrone, but didn't like the effects, it made her panicky and she couldn't sleep that night.

# Path to Addiction



# Making Decisions About Drug Use


The following statements describe things that could be an important part of making a decision about drug use.

In your groups:

- If you have a statement of your own cross out the one you think is least useful and write in your own instead
- Decide which statement is the most important
- Write the number of that statement in the box at the top of the page
- Decide the next two .... And so on.

1. Knowing what could happen if you use a drug – the effects and risks
2. Having a positive relationship with someone – e.g. a friend
3. Being able to talk about your feelings and problems
4. Having a positive relationship with a family member
5. Thinking carefully before making a decision to use a drug
6. Being able to cope with pressure from others
7. Making a pact with your mates to help each other to say NO
8. Having the skills to recognise when drug use is becoming a problem
9. Having the confidence to get help from a drugs agency
10. Finding something else to do to if bored, stressed or thinking about using drugs

**Knowing what could happen if you use a drug – the effects and risks**

**Having a positive relationship with someone – e.g. a friend**

**Being able to talk about your feelings and problems**

**Having a positive relationship with a family member**

**Thinking carefully before making a decision to use a drug**

**Being able to cope with pressure from others**

**Making a pact with your mates to help each other to say NO**

**Having the skills to recognise when drug use is becoming a problem**

**Having the confidence to get help from a drugs agency**

**Finding something else to do to if bored, stressed or thinking about using drugs**