

For the exercise below, your teacher will read a scenario along with two possible decisions you can make. Choose the decision would make (either A or B) by shading in one of the circles in the "What should he/she do?" section. Based on the decision you make, you will be guided to skip to the next decision, or choice. At the end, you will read the outcome your decisions led you to.

Scenario

Madison is 16 and recently started a new school. Making friends has been hard, but she made the track team and is starting to make some new friends. At the end of the season, some of her teammates invite her to a party to celebrate. Madison heard these parties can get a little out of control and that the track team is known for celebrating hard. Madison isn't really a party person, but it's been so hard to make friends that she considers going just to hang out with her new friends.

SKIP TO OUTCOME 4 **A** ← **WHAT SHOULD SHE DO?** → **B** SKIP TO CHOICE 1

Choice 1

Madison arrives at the party. At first, everything seems rather calm, and everyone just stands around talking. Just as she starts to feel more comfortable, a group of older guys shows up with beer and vodka. Before she has time to take in everything happening, the friend who invited her hands her a plastic cup of vodka and happily says, "Drink up!"

SKIP TO CHOICE 2A **A** ← **WHAT SHOULD SHE DO?** → **B** SKIP TO CHOICE 2B

C SKIP TO OUTCOME 4

Choice 2A

As the night goes on, Madison feels more and more uncomfortable as her friends become noticeably drunk. The guys who brought the alcohol are getting a bit wild. At this point, Madison is concerned about the safety of her friends.

Choice 2B

Madison continues to take small sips from the plastic cup. At this point, she doesn't realize how many "small sips" she's taken or that it's affecting her. Also, she doesn't notice that her friend keeps refilling her cup. She is starting to get disoriented. She is aware enough to know this makes her feel uncomfortable.

A ← **WHAT SHOULD SHE DO?** → **B**
SKIP TO CHOICE 3A SKIP TO CHOICE 3B

A ← **WHAT SHOULD SHE DO?** → **B**
SKIP TO CHOICE 3B SKIP TO CHOICE 3C



Choice 3A

Even though she feels incredibly uncomfortable at the party, she manages to keep an eye on her friends. It's a good thing because things at the party become increasingly more intense as people drink more. Some even begin smoking pot. Madison is able to convince her friends to leave and let her drive them home to make sure they don't get into any trouble. **To read about Madison's future, skip to Outcome 1.**

Choice 3B

The next day, Madison learns that some of her friends left the party drunk and were in a car accident, seriously injuring one of her friends. Madison regrets not telling anyone about how bad things were at the party. She wonders if things would have been different had she asked someone for help. The regret turns into guilt and eventually depression. Madison ends up quitting the track team and withdraws completely from her friends and family. **To read about Madison's future, skip to Outcome 2.**

Choice 3C

Madison wakes up the next morning not knowing where she is or what happened. She's missed dozens of calls from her parents. When she gets home, the police are at her house. As things settle, her parents ground her and take away her driving privileges for a month. At school the next week, people she doesn't even know keep pointing at her and whispering. Even her teammates ghost her. Later that week, she is on a group text where multiple embarrassing drunk photos of her are shared. **To read about Madison's future, skip to Outcome 3.**

OUTCOME 1

On the car ride home, one of Madison's friends threw up from drinking too much. Madison and two other friends had to walk her to the door and explain to her parents what happened. When Madison got home, she had to tell her own parents why she was late and her car was a mess. Madison's parents were proud of her for making the decision to not drink, but she had to pay to get her car cleaned and couldn't drive for a week because she missed her curfew.

OUTCOME 2

Madison was deeply traumatized by what happened to her friends, thinking she could have prevented it in some way. She sank into a deep depression and her grades dropped. As she entered her senior year, all she could think about was quitting school to get away from all the reminders. Her excitement over going to college and running track quickly faded. In fact, she didn't even apply to college and after graduation, struggled to keep a job.

OUTCOME 3

That party kept coming back to haunt Madison. The pictures of her were posted all over social media. Her parents eventually found out, and she could tell they looked at her differently. She was suspended from the track team since the pictures showed she had been drinking. Eventually, she quit due to embarrassment. She was hopeful it would all be behind her once the school year passed, but as she started to apply for colleges, the pictures resurfaced keeping her from getting into the school of her choice.

OUTCOME 4

You made a positive defining choice from the start. Nice work.

**THE
FACTS.
YOUR
FUTURE.**



Let's get real. Watch this real story about Demetrius' defining choices.



For the exercise below, your teacher will read a scenario along with two possible decisions you can make. Choose the decision you would make (either A or B) by shading in one of the circles in the "What should he/she do?" section. Based on the decision you make, you will be guided to skip to the next decision, or choice. At the end, you will read the outcome your decisions led you to.

Scenario

Jayden is 17 and into cars, motorcycles, and collecting sneakers. He's been excited all day about an outdoor racing event he plans to attend with his friends. There will be lots of good music and food, but he also knows there will likely be alcohol and marijuana, and some sort of betting based on the type of crowd that typically watches the races.

SKIP TO OUTCOME 4 **A** ← **WHAT SHOULD HE DO?** → **B** **SKIP TO CHOICE 1**

Choice 1

Jayden didn't have time to eat before he rushed out the door, so he's starving. While walking around, Jayden and his brother see one of his brother's friends running a drink stand. The friend offers him and his older brother an ice-cold beer, which sounds refreshing, and it's free! But he hasn't eaten much today, and the sun is scorching. His brother takes one and says they'll be back later for more.

SKIP TO CHOICE 2A **A** ← **WHAT SHOULD HE DO?** → **B** **SKIP TO CHOICE 2B**

C **SKIP TO OUTCOME 4**

Choice 2A

Jayden isn't feeling anything off that first beer, so he heads back to the stand and snags another two plus an energy drink to help him last the night. As long as he doesn't have any more, he'll be fine, especially since his brother is around to drive him home. He heads back to watch the last race before deciding to go home and runs into a friend who is obviously wasted.

Choice 2B

As Jayden walks around listening to the different bands, he goes back to grab another beer forgetting all about eating. He's not feeling the effects of the beers just yet, so he decides to have a few more, losing track of how many he's consumed.

A ← **WHAT SHOULD HE DO?** → **B**
SKIP TO CHOICE 3A **SKIP TO CHOICE 3B**

A ← **WHAT SHOULD HE DO?** → **B**
SKIP TO CHOICE 3B **SKIP TO CHOICE 3C**



Choice 3A

While driving home, Jayden and his friend get pulled over. He thought he was feeling ok, but by the time they're talking with the cops his blood alcohol level is high. He attempts to talk his way out of it, saying he only had a couple beers. After all, he wasn't even buzzed when he decided to drive his friend home. This is his first offense. **To read about Jayden's future, skip to Outcome 1.**

Choice 3B

By now Jayden is feeling drunk. He knows enough that he shouldn't drive, so he grabs a friend, and they leave the event without his brother. They walk down (more like stagger) to the gas station for some snacks and drinks before going home. **To read about Jayden's future, skip to Outcome 3.**

Choice 3C

By the end of the night, Jayden can't find his brother. His brother went off with some other friends. He texted Jayden saying he'd see him at home, and to make sure to catch a ride with a friend so he can get home safely. **To read about Jayden's future, skip to Outcome 2.**

OUTCOME 1

Despite everything, Jayden gets a DUI. His intentions were noble, but by putting himself in a situation to keep drinking and adding in the energy drink, he wasn't actually aware of how drunk he really was. If he had, he would have called an Uber. One of the officers drives his friend home, but the DUI goes on Jayden's record. Now he has to face his parents, too. Not to mention an arrest photo that is surely going to be in the local paper and will likely be the talk of school in the coming week.

OUTCOME 2

Because his older brother left, Jayden gets a friend with a motorcycle to give him a ride home. He knows he's not in any condition to drive, and he isn't sure how his friend is feeling. It's such a humid night, and wearing a helmet sounds unbearably hot, so he jumps on the back of the bike to head home not knowing that he would never make it there. Instead, he and his friend end up hitting a parked car coming home, leaving Jayden in a critical coma.

OUTCOME 3

By the time Jayden and his friend make it to the gas station, they are loud, defiant to the store owner, and publicly intoxicated. They end up making a mess in the store and don't leave the premises at the request of the store owner. The store owner calls the cops and Jayden and his friend end up getting arrested for drunk and disorderly conduct.

OUTCOME 4

You made a positive defining choice from the start. Nice work.

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Let's get real. Watch this real story about Derrick's defining choices.



THE FACTS. YOUR FUTURE.

YOU DECIDE

Mixing Mayhem

For the exercise below, your teacher will read a scenario along with two possible decisions you can make. Choose the decision would make (either A or B) by shading in one of the circles in the "What should he/she do?" section. Based on the decision you make, you will be guided to skip to the next decision, or choice. At the end, you will read the outcome your decisions led you to.

Scenario

Sofia is 15 and a great student. She's always been a self-proclaimed Type-A whose goal is to get into medical school one day. She knows she needs both good grades and a well-rounded resume, so she is a part of multiple clubs and volunteer organizations. She has a big test the next day for her advanced physics class. She is at a study session with friends, and one of them offers to share their Adderall since they're all cramming before the morning test.

SKIP TO OUTCOME 4 **A** ← **WHAT SHOULD SHE DO?** → **B** SKIP TO CHOICE 1

Choice 1

The Adderall really helps, and Sofia not only passed the test, but got an A. She's been busy for the last month with all her other activities, regular homework, and quizzes, and really hasn't prepped for the upcoming final. The material covered on the test isn't something she really understands, either. After lots of flashcards and prep, nothing seems to be working.

SKIP TO CHOICE 2A **A** ← **WHAT SHOULD SHE DO?** → **B** SKIP TO CHOICE 2B

Choice 2A

Sofia doesn't do as well on the test as she hoped, but a B isn't too bad considering she has a high grade in the class. Her Type-A nature isn't happy, though, because a B on the test means she can't sign up for the next-level science class she was hoping to take next year. She goes into the summer with a focus on volunteer opportunities, her part-time job, and vacation plans with her boyfriend and his family. On vacation, her boyfriend tells her he wants to break-up. For weeks she can't sleep and doesn't really want to hang out with anyone. She starts calling into work regularly because she just doesn't want to get out of bed, and she feels guilty about it. By the time school starts again, she's feeling overwhelmed by her new class schedule, the loss of her job, and the breakup.

Choice 2B

She does well on the test and goes into the summer with a focus on volunteer opportunities, her part-time job, and vacation plans with her boyfriend and his family. On vacation, her boyfriend tells her he wants to break-up. For weeks she can't sleep and doesn't really want to hang out with anyone. To make things worse, the internship she was supposed to start in July fell through, and her grandmother ended up going into the hospital which has caused a lot of family stress. She starts calling into work regularly because she just doesn't want to get out of bed, and she feels guilty about it. By the time school starts again, she's feeling overwhelmed by her new class schedule, her grandmother's failing health, and the loss of her job and boyfriend.

A ← **WHAT SHOULD SHE DO?** → **B**
SKIP TO CHOICE 3A SKIP TO CHOICE 3B

A ← **WHAT SHOULD SHE DO?** → **B**
SKIP TO CHOICE 3B SKIP TO CHOICE 3C

Choice 3A

Sofia becomes more and more reliant on pills. By the time she's in her Senior year, she really isn't looking like a desirable pre-med candidate for the college undergrad program she's looking at. She feels like she's losing control, and as she does, she takes more and more pills. Despite this, she gets accepted to a pre-med college program. **To read about Sofia's future, skip to Outcome 1.**

Choice 3B

Sofia doesn't ever get things "under control" like she'd hoped, even though she only takes pills for specific situations. The mix of pills and keeping things inside have led her to alienate her friends. Her judgment seems to be putting her in risky situations. She appears "fine" in public, but on the inside, she's waiting for someone to listen to, support, and help her. **To read about Sofia's future, skip to Outcome 3.**

Choice 3C

Sofia finds herself regularly medicating to either numb her hurt or get energy and focus for school assignments and the many activities she's involved in. To her friends she comes across as a "yo-yo" of ups and downs, and really unstable. They talk to her about it, but she's become someone they don't recognize or want to be around. **To read about Sofia's future, skip to Outcome 2.**

OUTCOME 1

Years go by with what Sofia thinks is "occasional" pill usage. She only uses it when she needs to focus or when she feels depressed. But now, in a pre-med college and career path, she's increased the stimulants and is experiencing a lot of confusing medical issues. She confides in her doctor to help diagnose her concerns. She finds out she has high blood pressure and extreme exhaustion, which is leading to a path of anxiety-like mannerisms and paranoia. She will likely deal with these symptoms for the rest of her life.

OUTCOME 2

Sofia becomes addicted to a mix of pills. By the time she gets to her Senior year, she has memory loss issues, mood swings, and sleep issues. It's gotten so bad that she makes a terrible impression during her virtual interviews for the pre-med programs she wants to get into, and her grades aren't where they need to be. A doctor diagnoses her with the beginnings of developmental memory loss, meaning she will struggle to ever learn effectively.

OUTCOME 3

Sofia doesn't think she's misusing pills, but due to her continued use, the part of her brain that makes effective decisions has been altered – a brain function she can't get back. She might get into college, but at this point, med school is a far-off dream.

OUTCOME 4

You made a positive defining choice from the start. Nice work.

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Let's get real. Watch this real story about Stephen's defining choices.



For the exercise below, your teacher will read a scenario along with two possible decisions you can make. Choose the decision would make (either A or B) by shading in one of the circles in the "What should he/she do?" section. Based on the decision you make, you will be guided to skip to the next decision, or choice. At the end, you will read the outcome your decisions led you to.

Scenario

Steven is 17 years old. He broke his leg playing soccer and has had several operations. After each operation, he was prescribed pain medication. His friends on the team check on him during his recovery and give him updates from each game he misses. He is likely to get a scholarship for college if he can bounce back since recruiters start to show interest toward the end of season. After his last operation, he feels less and less pain, but notices he has a couple more pills left and no refills.

SKIP TO OUTCOME 4 **A** ← **WHAT SHOULD HE DO?** → **B** **SKIP TO CHOICE 1**

Choice 1

Steven talks with his doctor and describes the continued and immense pain he is in. His doctor prescribes more refills to his prescription for pain meds. That night, his mom picks up the prescription for him on her way home.

SKIP TO CHOICE 2A **A** ← **WHAT SHOULD HE DO?** → **B** **SKIP TO CHOICE 2B**

Choice 2A

Steven and his teammate are talking about the pills in the locker room, and the conversation is heard by a couple other players. Steven has enough pills to share around as guys ask for them – everyone is pretty banged up after the last game, and regional quarter-finals are coming up. Recruiters will be in attendance.

A ← **WHAT SHOULD HE DO?** → **B**
SKIP TO CHOICE 3A **SKIP TO CHOICE 3B**

Choice 2B

Steven continues to take the pain pills even though his leg is no longer in pain. He's even increased how much he takes and how often. He is so much more relaxed, and his teammates and family are commenting on how nice it is that he's not anxious about all the upcoming regional quarterfinals despite the recruiters that will be in attendance. He's playing well too, even with his injuries, but struggling a bit with drowsiness.

A ← **WHAT SHOULD HE DO?** → **B**
SKIP TO CHOICE 3B **SKIP TO CHOICE 3C**



Choice 3A

Accepting that cash a year ago results in Steven becoming a source for prescription opioid pills, not only for his soccer team, but for other students at his school. The money is good, and he's found various sources to make sure he always has access to pills to sell. **To read about Steven's future, skip to Outcome 1.**

Choice 3B

Steven is using more regularly now. He's actively sharing pills with a couple of close teammates, but only if they really need it. He's getting pills from various sources that are not his own prescription since the refills are done. **To read about Steven's future, skip to Outcome 3.**

Choice 3C

Steven is still using and now, more regularly. His parents and sister have commented on how they don't think he's really taking his soccer career very seriously as he's struggling to make practices and stay focused. There is growing strain amongst his soccer teammates as they prepare for the finals. **To read about Steven's future, skip to Outcome 2.**

OUTCOME 1

Steven continued selling pills through Snapchat until he was caught by police. He is going through legal proceedings, and because of this, he is no longer on the soccer team. This will likely go on his record and follow him for the rest of his life, affecting him as he looks for a job.

OUTCOME 2

Even though Steven had taken these pills multiple times with no effect, when he gave one of the pills from his stash to a teammate who had a severe ankle sprain, his friend accidentally overdosed because one pill was laced with a lethal dose of Fentanyl. Steven has spiraled into depression and is dealing with legal issues. As a result, he has looked into harder drugs to help numb his guilt.

OUTCOME 3

The team lost the finals thanks to Steven's growing drowsiness from the pills. He completely spaced-out during a critical block on a goal, among other issues throughout the game. His relationship with his family and team is strained, and he has lost interest in being on the team his senior year. Recruiters have stopped communicating with him and now his grades are struggling. He just isn't motivated to keep going.

OUTCOME 4

You made a positive defining choice from the start. Nice work.

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Let's get real. Watch this real story about Fentanyl and defining choices.



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Scenario

Isaac is 15 years old. He's been playing the trumpet since he was 10 and just made the marching band in high school. Because he's so talented, he quickly gets the attention of the older band members and spends a lot of time practicing with them. Marching band practice can be brutal. Before rehearsal, they play cards, pull funny pranks, and other harmless things to pass the time. One day, his friend, Nick, pulls out a vape pen and starts smoking it. Soon, Nick has a small group of band members around him, and he's passing the vape pen around for everyone to try.

SKIP TO OUTCOME 4 **A** ← **WHAT SHOULD HE DO?** → **B** **SKIP TO CHOICE 1**

Choice 1

A few minutes later, Isaac notices he feels a little more energetic, which is nice since they are all tired from practicing in the heat. He forgets about it for a couple weeks, but after another week of long rehearsals, he is wiped out. As he's getting his stuff together, he sees Nick and asks him where he got his vape pen. Nick pulls one out and says, "Here, I have an extra. You can have it." At first, he decides not to try it again, but after another late band rehearsal, he could barely keep his eyes open to study for an exam. He remembered how he felt after vaping the first time.

SKIP TO CHOICE 2A **A** ← **WHAT SHOULD HE DO?** → **B** **SKIP TO CHOICE 2B**

Choice 2A

From here, Isaac's vaping "habit" escalates quickly. He vapes with Nick and a couple other band members every day during breaks in rehearsal. He tells himself it's a reward for working so hard at practice, and at least it's not real cigarettes – a hard "no" for him. After a month or so, Isaac can't seem to make it through a school day without obsessing about vaping, and he's not getting quite the same buzz as he did at first.

A ← **WHAT SHOULD HE DO?** → **B**
SKIP TO CHOICE 3A **SKIP TO CHOICE 3B**

Choice 2B

Isaac keeps his vaping manageable for a while. He decides to only let himself vape when he has trouble focusing. The problem is, it's becoming harder and harder for him to focus with band practice and his advanced classes. He's even having trouble reading his music during practice, especially since he had to stay up late studying the night before. Vaping helped him last night, so what harm could there be taking a few hits real quick before practice?

A ← **WHAT SHOULD HE DO?** → **B**
SKIP TO CHOICE 3A **SKIP TO CHOICE 3C**



Choice 3A

Isaac is now addicted to vaping but won't admit it. He can't keep up with his studies, and he can barely play a few notes on his trumpet without stopping to take a deep breath or cough. Eventually, he has to quit the band because he just can't keep up. **To read about Isaac's future, skip to Outcome 1.**

Choice 3B

The combination of energy drinks and vaping has Isaac in a constant buzz. They seem to feed one another. He's jittery and has trouble focusing. He's started playing online video games to help satisfy his need for a constant rush. His parents notice that he is different and comment on how irritable he's been. They become concerned he is under too much stress. He barely practices his trumpet anymore and has even started skipping band practice because it's become too painful to play for very long. **To read about Isaac's future, skip to Outcome 3.**

Choice 3C

Isaac doesn't realize the band director had been watching him and Nick. He walks up behind them and catches them vaping. They both get suspended from school for a day and miss the big band concert the next day. **To read about Isaac's future, skip to Outcome 2.**

OUTCOME 1

Isaac continues vaping mostly as a reward for hard work or a consolation when something bad happens. He becomes more and more apathetic about playing the trumpet and mostly hangs out with Nick and the other kids who vape. He moves from 1st chair trumpet to 3rd chair. His desire to work for a trumpet scholarship fades, and he notices that he can't play as long as he once could without getting winded.

OUTCOME 2

After about a year of vaping, Isaac had a seizure after vaping with some friends. Once he recovered, he had issues with learning, which impacted his grades and his ability to play trumpet. He was held back in school to catch up. He struggled for the remainder of his time in school to keep up and did not have the grades to get into college. He continued vaping to cope. Isaac lived with his parents into early adulthood as he struggled to keep a job.

OUTCOME 3

Isaac continues to vape beyond high school and eventually transitions to cigarettes. This continues into adulthood and is a drain on him financially. As a young adult, he has significant trouble breathing and eventually is diagnosed with lung disease at an early age.

OUTCOME 4

You made a positive defining choice from the start. Nice work.

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Let's get real. Watch this real story about Alex's defining choices.

