

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.

WHAT SHOULD SHE DO?

- A** Madison decides to tell her friends that she has other plans that night and can't go to the party.
- B** Madison doesn't want to disappoint her new friends and really wants to hang out. She decides to go to the party and tells herself she can leave anytime if she feels uncomfortable.

A = Pick up the Outcomes B Card
B = Pick up the Choice Card #1 Card

Choice Card #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!"

WHAT SHOULD SHE DO?

- A** Tell the friend she doesn't drink and put the cup down but stay at the party.
- B** Fake a smile and take a small sip of what's in the cup. She waits a few minutes and doesn't feel any different, so she takes another sip.
- C** Leave the party.

A = Pick up the Choice Card #2A Card
B = Pick up the Choice Card #2B Card
C = Pick up the Outcomes B Card

Choice Card #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.

WHAT SHOULD SHE DO?

- A** Stay at the party to make sure her friends are safe.
- B** Go home before things get worse. After all, her friends should know better. She keeps everything to herself in hopes of keeping her friendships intact.

A = Pick up the Choice Card #3A Card
B = Pick up the Choice Card #3B Card

Choice Card #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.

WHAT SHOULD SHE DO?

- A** Put the cup down and call a trusted adult or friend to come get her. Then, wait outside until they get there.
- B** Continue to take more sips from the plastic cup until she's mostly out of it.

A = Pick up the Choice Card #3B Card
B = Pick up the Choice Card #3C Card



→ you ←
DECIDE

**Drink & Depression:
Choice Card #1**

**THE
FACTS.
YOUR
FUTURE.**

→ you ←
DECIDE

**Drink & Depression:
Scenario**

**THE
FACTS.
YOUR
FUTURE.**

→ you ←
DECIDE

**Drink & Depression:
Choice Card #2B**

**THE
FACTS.
YOUR
FUTURE.**

→ you ←
DECIDE

**Drink & Depression:
Choice Card #2A**

**THE
FACTS.
YOUR
FUTURE.**

Choice Card #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.

OUTCOME:

Read about Madison's future on the **Outcomes A Card (Outcome #1)**

Choice Card #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.

OUTCOME:

Read about Madison's future on the **Outcomes A Card (Outcome #2)**

Choice Card #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.

OUTCOME:

Read about Madison's future on the **Outcomes A Card (Outcome #3)**

OUTCOMES A

Side 1

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.



→ YOU ←
DECIDE

**Drink & Depression:
Choice Card #3B**

**THE
FACTS.
YOUR
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→ YOU ←
DECIDE

**Drink & Depression:
Choice Card #3A**

**THE
FACTS.
YOUR
FUTURE.**

OUTCOMES A

Side 2

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.

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



→ YOU ←
DECIDE

**Drink & Depression:
Choice Card #3C**

**THE
FACTS.
YOUR
FUTURE.**

OUTCOMES B

Side 1

Group Discussion Questions

You made a positive defining choice. Nice work.

GROUP DISCUSSION QUESTIONS:

- What led your team to make this positive defining choice? What influenced your decision?
- What do you think some of the short-term and long-term outcomes could be for Madison? Once discussed, read the Outcomes A Card and see if you predicted any of them. Discuss the types of defining choices Madison would have had to make to arrive at these outcomes.

Note: If there is time, go back to the Scenario Card. Replay the game by selecting the opposite choice to see a potential outcome of a negative defining choice.



FOR OUTCOMES A:

- What defining choice would you have made differently to not have this outcome happen?
- Were you surprised by anything in this scenario or the process you and your team went through to arrive at this outcome? Talk about those surprising moments.
- What factors did your team discuss at each defining choice that swayed you to pick one choice over another? Looking back, do you think these factors were relevant to the decision? Knowing the outcome, would you ignore any of those factors?
- Sometimes defining choices are “big moments” while some feel more gradual, but they all have the power to affect your future now and years from now. Discuss which choice or choices you would consider a “big moment” versus more gradual.



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**Drink & Depression:
 Group Discussion Questions**

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You Decide Card Game Directions

SET-UP:

- Place the **Scenario Card** face-up in the middle of your group.
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- Place each of the **Outcomes Cards (A and B)** face-down next to the **Choice Card** stack.
- Place the **Group Discussion Card** face-up for easy reference at the end of the activity.

GAME PLAY:

1. Find the **Scenario Card**. Have one of your group members read the scenario allowed, including the "What Should He/She Do?" section.
2. Discuss as a group which choice you all would like to make. You should work together to come to a consensus.
3. Once chosen, rotate the card upside down and follow the instructions (upside down at the bottom) to know which **Choice Card** to read next.
4. Read the **Choice Card** out loud.
5. Repeat reading the **Choice Cards** aloud and following the instructions until you reach the **Outcomes Card**.
6. Whether you finish the exercise quickly or not, work together with your team to read and discuss the **Group Discussion Questions Cards**.

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.

WHAT SHOULD HE DO?

- A** He should still go to the event but be prepared to say "no" if offered anything that he isn't allowed to have underage.
- B** Go to the racing event but bring his older brother along, who is 22, to keep him from doing something stupid. His brother always knows how to navigate bad situations.

A = Pick up the Outcomes B Card
B = Pick up the Choice Card #1 Card

Choice Card #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.

WHAT SHOULD HE DO?

- A** Take the beer. At least the abv (alcohol by volume) is really low, so one beer isn't a big deal. He's had more than that to drink before and everything was ok. He'll eat something later.
- B** Down a beer at the stand and take one to go as they walk around the event. His brother is going to drive him home, so it's ok to drink a few.
- C** Say "no thanks" and go grab a burger.

A = Pick up the Choice Card #2B Card
B = Pick up the Choice Card #2A Card
C = Pick up the Outcomes B Card

Choice Card #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.

WHAT SHOULD HE DO?

- A** Concerned for his safety, he offers to drive him home on his friend's motorcycle. He's only had two beers and seems fine – he wants to make sure his friend makes it home safely. He texts his brother to let him know.
- B** Jayden decides not to get behind the wheel of any vehicle, just in case. But, thanks to the energy drink, he doesn't realize just how far gone he really is.

A = Pick up the Choice Card #3C Card
B = Pick up the Choice Card #3B Card

Choice Card #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.

WHAT SHOULD HE DO?

- A** Stay at the event a bit longer so he can sweat out the effects of the drinks before going home; maybe even drink some water and eat food to beat the buzz.
- B** Keep drinking, if he wants, because his brother will drive him home where he can sleep it off.

A = Pick up the Choice Card #3B Card
B = Pick up the Choice Card #3A Card



→ you ←
DECIDE

**Driving Demise:
Choice Card #1**

**THE
FACTS.
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→ you ←
DECIDE

**Driving Demise:
Scenario**

**THE
FACTS.
YOUR
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→ you ←
DECIDE

**Driving Demise:
Choice Card #2B**

**THE
FACTS.
YOUR
FUTURE.**

→ you ←
DECIDE

**Driving Demise:
Choice Card #2A**

**THE
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Choice Card #3A

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.

OUTCOME:

Read about Jayden's future on the **Outcomes A Card (Outcome #1)**

Choice Card #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.

OUTCOME:

Read about Jayden's future on the **Outcomes A Card (Outcome #3)**

Choice Card #3C

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.

OUTCOME:

Read about Jayden's future on the **Outcomes A Card (Outcome #2)**

OUTCOMES A

Side 1

Outcome 1: 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 2: 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.





→ you ←
DECIDE

**Driving Demise:
Choice Card #3B**

**THE
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→ you ←
DECIDE

**Driving Demise:
Choice Card #3A**

**THE
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OUTCOMES A

Side 2

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.

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



→ you ←
DECIDE

**Driving Demise:
Choice Card #3C**

**THE
FACTS.
YOUR
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OUTCOMES B

Side 1

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**Driving Demise:
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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.

WHAT SHOULD SHE DO?

- A** Take one pill so she can stay focused through the evening and take in as much information as possible. Everyone else grabs one, and it's a prescription, so it's safe.
- B** Avoid the pressure to take one by saying, "Maybe I'll grab one in a bit. I'm going to see how I do on the practice test we're taking before deciding anything."

A = Pick up the Choice Card #1 Card
B = Pick up the Outcomes B Card

Choice Card #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.

WHAT SHOULD SHE DO?

- A** She asks her friend for another Adderall to help her study. At lunch that day, her friend not only gives her an Adderall, but also a Xanax because in her words, "Sofia, you are way too stressed out to learn anything right now." Both should help her make it through the test.
- B** She asks her friend for another couple Adderall to help her study for the next few nights. Nothing bad happened the first time, so the pills must not be risky.

A = Pick up the Choice Card #2A Card
B = Pick up the Choice Card #2B Card

Choice Card #2A

Side 1

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 Card #2B

Side 1

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.





you DEAD

Mixing Mayhem: Choice Card #1

**THE
FACTS.
YOUR
FUTURE.**


Choice Card #2B

Side 2

WHAT SHOULD SHE DO?

- A** She considers getting help by talking to a school counselor but worries the counselor may not connect her to the schools she wants to get into because she "can't handle it." She chooses to self-medicate for now until she gets things under control.
- B** Ask a friend where to get more pills and connect with people on Snapchat to get access to stimulants and depressants, giving her the support she needs when she's stressed or anxious.

A = Pick up the Choice Card #3B Card
B = Pick up the Choice Card #3C Card



you DEAD

Mixing Mayhem: Scenario

**THE
FACTS.
YOUR
FUTURE.**


Choice Card #2A

Side 2

WHAT SHOULD SHE DO?

- A** Invite her friend to hangout to binge watch Netflix and ask her to bring some Xanax to help her through the next month.
- B** Ask a friend where to get more pills and connect with people on Snapchat to get access to stimulants and depressants giving her the support she needs when she's stressed or anxious.

A = Pick up the Choice Card #3A Card
B = Pick up the Choice Card #3B Card



Choice Card #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.

OUTCOME:

Read about Sofia's future on the **Outcomes A Card (Outcome #1)**

Choice Card #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.

OUTCOME:

Read about Sofia's future on the **Outcomes A Card (Outcome #3)**

Choice Card #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.

OUTCOME:

Read about Sofia's future on the **Outcomes A Card (Outcome #2)**

OUTCOMES A

Side 1

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.





you DECIDE

**Mixing Mayhem:
Choice Card #3B**

**THE
FACTS.
YOUR
FUTURE.**

you DECIDE

**Mixing Mayhem:
Choice Card #3A**

**THE
FACTS.
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OUTCOMES A

Side 2

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.

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



you DECIDE

**Mixing Mayhem:
Choice Card #3C**

**THE
FACTS.
YOUR
FUTURE.**

OUTCOMES B

Side 1

Group Discussion Questions

You made a positive defining choice. Nice work.

GROUP DISCUSSION QUESTIONS:

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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.

WHAT SHOULD HE DO?

- A** Go to the next visit with his doctor and tell him he's still in a lot of pain and needs another refill or two so he can keep feeling good.
- B** Tell the doctor at his next visit that he's feeling better and doesn't need more pain meds.

A = Pick up the Choice Card #1 Card
B = Pick up the Outcome B Card

Choice Card #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.

WHAT SHOULD HE DO?

- A** Take two pills at a time and chill – more is better, right?
- B** Take one pill as currently prescribed, and tell his teammate about the extra pills, offering him one since he got an ankle injury during the last game.

A = Pick up the Choice Card #2B Card
B = Pick up the Choice Card #2A Card

Choice Card #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.

WHAT SHOULD HE DO?

- A** Make a joke that at this rate, he might as well start selling them if everyone needs one. A few teammates end up offering him cash and laugh. He might as well take it, right?
- B** Give a pill to each teammate who asks for one but let them know it'll be just that one because he honestly wants to keep the rest for himself. They make him play far better than before, even while he is still healing.

A = Pick up the Choice Card #3A Card
B = Pick up the Choice Card #3B Card

Choice Card #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.

WHAT SHOULD HE DO?

- A** Keep taking pills, including refilling the last prescription. Start searching his parent's bathroom for similar meds and asking friends if they have any to make sure he'll have enough to get him through the finals and beyond.
- B** Next time he's with the team, hand out a pill to a couple of teammates who ask for them so that they're likely to do well at the next game.

A = Pick up the Choice Card #3C Card
B = Pick up the Choice Card #3B Card



→ you ←
DECIDE

**Prescription Addiction:
Choice Card #1**

**THE
FACTS.
YOUR
FUTURE.**

→ you ←
DECIDE

**Prescription Addiction:
Scenario**

**THE
FACTS.
YOUR
FUTURE.**

→ you ←
DECIDE

**Prescription Addiction:
Choice Card #2B**

**THE
FACTS.
YOUR
FUTURE.**

→ you ←
DECIDE

**Prescription Addiction:
Choice Card #2A**

**THE
FACTS.
YOUR
FUTURE.**

Choice Card #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.

OUTCOME:

Read about Steven's future on the **Outcomes A Card (Outcome #1)**

Choice Card #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.

OUTCOME:

Read about Steven's future on the **Outcomes A Card (Outcome #2)**

Choice Card #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.

OUTCOME:

Read about Steven's future on the **Outcomes A Card (Outcome #3)**

OUTCOMES A

Side 1

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.



→ YOU ←
DECIDE

**Prescription Addiction:
Choice Card #3B**

**THE
FACTS.
YOUR
FUTURE.**

→ YOU ←
DECIDE

**Prescription Addiction:
Choice Card #3A**

**THE
FACTS.
YOUR
FUTURE.**

OUTCOMES A

Side 2

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.

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



→ YOU ←
DECIDE

**Prescription Addiction:
Choice Card #3C**

**THE
FACTS.
YOUR
FUTURE.**

OUTCOMES B

Side 1

Group Discussion Questions

You made a positive defining choice. Nice work.

GROUP DISCUSSION QUESTIONS:

- What led your team to make this positive defining choice? What influenced your decision?
- What do you think some of the short-term and long-term outcomes could be for Steven? Once discussed, read the Outcomes A Card and see if you predicted any of them. Discuss the types of defining choices Steven would have had to make to arrive at these outcomes.

Note: If there is time, go back to the Scenario Card. Replay the game by selecting the opposite choice to see a potential outcome of a negative defining choice.



FOR OUTCOMES A:

- What defining choice would you have made differently to not have this outcome happen?
- Were you surprised by anything in this scenario or the process you and your team went through to arrive at this outcome? Talk about those surprising moments.
- What factors did your team discuss at each defining choice that swayed you to pick one choice over another? Looking back, do you think these factors were relevant to the decision? Knowing the outcome, would you ignore any of those factors?
- Sometimes defining choices are “big moments” while some feel more gradual, but they all have the power to affect your future now and years from now. Discuss which choice or choices you would consider a “big moment” versus more gradual.



→ YOU ←
DECIDE

**Prescription Addiction:
 Group Discussion Questions**

**THE
 FACTS.
 YOUR
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You Decide Card Game Directions

SET-UP:

- Place the **Scenario Card** face-up in the middle of your group.
- Place all of the **Choice Cards** facedown, in a row.
- Place each of the **Outcomes Cards (A and B)** face-down next to the **Choice Card** stack.
- Place the **Group Discussion Card** face-up for easy reference at the end of the activity.

GAME PLAY:

1. Find the **Scenario Card**. Have one of your group members read the scenario allowed, including the "What Should He/She Do?" section.
2. Discuss as a group which choice you all would like to make. You should work together to come to a consensus.
3. Once chosen, rotate the card upside down and follow the instructions (upside down at the bottom) to know which **Choice Card** to read next.
4. Read the **Choice Card** out loud.
5. Repeat reading the **Choice Cards** aloud and following the instructions until you reach the **Outcomes Card**.
6. Whether you finish the exercise quickly or not, work together with your team to read and discuss the **Group Discussion Questions Cards**.

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.

WHAT SHOULD HE DO?

- A** When the vape pen is passed to Isaac, he says, "Nah, I'm good."
- B** When the vape pen is passed to Isaac, it has a pretty good smell, and he figures, "What's the harm?" and tries it.

A = Pick up the Outcomes B Card
B = Pick up the Choice Card #1 Card

Choice Card #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.

WHAT SHOULD HE DO?

- A** Isaac limits himself to two hits and puts the pen away. He doesn't want this to be a regular thing.
- B** Isaac begins vaping and quickly notices how much better he feels. As he studies, he takes a few hits. He gets all his studying done and feels prepared for his exam.

A = Pick up the Choice Card #2B Card
B = Pick up the Choice Card #2A Card

Choice Card #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.

WHAT SHOULD HE DO?

- A** Isaac begins vaping in between classes – in the bathroom, a back hallway, outside where other kids vape. He starts skipping lunch everyday just to get a few hits in.
- B** Isaac is too afraid of getting caught vaping, so he starts drinking energy drinks to help him stay focused in between smoking.

A = Pick up the Choice Card #3A Card
B = Pick up the Choice Card #3C Card

Choice Card #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?

WHAT SHOULD HE DO?

- A** Isaac finds an empty bathroom and vapes for a few minutes until he feels more alert. He's late to practice but doesn't care since he feels better.
- B** Isaac realizes he doesn't have time to find a place to vape, so he just goes to band rehearsal. He sees Nick bent over his instrument case in the corner. As he gets closer, he sees Nick vaping and asks if he can take a few hits.

A = Pick up the Choice Card #3A Card
B = Pick up the Choice Card #3B Card



→ you ←
DECIDE

**The Vape:
Choice Card #1**

**THE
FACTS.
YOUR
FUTURE.**

→ you ←
DECIDE

**The Vape:
Scenario**

**THE
FACTS.
YOUR
FUTURE.**

→ you ←
DECIDE

**The Vape:
Choice Card #2B**

**THE
FACTS.
YOUR
FUTURE.**

→ you ←
DECIDE

**The Vape:
Choice Card #2A**

**THE
FACTS.
YOUR
FUTURE.**

Choice Card #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.

OUTCOME:

Read about Isaac's future on the **Outcomes A Card (Outcome #2)**

Choice Card #3B

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.

OUTCOME:

Read about Isaac's future on the **Outcomes A Card (Outcome #1)**

Choice Card #3C

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.

OUTCOME:

Read about Isaac's future on the **Outcomes A Card (Outcome #3)**

OUTCOMES A

Side 1

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: 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.



→ YOU ← DECIDE

**The Vape:
Choice Card #3B**

**THE
FACTS.
YOUR
FUTURE.**

→ YOU ← DECIDE

**The Vape:
Choice Card #3A**

**THE
FACTS.
YOUR
FUTURE.**

OUTCOMES A

Side 2

Outcome 3: 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.

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



→ YOU ← DECIDE

**The Vape:
Choice Card #3C**

**THE
FACTS.
YOUR
FUTURE.**

OUTCOMES B

Side 1

Group Discussion Questions

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→ YOU ← DECIDE

The Vape: Group Discussion Questions

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