

F2F SUBSTANCE USE

Length: Simulation 35 Mins
Lesson Plan: 90 Mins Total

The experiential program takes a SEL skills-based approach to substance misuse prevention. Focusing on goal-setting, assertiveness, decision-making and relationship skills, the program moves beyond just say no to improving student agency to build their own future and navigate important decision points with increased confidence and preparedness.

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Introduction



Today you will engage in a virtual simulation where you can practice tools to navigate situations involving substances

Skills

- Goal-Setting
- Assertiveness and Refusal Skills
- Stress Management & Coping Skills
- Help-Seeking Skills
- Critical Thinking & Problem-Solving Skills
- Empathy & Active Listening Skills

Learning Objectives

- ❖ Understand how positive self-concept can be used to help self and others
- ❖ Understand positive social norms
- ❖ Understand the differences between healthy and unhealthy coping strategies
- ❖ Identify ways to resist peer pressures and stay safe
- ❖ Recognize substance misuse and potential support services
- ❖ Reflect on and create an action plan based on personal values and goals
- ❖ Apply communication skills to help a friend

Group Norms



1. Actively Participate.
2. Be respectful.
3. Do not share names or other identifying information of students or staff.
4. Reach out to me or another trusted adult if you would like to talk.

Login Instructions & Note Taking Guide



Login Instructions

1.

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Note-Taking Guide

Strategies I can use for stress (1 or 2)

My goals (1 or 2)

Communication Skills I Can Use to Support A Friend

My key takeaway(s):

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Knowledge: Media Portrayals of Substance Use

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Media Portrayals of Substance Use

Directions: Describe a media example that you have seen that portrays substance use. Do you think the media example was realistic or misleading?

Media Example:

Realistic or Misleading? Why?

What incentives might the media have for portraying substance use this way? Give at least two reasons.

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Reflecting On...Goal Setting & Getting to Know Your Why



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“Know Your “Why?”

My goals (from Part 1, or new goals) Fill in at least one

Personal Goal : _____

Skill/Hobby Goal: _____

Academic Goal: _____

Why is this goal important to me?

What are three things I can do to move toward achieving my goal?

How could substance misuse affect my goal?

How will I react to challenges to my goal?

Who is someone who will support me in my goal?

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