Planning 10 – Portfolio Assessment and Reflection name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We’ve been learning about substance use. Please gather your work for the unit into a portfolio:

* What is a drug
* Alcohol reflection
* Marijuana chart
* Mental health connections (stress/ anxiety/ depression)
* Decision making – scenario sheet

Looking through your work, please feel free to make any final touches on your portfolio. Please attach this reflection to the front of your portfolio.

Reflection:

Something that stood out for me in this unit is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Some information that I would pass on to a friend is:

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More teenagers should know about:

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Something you should change for next time you teach this stuff is:

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A friend writes to you: “hey, you know more about me than this stuff. I’m pretty sure my brother is using drugs, like alcohol, weed and coke. I’m concerned, but he seems like he’s doing ok at the moment, and tells me that they are working out fine for him. Should I be concerned? Does it matter? What should I do?”

Please write them a response that includes information about:

* The range of impacts of three drugs (alcohol, marijuana, and cocaine)
* A response as to if they should be concerned or not, with reasoning
* Any suggested next steps for your friend

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