Developing a Personal Philosophy towards Drugs and Alcohol

You’ve explored the HealthLink BC website and the information around Drugs and Alcohol and youth, and now you are ready to explore this issue in depth as in regards to you.

Just like your physiology, or your exploration of the activities you like to participate in, you need to come up with your own thoughts regarding drugs and alcohol.

As you get older and begin to drive it becomes even more important to have a clear understanding of the risks and harm that can come about from substance use and abuse.

*(Remember that alcohol related car crashes are the number one cause of death among youth.)*

Resources to use:

(There are plenty of resources you may want to explore as you move through this project)

HealthLink BC: <https://www.healthlinkbc.ca/health-topics/>

Canadian Center of Substance Abuse: <http://www.ccsa.ca/Resource%20Library/CCSA-Youth-and-Alcohol-Summary-2014-en.pdf>

RCMP: <https://www.rcmp-grc.gc.ca/cycp-cpcj/id-cfa/index-eng.htm>

Health Canada: <https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs.html>

Project: Complete each portion of the assignment by researching and reflecting on the issue.

You can choose to write your answers in essay form, but you can also present the information through a powerpoint, a prezi, a video or discuss another option with your teacher.

Answers do not have to be in essay or paragraph form, but could utilize pictures, point form information, but all need to fully answer the topic.

Topic 1:

**List 3 potentially harmful side effects of misusing alcohol.**

For each point provide details that explain or highlight the importance.

(Example: Alcohol impairs decision making in youth. (Side effect)

Alcohol related car crashes are the leading cause of death for youth. The decision to drive while impaired you the people you know and the general public at risk of injury or death.

Topic 2:

**Discuss how substance abuse can be seen as a societal problem, and not just a personal one.**

Include 3 facts that back up your rationale. You must include the website, report, book, resource that you used to find the fact.

Topic 3:

**Talk with your parent(s) /guardians about their philosophy about drugs and alcohol and youth.**

Summarize the points they have made and discuss their beliefs.

Topic 4:

**Create your own philosophy for dealing with drugs and alcohol.**

What is your own philosophy for how you will deal with navigating through a world of drugs and alcohol.

Explain what you believe and what factors played into your decision making process.