

CONSEQUENCES EXERCISE

ONE 2 ONE ACTIVITY

AIM :

For young people to begin to question their own use. This exercise can be used one to one with a young person who has disclosed he or she is using drugs or alcohol. The aim is for young people to begin to question their own use, especially if they are only seeing the positives of using, and not necessarily identifying the risks and negatives. This exercise aims to get young people to consider that there may be negatives with using and that their use is problematic, rather than being in denial about problems.

INSTRUCTIONS FOR FACILITATORS :

Complete the worksheet together, starting with the positives of using drugs or alcohol, or why the young person likes using that substance. It is important that the input onto this worksheet comes from the young person, and you are not suggesting ideas.

Then move onto the second part of the worksheet, which looks at the negatives of using this substance. You could ask the young person if there is anything he or she doesn't like about using, if there are any bad things about using, or any risks he or she can see to using.

RESOURCES :

Copies of
consequences sheet



Nottingham
City Council

CONSEQUENCES WORKSHEET

The background features abstract geometric shapes. A large green shape, resembling a stylized 'L' or a corner, is positioned in the upper left and middle right. A large blue shape, also resembling a stylized 'L' or a corner, is positioned in the lower left and middle right. These shapes overlap and create a dynamic, modern feel.

Positives of using:
things I like about using...

Negatives of using,
things I don't like about using...

CONSEQUENCES EXERCISE

Part 2: Making a change

**Positives of
staying the same**

**Negatives of
staying the same**

**Positives of
making a change**

**Negatives of
making a change**