

**Substance Use: Addictions and Related Behaviours**

# Exit card

Check the box that represents your current understanding of this learning

MY LEARNING	NOT YET	I'M WORKING ON IT	I'M ALMOST THERE	I'VE GOT IT
I can name the expected effects of some substances.				
I can describe a refusal skill that might support me or my peers.				
I can list things I could do if I have a question or concern about substance use.				

**It's okay if I'm still working on some of this learning! We learn about making decisions that support us all through our lives.** Additional steps I could take right now are:

(check the ones you plan to try or add ideas of your own)

I can review the key terms and vocabulary in the lesson

I can re-visit the video

I can review the list of refusal skill strategies

I can talk to a classmate, friend, or family member

I can ask questions

I can practice strategies I know, or try new ones

I can visit a recommended website to learn more

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