

**Substance Use: Addictions and Related Behaviours**

# Reflect on your learning

Mark a spot on the line that best reflects your understanding of three key learnings from the substance use lesson.

<b>1 EFFECTS OF SUBSTANCES</b>		
I'm just beginning to understand the effects of substances.		I can share a variety of effects of substances with someone else.
<b>2 REFUSAL SKILLS</b>		
I'm just beginning to understand refusal skills that might support me.		I can describe several refusal skills that might support me or my peers.
<b>3 SEEKING HELP</b>		
I'm not sure what to do if I have a concern about substance use.		I can list things I could do if I have a concern about substance use.