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| Throwing up after drinking too much alcohol | Learning the skills needed for making healthy decisions about the use of alcohol |
| Lying to parents about going to a party where alcohol will be available | Drinking too much at a party and doing or saying something really embarrassing in front of people you know |
| Getting caught drinking alcohol at school or on a school camp | Being pressured by friends to drink alcohol with them at a local beach or park |
| Having an honest conversation with a trusted adult about drinking alcohol | Drinking too much and getting into a fight or major argument |
| Drinking too much and having a serious accident | Getting caught drinking on licenced premises under the age of 18 |

Having a glass of water
between each alcoholic
drink

Having a sober friend with
you to look out for you

Saying no to smoking
cannabis when it is offered
to you at a party

Sneaking out of school to
go and smoke cannabis at
a mate's place

Being caught at school
with a joint in your bag

Smoking cannabis more
than once a week

Being with a friend when
the police find them in
possession of cannabis

Taking alcohol or other
drugs at a party that has
been offered to you by
people you don't know

Being at a party where
lots of people are smoking
cannabis and you are not

Smoking cannabis
regularly from a young age
and over many years

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| Having an honest conversation with a trusted adult about cannabis or other drugs | Using cannabis every night to try get to sleep |
| Using a drug checking clinic to see if a drug is what you have been told it is and talk with them about ways to be safer | Not using multiple drugs at the same time (e.g. alcohol and MDMA) |
| Pressuring someone else to drink or take more drugs than they want to (including if they don't want to take any at all) | Drinking or using other drugs alone |
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