

Low, medium or high risk?

Situation

		I think the risk is...		
		Low	Medium	High
1	Getting into a car with a driver who has been drinking alcohol or using other drugs			
2	Using a fake ID to get into a bar or nightclub			
3	Going to a party with no adult supervision and where alcohol and drugs are being used			
4	A person is so drunk or high they pass out			
5	Being given alcohol by a friend's parent at their house			
6	Being pressured to drink or smoke cannabis by others			
7	Going to a party without arranging transport home			
8	A parent comes home drunk			
9	Being caught in possession of cannabis by the police			
10	Going to a party where alcohol is supplied by others			
11	Having sex when you are very drug or high			
12	Regularly using cannabis to sleep			
13	Using a substance when you feel down or anxious			

What do you think the risks are in these situations?

Choose 3 situations from above.
Try to include one low, medium and high risk situation.

1.

2.

3.

What concerns you the most about your alcohol and drug use at the moment?