

**Substance Use
Conversation Chat Pack**



 **STRONGER THAN THE SUBSTANCE**

About

There are 40 questions
and 5 distinct sections.

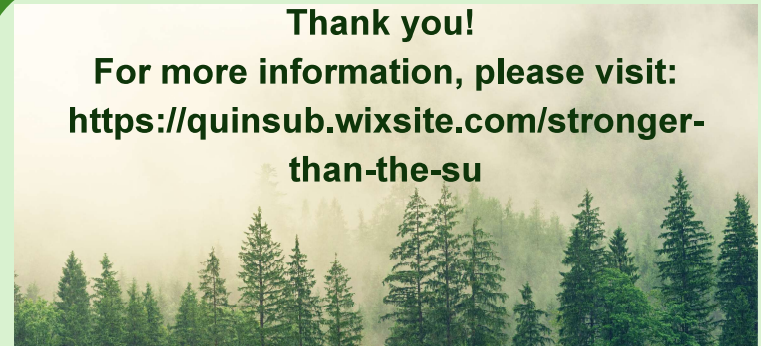
Choose a section or
complete it all at once!



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Thank you!

**For more information, please visit:
[https://quinsub.wixsite.com/stronger-
than-the-su](https://quinsub.wixsite.com/stronger-than-the-su)**



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Warm-Up

What is one thing you've heard about vaping that surprised you?



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Warm-Up

If you could design a campaign to help teens make healthy choices, what would the slogan be?



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Warm-Up

What is a myth about alcohol or drugs you think most people believe?



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Warm-Up

What is one healthy habit you are proud of?



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Warm-Up

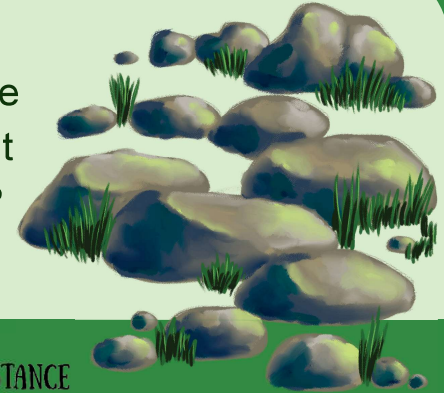
If you could invent a new drink that is 100% healthy, what would it taste like?



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Warm-Up

What is your favorite way to relax without using substances?



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Warm-Up

If you could create a playlist for staying substance free, what songs would be on it?



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Warm-Up

What is a fun activity that doesn't involve alcohol or drugs?



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Awareness & Facts

Why do you think some substances are more popular among teens than others?



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Awareness & Facts

What is one reason people might feel pressured to try substances?



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Awareness & Facts

How do you think social media influences substance use?



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Awareness & Facts

What is a fact about alcohol that most people don't know?



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Awareness & Facts

Why do you think flavored vapes appeal to young people?



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Awareness & Facts

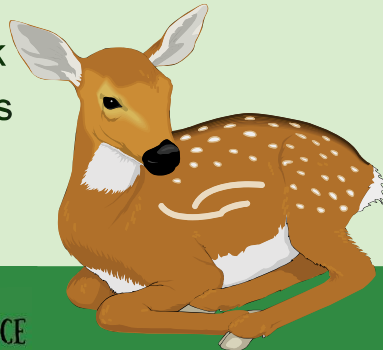
What is one thing you've learned about opioids that shocked you?



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Awareness & Facts

How do you think advertising affects substance use?



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Awareness & Facts

What is a common misconception about cannabis?



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**Perceptions,
Accessibility, Harms**

Why do you think
some people believe
vaping is safer than
smoking?



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**Perceptions,
Accessibility, Harms**

What makes alcohol
seem normal in social
settings?



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**Perceptions,
Accessibility, Harms**

How do movies or TV
shows influence how
people view cannabis?



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**Perceptions,
Accessibility, Harms**

Why do you think some
teens think everyone is
doing substances?



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**Perceptions,
Accessibility, Harms**

What is one stereotype
about substance use
have you noticed?



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**Perceptions,
Accessibility, Harms**

How easy do you think it is for teens to
get substances in
your community?



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**Perceptions,
Accessibility, Harms**

What makes
substances appealing
and easy to access?



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**Perceptions,
Accessibility, Harms**

How do you think online
sales affect substance
availability?



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Talking with Trusted Adults

Who would you feel comfortable talking to about substance use?

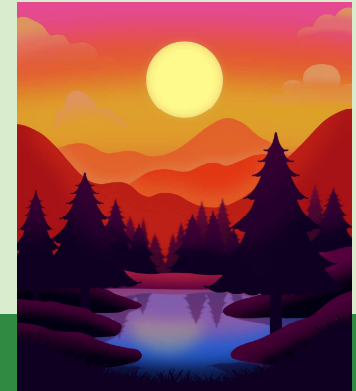
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Talking with Trusted Adults

What makes it hard for youth to talk to parents about these topics?

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Talking with Trusted Adults

How can adults make conversations about substances easier?

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Talking with Trusted Adults

What is one question you would like to ask a trusted adult about drugs or alcohol?

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Talking with Trusted Adults

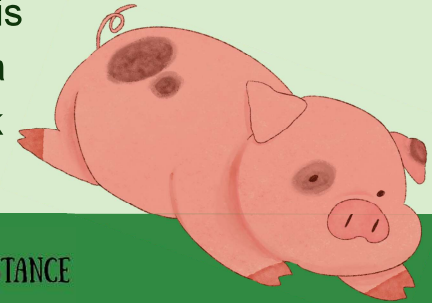
How do you think open communication can prevent risky choices?



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Talking with Trusted Adults

Why do you think it is important to have a trusted adult to talk about stuff with?



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Talking with Trusted Adults

Other than preventing substance use, what are some other ways trusted adults help us?



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Talking with Trusted Adults

Why is mentorship so important for preventing substance use?



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Family & Community Support

Why do you think it is important for youth to feel they can rely on their parents?



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Family & Community Support

What is one way parents can show they are available to talk through tough topics?



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Family & Community Support

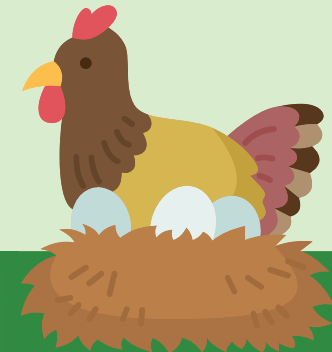
How does spending time together as a family help prevent risky choices?



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Family & Community Support

What is a favorite activity you enjoy doing with your family?



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Family & Community Support

How can families make substance free activities fun and appealing?



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Family & Community Support

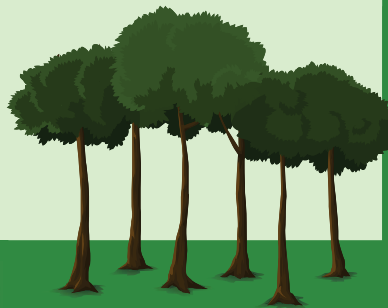
Why do you think community events matter for youth well-being?



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Family & Community Support

What is one tradition in your community that promotes healthy living?



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Family & Community Support

How can neighbors and friends support each other in staying substance free?



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