

Worksheet 1

Activity 1: Maintaining good mental health



Relax and reduce stress

Find ways to learn and be creative

Spend time in nature

Connect with others

Get enough sleep and exercise

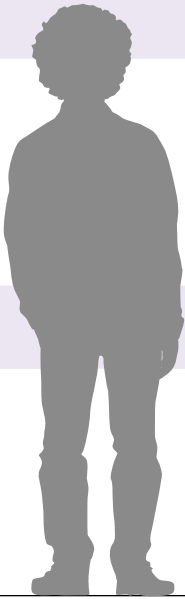


Worksheet 2

Activity 2: What leads young people to take drugs

Scenario 1

Why do you think your friend took drugs from Josh and his friends?



What could have been the negative effects on your friend?

Scenario 2

Why do you think your friend was relying on cannabis?



What were the negative effects on your friend?

