

Printable: Substance & Effects Matching Worksheet

Instructions: Draw a line matching each Substance on the left with the correct Primary Effect on the right.



SUBSTANCES

1. Opioids

(e.g. Percocet, OxyContin)

2. Depressants

(e.g. Xanax, Valium)

3. Stimulants

(e.g. Ritalin, Adderall) Prescription Drugs

4. Alcohol

EFFECTS

A. Increased alertness, energy “rush”

B. Slowed breathing, drowsiness,
lowered heart rate

C. Impaired judgment, slurred
speech, slowed reflexes

D. Dehydration, impaired
coordination, blackouts

E. Extremely potent—can
require multiple
naloxone doses

Printable: Myth vs. Fact Quiz

Instructions: Write “M” for Myth or “F” for Fact next to each statement. We’ll discuss the corrections together.



- ____ “Prescription drugs are safe because a doctor prescribed them.”
- ____ “Fentanyl is 100× stronger than morphine, so even a tiny dose can kill you.”
- ____ “Drinking alcohol in one sitting can’t harm your brain if you’re over 21.”
- ____ “Stimulants like Ritalin are harmless if used to study for exams.”
- ____ “Using a drug once can’t lead to dependence.”



Personal Reflection Form

Name: _____ Date: _____

Which substance effect surprised you most?

Was there a myth you used to believe? Which one?

How might peer pressure influence someone's decision?

What is one healthy alternative activity you could turn to instead of substance use?



Exit Ticket

One New Fact + One Action

Name: _____ **Date:** _____

New Fact I Learned:

Action I'll Take:

(e.g., "If offered a drug, I will ____.")
