

THE SOCIAL NORMS APPROACH

LESSON #3

REFLECTION GUIDE



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The teenage years are full of risk. From a teenager's perspective, the greatest threat they face is being rejected. Nothing would feel more painful or damaging. So, they try to avoid it at all costs.

Unfortunately, that desire to fit in has prompted too many teenagers throughout history to make thoughtless and harmful choices as it relates to substance use. Generally, teens over-predict how many other kids drink, smoke, vape, or do drugs, and with this misinformation, they naively join in.

As we know, teens can have life-damaging consequences happen to them directly or indirectly related to substance use. Anything we can do to help them understand the facts, to make wise choices, and to delay or avoid their consumption of substances the better.

REFLECTION QUESTIONS

1. *What do you remember about your perceptions of teen substance use?*
2. *Most teens don't smoke, drink, vape, or do drugs. How can you help your kids understand that reality?*



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