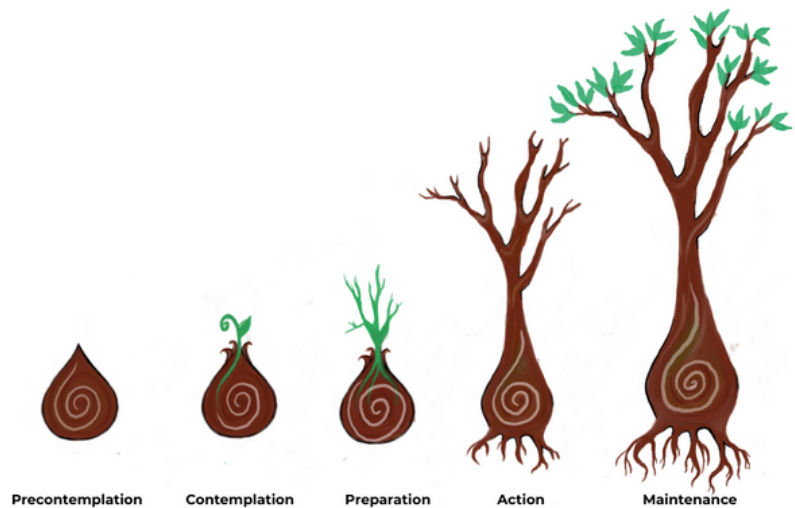




## Healthy Behavior Change

### Interactive Quiz



What stage of change did you get?

Do you agree with that answer? Why or why not?





## Addiction in the Brain

Draw a line from the word to its correct definition

**Addiction**

The space between two nerve cells where neurotransmitters pass

**Dopamine**

A neurotransmitter that is used to tell our brains what's important

**Pruning**

While our brain is developing we are creating lots of different pathways

**Tolerance**

Our brains way of keeping what it things is important

**Synapse**

When a person no longer responds to a drug in the way they did at first.

**Myelination**

When a person stops using a drug, their body goes through withdrawal

**Dependence**

A disease that can result from taking drugs or alcohol repeatedly.



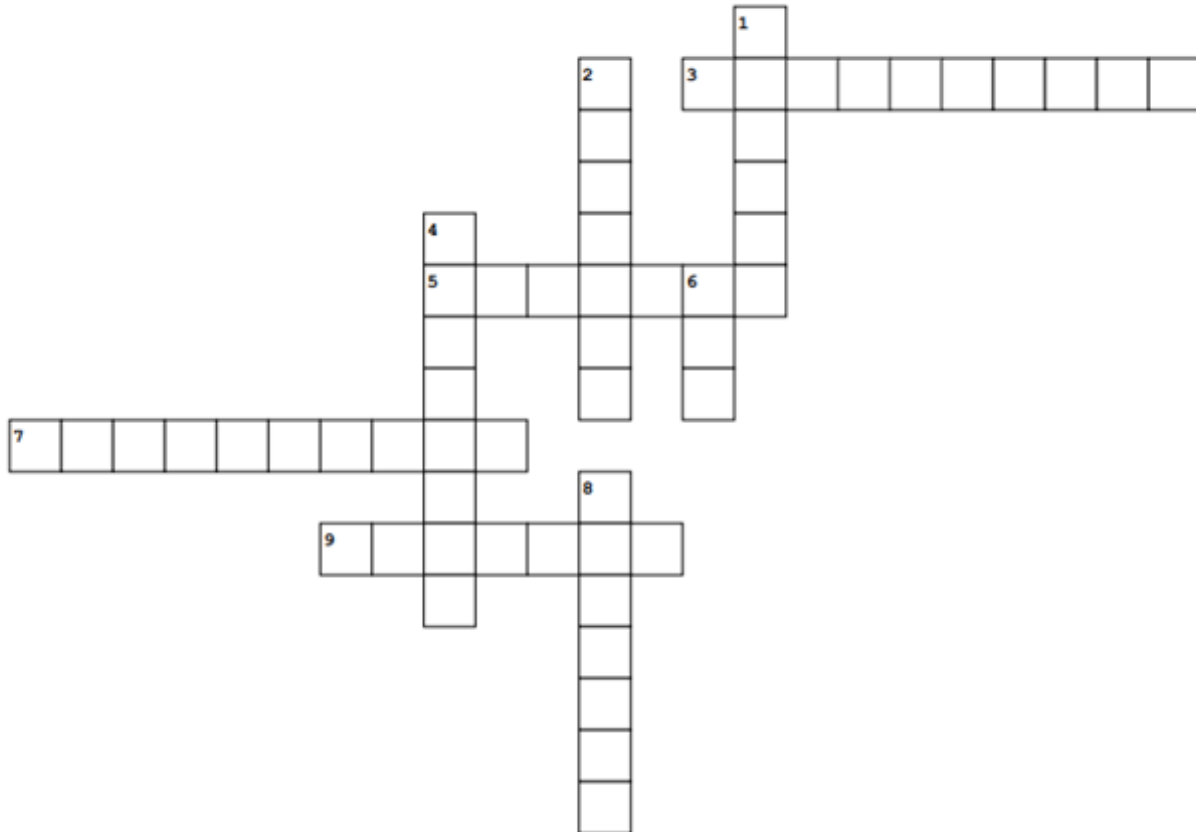


# Cannabis Prevention

alternative to suspension program

## Cannabis 101

### Crossword Puzzle



#### Across

- 3. the type of smoke that impacts a person even if they are not using
- 5. cannabis use can lead to the worsening of mental health disorders such as
- 7. might occur when trying to stop heavy use
- 9. method of use that takes the longest to impact the body

#### Down

- 1. cannabis makes it hard to access or make long-term what
- 2. is illegal to do regardless of age while using cannabis
- 4. 38% of fatal car crashed involved what
- 6. Psychoactive component of cannabis
- 8. The technical term for vaping





## Positive Decision Making

Write down examples of healthy coping mechanisms in each section

<b>Support System</b>	<b>Creativity</b>
<b>Movement</b>	<b>Community Involvement</b>
<b>Self-Care</b>	<b>Hobby</b>

