

To Mix or Not to Mix?

Define the Problem

D

Xaden, a 16-year-old student, started experiencing migraines earlier in the year. Xaden's doctor prescribed him a medication to help with the migraine symptoms. When he got a migraine an hour ago, Xaden took the medication, but he doesn't feel like it is working. He knows that his mom also experiences migraines and has a different prescription medication, and he wonders if that medication would work better. Xaden is in a lot of pain; however, he remembers that his doctor said to be careful about mixing prescriptions. Should Xaden take some of his mom's medication?

Explore Your Options

E

Consider the Outcomes

C

Positive

Negative

Positive

Negative

Positive

Negative

Identify the Best Option

I

Develop an Action Plan

D

Evaluate Your Decision

E

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Jordan, a 17-year-old athlete, recently had surgery and was prescribed a pain medicine for anticipated pain after the surgery. While still on the medication, Jordan is invited to a small social gathering where some neighborhood friends are planning to take pills they bought through social media. Jordan remembers the doctor said something about side effects of the pain medication but had not been paying close attention. What should Jordan do if a friend offers them a pill to try?

Explore Your Options

E

Consider the Outcomes

C

Positive

Negative

Positive

Negative

Positive

Negative

Identify the Best Option

I

Develop an Action Plan

D

Evaluate Your Decision

E

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Define the Problem

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Emily, a 14-year-old student, has seasonal allergies flaring up. Earlier that day, she was invited to a friend's party where alcohol may be present. Emily decides to take an over-the-counter medicine to help relieve her symptoms. With the medicine, she is starting to feel better and decides to head to the party. What should Emily do if someone at the party offers her a drink?

Explore Your Options

E

Consider the Outcomes

C

Positive

Negative

Positive

Negative

Positive

Negative

Identify the Best Option

I

Develop an Action Plan

D

Evaluate Your Decision

E

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Arun, a 15-year-old student, has been prescribed medication to manage anxiety. Arun is excited about an upcoming school event but is also feeling anxious. He takes the anxiety medication before attending, following the instructions from his doctor about what to do when he is feeling overwhelming anxiety. At the event, Arun starts feeling tired and spots an energy drink in the vending machine. Should Arun buy the energy drink?

**Explore Your Options**

**E**

**Consider the Outcomes**

**C**

**Positive**

**Negative**

**Positive**

**Negative**

**Positive**

**Negative**

**Identify the Best Option**

**I**

**Develop an Action Plan**

**D**

**Evaluate Your Decision**

**E**

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**Define the Problem**

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Elijah, an 18-year-old high school senior, is worried about focusing on his final exams. Because of this, Elijah decides to buy Adderall medication from someone on social media. His friend has done it before and it was fine, so he figures it'll be okay. Later that week while Elijah is studying, he has a hard time concentrating and considers taking the Adderall he purchased online, when he receives a text from some friends to join them for a group study session. His friends share that they plan to vape marijuana during the study session to help relax. Elijah is uncertain whether he should take the Adderall and vape marijuana with his friends. What should he do?

**Explore Your Options**

**E**

**Consider the Outcomes**

**C**

**Positive**

**Negative**

**Positive**

**Negative**

**Positive**

**Negative**

**Identify the Best Option**

**I**

**Develop an Action Plan**

**D**

**Evaluate Your Decision**

**E**