

# 13 SUBSTANCE USE HANDOUT #1



## MYTH: YOU CAN “SLEEP OFF” THE EFFECTS OF ALCOHOL.

Maura is 22-years old and loves to watch all of the Trailblazers basketball games with her friends at her local bar. Most of the time, the games are on Thursday evenings and she usually has several beers during the game. On Friday mornings, she starts her shift at 8AM and usually feels terrible (has a hangover), although she doesn't think she is drunk. Mainly, she is nauseous, has a headache and feels tired.

### WHY IS A HANGOVER AT WORK UNSAFE?

### WHAT ARE THE EFFECTS OF ALCOHOL ABUSE THAT CARRY OVER BEYOND BEING DRUNK?

### CAN MAURA GET IN TROUBLE FOR BEING HUNG OVER AT WORK?

# 13 SUBSTANCE USE HANDOUT #2



## MYTH: SMOKING WEED CHILLS YOU OUT.

Tim just started a new job as a customer service representative. Tim is a little anxious about his first day on the job, so he decides to get stoned before work to help him calm down.

### WHY IS THIS A BAD IDEA?

### HOW CAN TIM SAFELY DEAL WITH HIS ANXIETY?

### WHAT ARE SOME CONSEQUENCES OF TIM GOING TO WORK STONED?

# 13 SUBSTANCE USE HANDOUT #3



## MYTH: EVERYONE IS DOING IT.

Andre works in as a prep chef for a popular new restaurant. Working in the kitchen is intense—it's hot, fast-paced and people get easily frustrated. Andre feels a lot of pressure to keep up during the dinner rush, which can last until 10 p.m. or later. He's usually tired towards the end of the shift. He's heard that lots of people in the food industry take uppers (cocaine, amphetamines, methamphetamines) to help them get through the stressful nights.

### WHY IS THIS A BAD IDEA?

### WHAT ARE SOME HEALTHIER METHODS OF HELPING HIM STAY FOCUSED THROUGH INTENSE SHIFTS?

# 13 SUBSTANCE USE HANDOUT #4



## MYTH: IF IT IS A PRESCRIPTION DRUG, IT MUST BE SAFE!

Tegan had her wisdom teeth out last weekend. Her doctor gave her a prescription for strong prescription pain medicine. The label on the pills were clearly stated that the drugs could cause impairment, drowsiness, nausea and vomiting. Tegan has to go to work as a pizza delivery driver tonight, but is in a little bit of pain.

**WHAT SHOULD TEGAN DO?**

**WHAT ARE SOME CONSEQUENCES OF TEGAN GOING TO WORK UNDER THE INFLUENCE OF PAIN MEDICATION?**

**CAN SHE GET IN TROUBLE IF SHE TAKES A PILL AND GOES TO WORK?**