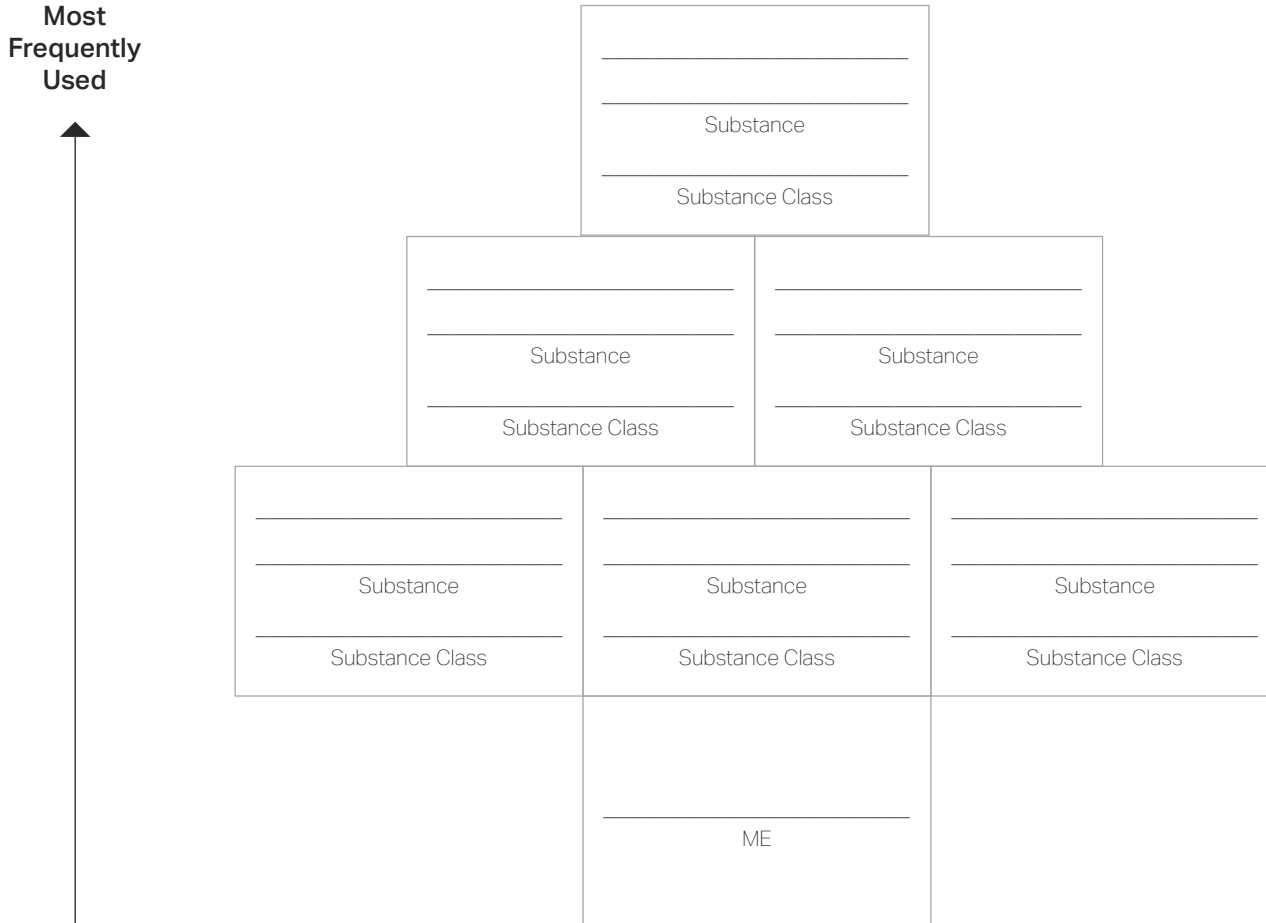


**Activity 2: Identify My Substances**

Visit R1 LEARNING.COM to download printable Activity Worksheets.

**Observe:** Capture your information from the Discovery Cards activity below and answer the Questions to Explore.



**Questions to Explore**

Pick one of the boundaries above and answer the following questions.

**Evaluate:**

1. Which of the Substance Classes Cards and substances did you pick? Explain.

3. What will be the benefit for you and others as you evaluate and address your substance use?

2. What insights do you gain looking through the different Substance Classes cards?

**Respond:**

4. What is one action you can take to address your substance use?

5. Who can you ask for help and support?