


My Change Plan – Instructions for Facilitator

If the young person has trouble articulating “stuff I could change,” you can explore with them a “menu of options.” This could include items such as:

Cut down

- Don't use before . . .
- Don't use at school/work
- Set guidelines to limit consumption
- Only use on one day on the weekend
- Hang out with friends who don't use

Be safer

- Don't use alone
- Don't mix substances
- Don't drive after using
- Always make a plan to get home safely

Be healthier

- Get 8 hours of sleep every night
- Eat 3 meals a day with lots of fruits and veggies
- Get exercise every day
- Join an activity that doesn't involve substance use

Get connected

- Go to school every day this week
- Join a team
- Hang out with friends who don't use
- Visit an uncle/aunt/grandparent (relative with whom there has been a positive connection in the past)

Don't use

- Set a goal to not use for 3 days/1 week/1 month
- Explore treatment/detox/nicotine patch