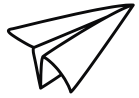


Post-Event Discussion Questions



What is something new you learned from the Vive18 presentation? Was there anything unexpected?



What is the difference between shortcuts and skill sets?
What are some healthy ways (skills) to cope with stress?

Healthy Coping Skills



Why do you think they asked what you want out of life?
What are a couple things you thought of?



How could using drugs ruin the chances of getting the things you want? Have you seen this happen to people?



Were you surprised at how many students choose not to use drugs? Would you go to a drug-free party (why/not)?



Vive18 was started by students who wanted to make a change... what change do you want to make?



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Vive18's toolkit includes has 18 activities that align with 90% of SEL & 60% of School Counselor Standards. vive18.com/curriculum

Vive18 Quick Facts & Quotes for Discussion



“Life isn’t made by chance, it’s made by choice...”

“You can take shortcuts, or develop skillsets... skillsets are going to help you get the life you want.”

“People don’t want to sacrifice their friends or their future to have a good time, sometimes they just think it’s the only way.”



9 out of 10 adults struggling with addiction started before the age of 18.

Youth drug use is correlated with mental health problems like depression, anxiety, psychosis & suicidal ideation.

The brain isn’t fully developed until your mid-twenties.

Dopamine is the “feel good hormone” - you can release it in healthy ways (sports, music, friends, etc).

Your brain wants to learn/repeat behavior, so how you deal with stress now is how you’ll do it in the future.

The majority of students in middle and high school choose not to use drugs.



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