

# Drug and Alcohol Prevention High School

**Lesson Title:** *Ashley's Story*

**Grade Level:** High School

**Main Character:** Ashley

**SEL Competencies:** Responsible Decision Making, Self-management

## **Introduction**

Ashley is a college student who had a serious wreck while driving drunk. Now a physically disabled, she tells her story.

## **Activity 1**

Watch the video: *Ashley's Story*

Watch additional support video featuring Kristi Kullgren (Risky Behavior)

Watch additional support video featuring Tanya Rawie

## **Activity 2**

If you are working with a team each person should take time to reflect individually before discussing with a partner or the group.

Ashley tells about her decision-making process before her accident. Think about what Ashley was focused on as she made decisions. How typical of teenagers do you find Ashley's decision making? Think about your students. Are you able to teach decision making skills in your education role?

Watch the video of Tanya Rawie again.

Do you think the advice Ms. Rawie offers parents is good advice? In what ways could you coach parents of your students to be vigilant about concerns they might have for their children? What additional resources are available that you might be able to offer?

Do you think that students you teach would be afraid to call their parents and ask for a ride home if the student had been drinking? Why or why not? Are you prepared to offer advice to parents regarding this if the opportunity arises? What would you be able to coach students to do?

## **Activity 3**

Watch the video of Kullgren again.

Dr. Kullgren discusses how teens assess risk. Do you find that many of the teens you work with have the same difficulty? Even though her comments are aimed more at parents, how could you apply her ideas in working with your students? Explain.

How do you assess your professional practice regarding teaching students effective decision-making skills? How well does academic work that applies to decision making relate to making safe personal decisions? What ideas could you develop that would help students apply decision making in classroom activities to decision making in personal life? How could these be implemented?

#### **Activity 4**

Consider your school context.

Do students have adequate opportunities to practice decision-making skills at your school? Do decision-making practice opportunities help students assess situations that involve personal safety? What ideas do you have for how your school culture can promote safe and effective decision making in students? What actions are necessary?

#### **Additional Resources for Growth**

American Academy for Pediatrics Healthy Children  
<https://www.healthychildren.org/english/Pages/default.aspx>