Substance Abuse and Non-Suicidal Self-Injury (NSSI)

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## Websites and Documents referenced in the PowerPoint

(Major Sources highlighted in bold)

### **The Jason Foundation** <https://jasonfoundation.com/>

# Prevention

### 5 Reasons Teens Use Drugs <https://www.sandstonecare.com/blog/5-reasons-teens-use-drugs>

### Why do Teens Use Drugs? <https://www.getsmartaboutdrugs.gov/family/why-do-teens-use-drugs>

### Top 8 Reasons Why Teens Try Alcohol and Drugs <https://drugfree.org/article/top-8-reasons-teens-try-alcohol-drugs/>

### **GROWING UP DRUG FREE A PARENT’S GUIDE TO PREVENTION** <https://www.getsmartaboutdrugs.gov/sites/getsmartaboutdrugs.com/files/publications/GrowingUpDrugFree%28Final-508%29%282017%29.pdf>

### Marijuana Talk Kit - What you need to know to talk with your teen about marijuana <https://drugfree.org/wp-content/uploads/2017/02/Marijuana_Talk_Kit.pdf>

# Intervention

### Prepare to Take Action if You Suspect Teen or Young Adult Drug Use <https://drugfree.org/article/prepare-to-take-action/?gclid=CjwKCAjw4ayUBhA4EiwATWyBrk_QiOXpzNw3dRqTlj8FX3qNiWa7hZ__JfVPbsk8df5G281x4ZckQxoCN4wQAvD_BwE>

### Intervention eBook <https://drugfree.org/download/intervention-ebook/>

Post Test: Non-Suicidal Self-Injury

# Response Summary

## 1. Why do kids self-injure?

Top of Form



Discharge tension



Gain sense of control



Reduces numbness

Correct answer: All of the above

## 2. NSSI can be associated with many forms of mental illness such as borderline personality, depression, and anxiety disorders such as post-traumatic stress disorder.

Correct answer: True



False

## 3. NSSI most often begins in middle adolescence between the ages 12–15.

Correct answer: True



False

## 4. Substance abuse, possession of sharp implements, and risk-taking behaviors are not a sign of NSSI.



True

Correct answer: False

## 5. What makes NSSI different from suicide?

Top of Form



Want to feel better



Multiple methods



Repeat Behaviors

Correct answer: All of the above

Bottom of Form

## 6. What are the signs of NSSI?

Top of Form



Frequent or unexplained bruises, scars, cuts or burns



General signs of depression, social-emotional isolation and disconnectedness



Consistent, inappropriate use of clothing designed to conceal wounds

Correct answer: All of the above

Bottom of Form

## 7. NSSI is a variety of behaviors in which an individual accidently inflicts harm to him/her body.



True

Correct answer: rFalse

## 8. When talking to a person with NSSI you should approach in a calm and caring way.

Correct answerTrue



False

## 9. Cutting is a non-suicidal self-injury.

Correct answerTrue



False

## 10. NSSI is an unhealthy attempt to cope

Correct answerTrue



False