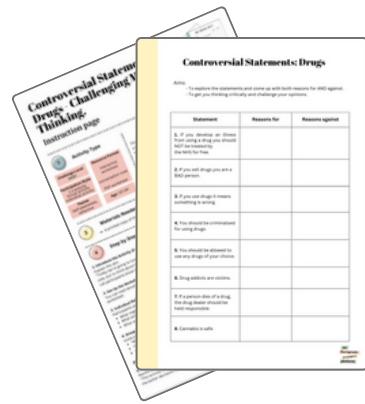


Controversial Statements: Drugs - Challenging My Thinking.

Instruction page



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Activity Type

Challenge Level
EASY

Participation Style:
1-1 activity
Group activity
Individual activity

Theme:
Self-awareness,
reflective

Resource Format

Interactive
worksheet
conversation cues
PDF worksheet

Age: 10-18+

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General Activity Info

This thought-provoking activity is designed to help participants explore controversial views about drug use and policy. By identifying both reasons for and against each statement, the activity encourages critical thinking, perspective-taking, and open discussion.

Rather than pushing any one opinion, the goal is to challenge automatic beliefs, uncover personal biases, and foster a more balanced, thoughtful understanding of drug-related issues in society. This activity is ideal for youth groups, recovery settings, or educational workshops on drugs, harm reduction, or moral reasoning.

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Materials Needed

- A printed copy of the resource.

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Step by Step Instructions

1. Introduce the Activity (2-3 mins)

Explain the aim:

“Today we’re going to look at some statements about drugs that people often have strong opinions on. Your job isn’t to choose a side, but to think about both sides—what are the arguments for and against each idea?”

Let participants know there are no right or wrong answers—the goal is to explore different viewpoints, not to judge.

2. Set Up the Worksheet or Discussion Sheet (2-5 mins)

You can read aloud each statement or provide all 8 at once for independent reflection. This can be a 1-1 activity or a group worksheet.

3. Individual Reflection (10-15 mins)

Participants work individually to write at least one reason for and one against each statement. Encourage open-mindedness:

- What might someone else say—even if you don’t agree?
- What are the moral, social, or legal arguments?
- What are the personal or public health implications?

4. Group Discussion or Pair Work (Optional, 10-15 mins)

Invite participants to share different arguments they came up with:

- “Which statement did you find hardest to think about?”
- “Did you surprise yourself with any of your answers?”
- “Do you think these issues are black and white, or grey?”

Keep the discussion respectful and curiosity-driven.

the
therapeutic
resource
platform

5. Wrap-Up (2-3 mins)

Reinforce the message:

“This activity isn’t about agreeing with everything—it’s about being open to other ways of thinking. The more we explore all sides, the better decisions we can make for ourselves and others.”

Controversial Statements: Drugs

Aims:

- To explore the statements and come up with both reasons for AND against.
- To get you thinking critically and challenge your opinions.

Statement	Reasons for	Reasons against
1. If you develop an illness from using a drug you should NOT be treated by the NHS for free.		
2. If you sell drugs you are a BAD person.		
3. If you use drugs it means something is wrong.		
4. You should be criminalised for using drugs.		
5. You should be allowed to use any drugs of your choice.		
6. Drug addicts are victims.		
7. If a person dies of a drug, the drug dealer should be held responsible.		
8. Cannabis is safe.		