



SPLIT SECOND

STUDENT DISCUSSION WORKSHEET



NAME _____ DATE _____

After reading Split Second, use examples from the story to explore choices, safety, and support. You may pass on a question. Discuss characters and situations without sharing personal experiences.

NOTICE AND REFLECT

1 What image, moment, or decision stayed with you? Why?

2 Which pressure seemed strongest for a character (injury, anxiety, family conflict, money, fitting in, academics, or another pressure)? Explain.

3 Identify a split second decision. What happened just before it? What safer choice or support was available?

CHOICES AND SUPPORT

4 Skylar warned that the pills might be fake or contain fentanyl. What made it hard for the group to act? What could a bystander say or do?

5 Jayden concealed an injury because he worried about his role and scholarship. How can achievement pressure affect health decisions? Name a trusted adult or professional who could help.

6 Miguel initially went along with the group. Write a realistic refusal phrase that protects safety and a friendship.

IMPACT AND RECOVERY

- 7** How did overdose, treatment, probation, or incarceration affect people beyond the person using a substance? Give an example from the story.

- 8** Why can recovery take more than one medication, appointment, or promise? What might steady support look like?

PUT WORDS INTO ACTION

- 9** A friend is pressured to take an unknown pill. Write one sentence you could say, one way to leave, and one adult to contact.

- 10** What signs in the story suggested someone needed help sooner? How might fear, secrecy, or stigma delay getting help?

Practice: Write one phrase you could use in each situation.

REFUSE OR EXIT: _____

INTERRUPT A RISKY CHOICE OR GET HELP: _____

SAFETY AND NEXT STEPS

If someone cannot be awakened or is breathing very slowly, **call 911 immediately**. Follow dispatcher instructions. Naloxone may temporarily reverse an opioid overdose, but emergency medical care is still needed.

- 11** Name two trusted adults and one professional or community resource a young person could contact.

- 12** What is one idea you are taking away? What question remains?

Resources: Emergency 911 | Crisis support call or text 988 | Texas referral 211 or 877-541-7905 | naloxonetexas.com

Based on the TOPS Split Second Adult Led Discussion Guide. This worksheet supports discussion and does not replace emergency services or professional care.