

VAPING EDUCATION USER GUIDE

DICEY DECISIONS™

OVERVIEW

Dicey Decisions is an interactive activity that demonstrates how addiction can impair focus, decision-making, and task performance. Participants complete a pattern recognition challenge under two different conditions—first at baseline, and then under simulated impairment—to observe the effects firsthand.

OBJECTIVE

Participants will complete a series of “What Doesn’t Belong” tasks as quickly as possible, comparing performance between baseline and impaired conditions. This activity helps participants gain insight into how substance use can affect cognitive function and task efficiency. Timed challenges and visual tasks are used to spark reflection and discussion.

IMPAIRMENT

Modeled Impairment

Dicey Decisions shows how addiction can take over daily life. The activity models how a person may have to stop what they’re doing to chase a substance. It also shows how the body gets used to the substance, so more is needed to feel the same effect.

Simulated Impairment

The activity demonstrates how addiction impacts ability to function. Some addicts need to have their fix before they can start another task.

Dicey Decisions shows how addiction can take over a person’s daily life. It models how most of the focus shifts to getting the substance instead of completing normal tasks. In some cases, nothing else can happen until that need is met—making it harder to function and stay on track.

RESEARCH-BASED APPROACH

Dicey Decisions is based on research about addiction. It shows how a person might need more of a drug over time to feel the same high, and how chasing that feeling can start to get in the way of normal life.

ACTIVITY OVERVIEW

This activity is for one to three participants will experience the impact that addiction and tolerance has on users.

MATERIAL LIST

- Dicey Decisions Dry-Erase Board (double-sided: Baseline / Addiction)
- Dry-Erase Marker
- Cup of Dice
- Timer (any stopwatch or mobile timer will work)

SET UP

1. Give each participant a Dicey Decisions board, dry-erase marker, and a cup of dice.
2. Ensure the board is set to the Baseline side.
3. Decide as a group whether to complete the word list or image list (not both).



