



Stanford
MEDICINE

REACH Lab



Stimulants Discussion Guide



Instructions:

Please discuss these questions with a parent, trusted adult/mentor, or a peer/friend.

Answer the questions below:

1. How do you decide what types of stimulants are harmful?

2. What are the possible benefits of taking stimulants?

3. What are the risks and dangers of stimulants?

4. Why are some stimulants more harmful than others?

5. How can you reduce harm when using stimulants?
