

Drug Trivia Game

Note to Facilitators:

This activity requires that the facilitator has a basic understanding of the effects and risks of common substances. For more information on substances check out the Substance Use Awareness chapter of the Teen Talk Service Provider Manual or the many Publications that AFM has developed on alcohol and drugs (available from www.afm.mb.ca).

Goal:

- To have fun while educating, linking youth to local resources and reinforcing information learned about various substances and harm reduction practices.

Have Ready:

- Drug Trivia questions and answers
- Drug Trivia game board pieces
- Prize(s) for winning team (optional)

Instructions:

- Divide the group into two teams and have them choose team names.
- Decide which team will go first.
- The teams will take turns choosing a category, points value, and answering a question.
- Keep score somewhere that's visible to youth.
- Encourage each team to huddle and work together to come up with the correct answer.
- There is no need to ask every question, the game can be as brief or extended as needed.
- At Teen Talk we try to play a final "Bonus Round" where each team chooses an amount of points to wager. See "Playing It Safer" questions for an example bonus question.

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Drug Trivia Game Board

Note: This shows an example of how the game board can be laid out on poster board.

Drug Trivia Game			
Fast Facts	Drug Effects	Wild Cards	Playing It Safer
100	100	100	100
200	200	200	200
300	300	300	300

Drug Trivia Questions

Fast Facts

100

Q - Is it legal to take someone else's prescription medication?

A - No. Prescription medication is only legal for the person for whom it is prescribed. It is also illegal to sell your own or someone else's prescription medication.

Q - In Canada, what is the legal amount of marijuana that a person without a prescription can have?

A - Zero. Possession of marijuana without a prescription is illegal in Canada.

200

Q - How can smoking marijuana affect your lungs?

A - Smoking can damage the lungs. Smoking marijuana can put carcinogenic tar and other toxins into your lungs. This increases the risk of bronchitis, chronic inflammation (chronic coughing or wheezing) and lung cancer.¹ To cut down on tar someone could use a water pipe or a vaporizer instead of a joint or dry pipe. They could also opt to eat it which would completely cut out the tar.

300

Q - What are the risks of mixing energy drinks and alcohol?

A - Alcohol is considered a depressant or downer and energy drinks are uppers with high amounts of caffeine in them. Mixing uppers and downers can increase the risk of overdose. When someone mixes energy drinks and alcohol, it may make them feel less drunk and more alert than they actually are. If someone continued to drink alcohol, without being able to feel how much was already in their system, it could potentially lead to alcohol poisoning.

Q - What does alcohol do to your body temperature?

A - It lowers it. When alcohol reaches your bloodstream, it causes your small blood vessels to expand. This increases the flow of blood in your body. Although you may feel warm, your body temperature actually drops. This is

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why it is not a good idea to drink alcohol to “warm up” when you are exposed to cold air or water. It slows down the heart rate and dilates blood vessels, which can make you feel warmer but increases risk of hypothermia.

Drug Effects

100

Q - Name three signs of alcohol overdose.

A - Vomiting, blacking out, passing out, cold/clammy skin, slurring, lack of muscle coordination.

Q - How could taking someone else’s prescription medication be harmful?

A - Taking someone else’s prescription medication can be harmful because it can have a very different effect on the person for whom it wasn’t prescribed. Some medication can be dangerous at higher doses which someone may not be aware of. Certain prescription medication can be harmful if mixed with alcohol or other medication. Also, someone may have a dangerous allergy to something in the medication.

200

Q - What are three things that will affect how many drinks it takes a person to get drunk?

A - Amount of sleep, whether you have eaten, tolerance, atmosphere, body-weight and sex.

Q - What are three side effects of using e (ecstasy)?

A - Jaw clenching, teeth grinding, enlarged pupils, nausea, tightened muscles, sweating, chills, increased heart rate, increased blood pressure and body temperature, dehydration, shaking, next-day sleepiness.

300

Q - Why do people feel depressed after using stimulants such as cocaine or crystal meth?

A - Because these drugs (uppers or stimulants) give a big dose of the chemical dopamine (that makes us happy), the body may stop producing it naturally. After the drug is out of the system, it takes a while for the body to start making and releasing it again. With crystal meth, the dopamine surge is so extreme

that it causes the brain to make new receptors, which contributes to the depth of the crash.

Q - What is often a major factor as to whether someone will have a good or a bad experience when taking hallucinogens?

A - Set and setting, or in other words, how they are feeling before they take the substance and if they trust their surroundings and the people they are with.

Wild Cards

100

Q - Name a risk of sharing drug works (a.k.a. supplies) like straws or pipes.

A - Infection with Hep C or HIV. Drug works, like needles can carry and spread blood if they are being shared.

Q - Name three reasons why some teens use substances and three reasons why some don't.

A - Accept any legitimate answer they give. Stress, experimenting, curious, peer pressure, for fun... Heard some side effects and risks, pregnant, no access, other things they want to do, religion, etc. (See the "Why Do Teens Use? / Why Don't Teens Use?" activity in the Teen Talk Toolkit for a more detailed debrief.)

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Q - What are three signs of someone's substance use becoming a problem?

A - Trying to quit but can't, conflicts in relationships (friends, family, partner, etc), affecting their commitments (school, work, sports etc); affecting finances (stealing, selling, dealing, exploitation). (See the "Problematic Use" brainstorm in the Teen Talk Toolkit for a more detailed debrief.)

Q - What two substances account for the majority of deaths in the western world?

A - Alcohol and tobacco.

FYI: people sometimes assume that illegal drugs are the most dangerous substances, yet because of their wide use and harmful effects, these two legal substances are obviously unsafe.

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Q - Why is it more dangerous to drink alcohol and use cannabis (marijuana) together than using either one alone?

A - Cannabis reduces nausea, so people can drink more without getting sick, which can result in alcohol poisoning.

Q - When and why would you use the recovery position?

A - When someone is passed out after drinking alcohol or using other substances and they can't wake up but are responsive and breathing. The recovery position is used so that they don't choke or drown in their vomit. If the person is unresponsive then you need to call 911. (See the "Recovery Position" demo in this chapter for instructions.)

Playing It Safer (Harm Reduction)

100

Q - Name five ways to stay safer if drinking.

A - Know your tolerance, drink water, eat first, always watch your drink, have a buddy, alternate alcoholic drinks with non-alcoholic ones, bring condoms, have a safe way home or safe place to stay, etc.

Q - Name three things that can reduce the harm of using illegal drugs.

A - Start with a smaller dose, know your dealer, use the "buddy system" and don't mix substances.

200

Q - Which is the least harmful (safest) way of taking a substance; eating, smoking, or injecting?

A - Eating because it takes longer for the body to absorb it and it can also be puked or pumped out if necessary.

Q - What can you do to help if someone is having a "bad trip" on a hallucinogen?

A - Take the person to quiet surroundings where they feel comfortable, find a friend who can reassure them (talk them down), stay with them/find someone else who can, validate their panic, stress to them that their panic will wear off in a few hours (or sooner), call an ambulance if their condition worsens.

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Q - Name three places to go for information and help with substance use.

A - AFM, guidance counselor, teen clinic, support group (like AA), older or more informed friend/brother/sister/parent...

Q - POTENTIAL BONUS QUESTION: If they didn't name AFM, ask: What organization in Manitoba (with a three letter acronym) deals directly with substance use? Addictions Foundation Manitoba.

Q - Name three things that can reduce the harm of using injection drugs.

A - Always use new needles, don't share, don't use the same spot on the body (rotate injection sites), start with smaller amounts, don't mix an upper with a downer, use fresh bottled water, use diluted bleach as a last resort.

FINAL TRIVIA QUESTION

- Have the youth brainstorm other activities to do instead of using.
- Tape up two pieces of flipchart paper.
- Create a relay race where each team has individuals running to the flipchart, writing an activity and running back to the team to tag off until the time runs out.
- The team with the most answers wins.
- After reading the first flipchart debrief the activity.

Endnotes

¹ AFM, Beyond the Basics: Cannabis, www.afm.mb.ca/wp-content/uploads/woocommerce_uploads/2013/03/CannabisBTB.pdf, accessed January, 2016.