Drug Trivia Game

Goal:
- To have fun while educating 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. One way to decide is by getting them to guess a randomly chosen number between 1 and 10 that you have in mind.
- The teams will take turns choosing a category and points value, and answering a question.
- Keep score on a chalk/white board.
- Encourage each team to huddle and work together to come up with the correct answer. To encourage team work, we let them know that if one person shouts-out an incorrect answer, the other team can "steal" if they know 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” for an example bonus question.
- Note: Some group may need to be reminded that the game is just for fun and it is important to not get too worked up.
Playing It Safer (Harm reduction)

100 “Name two places to go for information and help around substance use.”
   o Addictions Foundation of Manitoba, guidance counselor, AA, doctor, elder, older or more informed friend/brother/sister/parent...

200 “What can you do to help if someone is having a ‘bad trip’?”
   o Take the person to quiet surroundings where they feel comfortable
   o Find a friend who can reassure them
   o Stay with them/find someone else who can
   o Validate their panic, let them know that their panic will wear off in a few hours (or sooner)

300 “Name five ways to stay safer if drinking.” *Good final question for the game*
   o 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 (riding or walking may not be safe—sometimes it’s better to stay where you are until you feel better), etc.

Drug Effects

100 “What are three side effects of using ecstasy?”
   o Jaw clenching, teeth grinding, nausea, tightened muscles, sweating, chills, increased heart rate, increased blood pressure and body temperature, shaking, next-day sleepiness...

100 “Name three signs of alcohol overdose.”
   o Vomiting, blacking out, passing out, cold/clammy skin, death, slurring, lack of muscle coordination, etc.

200 “What types of things will affect how many drinks it takes a person to get drunk?”
   o Amount of sleep, whether you have eaten, tolerance, atmosphere, body weight and composition.

300 “Why do people feel depressed after using stimulants such as ecstasy or crystal meth?”
   o Because uppers/stimulants trigger a big dose of the “feel good” chemical (like, dopamine), the body can stop producing them. After the drug is out of the system, it takes a while for the body to start making and releasing chemicals on its own again.
True or false

100 “True or false: an overdose of caffeine may include restlessness, dizziness, nausea, tense muscles, sleep disturbances, irregular heart beat.”
   - True: caffeine has an effect on the body that may have undesired effects (just like anything else someone might use)

100 “True or false: you or your friends can tell if a drug (like rohypnol, roofies, or GHB) has been slipped into your drink.”
   - False: they are mostly odorless, colourless and tasteless. (FYI: Some may make a drink cloudy or darker, but it’s not reliable to count on that.)

200 “True or false: if you want to use someone else’s needle, cleaning it with bleach makes it totally safe.”
   - False: Hep C lives up to 2 years in a needle or 2 weeks outside a needle. Though bleaching is a form of harm reduction (it’s safer than doing nothing), using your own needle is much safer.

300 “True or false: alcohol warms the body up.”
   - False: it slows down the heart rate and dilates blood vessels, which can make you feel warmer but increases risk of hypothermia.

Wild cards

100 “Name a risk of sharing drug works like straws or pipes.”
   - Infection with Hep C or HIV. Like needles, blood can be passed.

200 “What two substances account for the majority of deaths in the western world?”
   - 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.)

300 “Why is it more dangerous to drink alcohol and use cannabis (marijuana) together than using either one alone?”
   - Cannabis reduces nausea, so people can drink more without getting sick, which can result in alcohol poisoning.

300 “What can happen if you use ecstasy and ventolin (asthma inhaler)?
   - Dangerously high blood pressure, because they are both uppers.

Bonus Question:
“Describe the recovery position and tell when you would use it.”
   - On side, leaning on arm, propped up with knee and other arm. Keeps their airway open, prevents choking on vomit.
# Drug Trivia Game

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