

Teen Talk's Drug Trivia Game

Goal

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

Note to Facilitators

- This activity requires that the facilitator has a basic understanding of the effects and risks of common substances. For more info on substances check out the corresponding chapter of the Teen Talk Service Provider Manual or the many publications that AFM has developed on alcohol and drugs available at www.afm.mb.ca.

Senior 1-4 Education Curriculum Connections

This activity contributes to the following Student Specific Learning Outcomes:

Family Studies

- *S1 5.1.3 Identify behaviours that promote health and wellness.*
- *S1 5.1.4 Define, classify and determine personal values and goals.*
- *S1 5.1.5 Examine how decisions affect one's well-being.*

Guidance Education GLOs under Personal/Social Component.

Physical Education

- *K.3.5.B.4 Identify available community supports that promote safety and community health.*
- *K.4.S1.B.4 Identify examples of potentially dangerous situations and effective strategies for avoidance/refusal.*
- *K.5.S1.D.1 Explain the meaning of addiction and substance dependence and the possible effects on self and/or others.*
- *K.5.S1.D.3 Identify community agencies and resources available to support the prevention of substance use and abuse.*
- *S.5.S1.A.4 Apply problem solving strategies to respond appropriately to issues related to substance use and/or abuse.*
- *S.5.S2.A.4 Analyze effective responses to problems regarding substance use and abuse by self or others.*
- *K.5.S2.A.2 Demonstrate knowledge of healthy lifestyle practices that contribute to disease/illness prevention, including mental illness/disorders.*
- *K.5.S2.D.1 Analyze issues concerning the use and abuse of legal and illegal substances.*

- *K.5.S2.D.3 Examine current statistics on substance use as it affects healthy living, locally and nationally.*
- *11.SU.3 Examine factors that influence decisions regarding substance use and abuse.*
- *11.SU.4 Use reliable information in making healthy decisions for helping self and/or others regarding substance use and abuse.*

Have Ready

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

Instructions

- Divide the group into two teams.
- Decide on team names and 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.
- 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.

Drug Trivia Game Board

Note: This is an example of how the game board can be laid out.

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

Drug Trivia Questions

Fast Facts

100 pts. Why is it dangerous to drive under the influence of cannabis?

- **Effects like slower reaction time, distorted perceptions of time and distance, decreased alertness, and increased drowsiness all make driving dangerous under the influence of weed.**¹³ Since cannabis distorts thinking, if someone is high, they may think they are driving fine when even though they are not.

100 pts. People who consume several energy drinks or ones with very high caffeine content may experience which of the following:

- a) Feeling irritable, nervous, restless, and agitated
- b) Headache
- c) Rapid heartbeat
- d) Feeling nauseated (need to vomit)
- e) All of the above**

200 pts. What percentage of Manitoba high school youth report having at least one alcoholic drink within the past month? 25%, 35% or 45%

- **25%** of students according to the 2012/13 Manitoba Youth Health Survey.¹⁴

200 pts. Smoking cannabis can damage lungs. What is a way to reduce the risk or make it safer?

- **Eating or vaporizing** weed instead of smoking it. If you choose to smoke, the longer you hold it in and the deeper the inhalation, the more potential harm to your lungs.

300 pts. When can taking prescription medication be risky?

- **When it is not prescribed for you.** Dosage might be too high, unknown allergies, medication might have different effects on different people, etc.
- **When it is taken at a higher dose than prescribed.**
- **When it is mixed with another substance.**

¹³AFM, 2.5.3 Cannabis and Driving, 2006.

¹⁴Manitoba Youth Health Survey Report: 2012-2013, Partners in Planning for Healthy Living, 2014.

300 pts. What does alcohol do to your body temperature?

- **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 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 pts. Name three signs of alcohol overdose.

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

200 pts. What are three things that will affect how many drinks it takes a person to get drunk?

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

200 pts. Why is it important to take a break from using uppers like ecstasy and cocaine?

- Prolonged use of ecstasy may cause the brain to slow or stop production of serotonin, a natural brain chemical. Serotonin regulates moods, sleep, pain, emotion, and appetite.
- As uppers tend to be addictive, taking a break can help to reduce the likelihood of becoming dependant.
- Because uppers like cocaine and crystal meth (methamphetamine) give a big dose of the feel good chemical dopamine, the body stops producing it. After the drug is out of the system, it takes a while for the body to start making and releasing it again.

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

- 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.

300 pts. Name three reasons why it is dangerous to mix substances.

- Taking similar types of drugs can increase their negative effects and be dangerous. For example, taking two depressants like heroin and alcohol.
- A drug may affect you in a particular way that makes other drug(s) you take more dangerous than usual.
- One drug may mean you have to take higher levels of another type of drug to feel the effects and this can lead to overdose.
- The drugs might interact in completely unexpected ways.
- In the case of overdose, helpers may not know what has been taken.

Wild Cards

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

- Infection with Hep C or HIV. Like with needles, blood can be passed.

100 pts. Name three reasons why some people use substances and three reasons why some don't.

- **Accept any answer.** Stress, experimenting, curious, peer pressure, for fun... Heard some side effects and risks, no access, other things they want to do, religion, etc.

200 pts. When and why would you use the recovery position?

- When someone is passed out after drinking alcohol or using other substances.
- 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/emergency.

200 pts. What are three signs of someone's substance use becoming a problem?

- **Trying to quit but can't**, conflicts in relationships (friends, family, partner, etc), affecting their commitments (school, work, sports etc), affecting finances etc...

300 pts. Why is it more dangerous to drink alcohol and use cannabis together than using either one alone?

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

300 pts. What two substances cause the most deaths in North America/Turtle Island and Europe?

- 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 unsafe.

Playing It Safer

100 pts. Name three places to go for information and help with substance use.

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

100 pts. Name five ways to stay safer if drinking.

- 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.

200 pts. Name two ways to make cannabis edibles safer (pot brownies, gummies, lollipops, etc.)

- Start with a small amount (know how many mgs of THC is in the item)
- Give it time to kick in. Wait up to an hour before taking more. Keep in mind that how much someone has eaten, slept, their metabolism, etc. can affect how fast and how strong the high will be.

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

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

200 pts. What can you do to help if someone is having a 'bad trip' on a hallucinogen?

- 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, tell them that their panic will wear off soon
- Call an ambulance if their condition worsens

300 pts. If someone uses drugs, what are 3 ways to reduce their risk?

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

300 pts. If someone uses injection drugs, what are 3 things that can reduce their risk?

- 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, don't use alone, use fresh bottled water, use diluted bleach as a last resort.

Final Trivia Question

- Have the youth brainstorm other activities they can do instead of using. (See "Things to Do" Sample Flipchart in the Abstinence Activities Scenarios & Brainstorm Activity.)
- Tape up two pieces of flipchart paper.
- Create a relay race where each team has youth running to the flipchart, writing an activity and running back to the team to tag off until the time runs out. The one with the most answers wins.
- After reading the first flipchart debrief the activity.

Debrief

- Tell youth, **"The more interesting and fun things you have in your life, the easier it will be to cut down on or avoid substance use.¹⁵ When we are choosing activities for ourselves to do, obviously they need to be things that we enjoy or find stimulating that will give us some sort of natural high."** For some people this could be exercise (like riding your bike or going for a run) as it stimulates and releases adrenaline in

¹⁵Benson, T., Carey, K. & Correia, C. (2005) Decreased substance use following increases in alternative behaviours: A preliminary investigation. *Addictive Behaviours*, 30. 19-27.

our bodies that can give us that natural high. For others, instead of smoking weed to relax one could pick another calm activity like listening to music, a bath or T.V. Just remember to do something that will replace using, not make us want to use.