

Drug Trivia Game

Recommended Age: 14+

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**.

Have Ready

- Drug Trivia questions and answers (see below).
- Create Drug Trivia gameboard 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 and 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 a number of points to wager. See "Playing It Safer" questions for an example bonus question.

Sample game board

DRUG TRIVIA			
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 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.ⁱ Since cannabis distorts thinking, if someone is high, they may think they are driving fine even though they are not.

100 What may happen if you have too much caffeine?

- May cause headaches, rapid heartbeat, nausea, feelings of anxiety, nervousness, restlessness, or agitation.

200 How can connecting to culture and ceremony help someone avoid, reduce, or stop using substances?

- Provides healing and time for reflection
- Gives us strength and connects us to ourselves and our ancestors
- Can keep us focused and busy
- Sense of belonging
- Connects us to our communities, Elders, and Medicine People

200 Smoking cannabis can damage the 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. Sometimes, folks will use a water bong, believing it will filter the smoke; however, users tend to take deeper inhalations, leading to increased levels of smoke entering the lungs.ⁱⁱ

300 When can taking prescription medication be risky?

- When it is not your prescription. The dosage might be too high, you might have unknown allergies, the medication might have different effects on different people, etc.

- When taken at a higher dose than prescribed.
- When mixed with another substance.

300 What are four ways to plan a safe way home?

- Travel with people you trust, dress for the weather (and keep the warm clothing on), know the bus schedule, have bus fare, have taxi money, have a DD, have someone you can call for a ride, have a phone with you, have a back-up plan

Drug Effects

100 Name three signs of alcohol overdose.

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

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

- As uppers tend to be addictive, taking a break can help to reduce the likelihood of becoming dependent.
- 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 What influences whether someone will have a good trip or a bad trip when taking a hallucinogen?

- 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 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 drugs 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, help may not know what they took.

Wild Card

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

- Infection with syphilis, hep C, or HIV. Like with needles, blood can pass. This can include the needle, but also any gear used for prepping the substance.

100 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 When and why would you use the recovery position?

- When someone passes out after drinking alcohol or using other substances.
- Use the recovery position so that they don't choke or drown in their vomit. If the person is unresponsive, then you need to call 911.

200 What are three signs someone's substance use is 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 Why do negative comments or judgments about some drugs make it harder for someone to get help?

- If someone feels judged, they are less likely to feel comfortable asking for help.
- They may feel shame and hide what they are doing, which can lead to risks around accessing new supplies (needles, etc.) or overdosing without someone around to call 911.
- They may feel more hurt or isolation.

300 What two substances account for most 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 unsafe.

Playing It Safer

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

- AFM, guidance counsellor, teen clinic, support group (like AA), older or more informed friend/brother/sister/parent, support worker, NNDAP, nursing station, etc.

100 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)

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

- Start with a small amount (know how many mg of THC or CBD 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.
- Store them away from pets and children.

200 Why is eating usually the safest way to take a substance?

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

200 What can you do to help someone who 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, stress to them that their panic will wear off.
- Call an ambulance if their condition worsens.

300 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 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, don't share cooking gear, use diluted bleach as a last resort, safely dispose of the needle

Final Trivia Question

- Have the youth brainstorm other activities they can do instead of using.
- Tape up two pieces of flipchart paper that say, "Other Fun & Safe Things to Do."
- 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 second team's 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.ⁱⁱⁱ 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 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, taking a bath, or watching TV. Just remember to do something that will replace using, not make you want to use.

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- ⁱ Beirness, D. J., & Porath, A. J. (2019). Clearing the smoke on cannabis: Cannabis use and driving - an update. In *Canadian Centre on Substance Use and Addiction* (pp. 1–7). Retrieved from https://www.ccsa.ca/sites/default/files/2019-10/CCSA-Cannabis-Use-Driving-Report-2019-en_1.pdf
- ⁱⁱ NSW Government Health. (n.d.). Water pipe smoking and your health. In *NSW Government Health: Western Sydney Local Health District* (pp. 1–2). Retrieved June 22, 2021, from <https://www.wslhd.health.nsw.gov.au/ArticleDocuments/2450/water-pipe-smoking.pdf.aspx>
- ⁱⁱⁱCorreia, C. J., Benson, T. A., & Carey, K. B. (2005). Decreased substance use following increases in alternative behaviors: A preliminary investigation. *Addictive Behaviors*, 30(1), 19–27.