

## Drug Trivia 101

### Goals

- *Understand substances and their effects.*
- *Learn harm reduction strategies including abstinence.*
- *Identify signs of problematic use and resources.*
- *Explore the connection between substance use and mental health/emotional well-being.*

### Instructions

- Typically, this game takes approximately 20 minutes of class time. Alternatively, as a time-saving measure, read out select questions to the entire group.
- Explain the 4 categories and the 3 levels in each.
- Divide the class into two teams and assign each team a name.
- Read a question and give one team a chance to discuss before they respond. The other team can steal the points or partial points if the first team doesn't answer correctly or completely.
- After each question the facilitator should debrief accordingly.
- Final Jeopardy is an option where both teams write their answer on a piece of paper and the best answer wins the points.
- **Note:** This activity requires the facilitator to take a harm reduction approach [What is harm reduction? on Vimeo](#) and have knowledge of the effects and risks of substances. Check out [Publications | AFM - Addictions Foundation Manitoba](#) or [talktofrank.com](#) for info on substances.

## Drug Trivia Questions

### Drug Effects

#### 100 What are 2 effects of vaping?

- When someone first vapes nicotine they might feel dizzy, headaches, racing heart, cramps, nausea. Once they get used to it, they may feel relaxed, increased ability to concentrate, mild stimulation. (FYI: Vaping seems to be less harmful than smoking tobacco and can help people stop smoking. Research shows that vaping does not cause cancer, however, they aren't risk-free and we don't know their long-term impact.)<sup>1</sup>

#### 200 Give three signs a person has had too much alcohol.

- Can't think properly, hard time staying conscious (blacking out), throwing up, slower heart rate, hard time breathing, slurred speech, etc.

#### 200 Give two examples of when are substances useful.

- Substances are useful in medical facilities, in ceremonies, to treat illnesses and conditions.

**300 What are at least 3 things that can happen if someone drinks too much energy drinks?**

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

**Staying Safer**

**100 When is the recovery position important and what does it do?**

- If a person has been drinking, it prevents them from choking on their own vomit.

**200 How can a person support a friend who is trying to cut back or stop using substances? What are 5 things they can do together?**

- (Anything they say that's supportive, safe and doesn't involve a substance like hanging out with them, doing things they like such as video games or sports, listening to them if they are struggling, encouraging them, providing resources, not using around them and getting them more support.)

**300 What are 5 things a person can do to stay safer if using?**

- Know their surroundings and be in a safe environment, try a small amount, have a sober buddy, let someone know what they are taking, drink water, eat, don't mix substances, have a safe way home, learn about the substance etc.

**Wild Card**

**100 What are 3 ways a person can say no, indirectly if they're not interested in using what their friend is pressuring them to try?**

- (Basically, anything they say such as: I'll be grounded, I'm good for now, I have a game/babysitting tomorrow, I'm trying to quit, I'm driving etc. so I'm OK.)

**200 What are 4 signs that a person may be dependent on a substance?**

- Use even when they don't want to, their substance use is affecting their school work, their substance use is affecting their relationships, use more frequently, think and/or talk about it a lot, stop doing things they love to do.

**300 What is the connection between our emotional wellbeing/mental health and substance use? What does it mean to self-medicate?**

- When people turn to substances to cope with mental health issues/problems, hardship, and negative feelings, it's called self-medicating and this is one of the connections between the two.
- Substance use dependency and mental health problems both run in families. As a result, using substances can also lead some people to develop mental health problems especially if their bio family has a history of mental health issues. Comorbidity means having co-occurring medical problems such as depression or anxiety and being dependent on a substance like weed.

## **Information**

### **100 Cannabis is legal at what age in Manitoba?**

- 19

### **200 Name one website and one in person resource that can give accurate information on substances and why it's important to have accurate information?**

- Talktofrank.com, teentalk.com, afm.ca, mbaddictionhelp.ca and whomever they say in person.
- It helps a person be more informed i.e. have a better understanding of what a substance can do. Also, if they are trying it or someone else is, they'll know what to expect and what might be a sign someone's in trouble (overdosing).

### **300 When are prescription drugs safe and when are they dangerous and why?**

- It's safe when it's your prescription taken in the amount prescribed to you. It's unsafe when it's not yours. It's dangerous because often people don't know what they are taking and what the effects will be.

## **Final Jeopardy Options**

### **What does Naloxone also sold as Narcan do for a person overdosing on opioids?**

- Opioids affect breathing receptors in the brain. Naloxone unblocks the receptors and restores breathing in a few minutes by nasal spray or injection.

### **Fun and Safe Activities<sup>ii</sup>**

- Have the youth brainstorm other activities they can do instead of using.
- As a group on a piece of paper have them write down "Fun & Safe Things to Do" giving them a few minutes to write down as many as possible competing against each other.
- The team with the most answers wins.
- After reading the second team's flipchart, debrief the activity.

### **Fun and Safe Debrief**

- The more interesting and fun things you have in your life, the easier it will be to cut down on or avoid substance use.
- When we are choosing activities for ourselves to do, they need to be things that we find enjoyable.

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<sup>i</sup>Is vaping harmful? | Vaping side effects | Cancer Research UK, accessed April 2023.

<sup>ii</sup>Excerpted from [Teentalk.ca](https://teentalk.ca), accessed April 2023.