

Teacher Discussion Guide

Exploration: Factors Affecting Intoxication

Scenario 1: Morgan, who is petite, drinks two sodas mixed with alcohol on an empty stomach.

- **Answer:** Morgan might feel the effects of the alcohol more quickly and intensely because they have a lower body mass and no food in their stomach to slow absorption.

Scenario 2: Charlie eats a big meal before having a small glass of beer.

- **Answer:** Eating a big meal before drinking slows down the absorption of alcohol, so Charlie might feel less intoxicated compared to drinking on an empty stomach.

Scenario 3: Sumeet, who has been drinking water all day, arrives at a party and drinks a mixed drink (vodka and cranberry juice) quickly.

- **Answer:** Being well-hydrated can help manage the effects of alcohol slightly, but drinking quickly can still lead to faster intoxication. Hydration helps but doesn't prevent quick intoxication.

Scenario 4: Devin, who smokes cannabis often, shares a cannabis joint with friends at a party.

- **Answer:** Devin's regular smoking might mean they have developed a higher tolerance, so they may not feel as high from sharing a joint compared to someone with a lower tolerance.

Scenario 5: Jamie hasn't eaten all day and has an energy drink before music practice.

- **Answer:** Drinking caffeine on an empty stomach means Jamie will likely feel the effects of the energy drink more strongly and quickly because there is no food to slow down absorption. This could make some people feel nauseated or jittery.

Scenario 6: Kai, who is tall and muscular, sips on a beer slowly over a few hours.

- **Answer:** Kai's slow drinking rate and larger muscle mass means they might not feel as intoxicated as someone who drinks quickly.

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Scenario 7: Riley is very tired and drinks an energy drink.

- **Answer:** Being tired might make Riley feel the effects of the energy drink more intensely, as fatigue can impact how stimulants affect the body.

Scenario 8: Pat, who is feeling stressed about an upcoming test, uses their nicotine vape to try to settle down. Instead, they end up feeling worse.

- **Answer:** Taking substances when stressed can change how your body reacts to them. Stimulants like nicotine can amplify feelings of stress, which can overload the body and lead to anxiety, nervousness, or even panic attacks.

Scenario 9: Kim, who is new to drinking, has two shots of whiskey quickly.

- **Answer:** Since Kim is new to drinking, she might feel the effects of the whiskey more intensely compared to someone with more experience, especially when consumed quickly.

Scenario 10: Sam has been drinking alcohol and then switches to water.

- **Answer:** Switching to water might help Sam feel less intoxicated as it helps to hydrate and dilute alcohol in the system, though the effects of earlier drinking won't disappear immediately.

Scenario 11: Lee and Colin both have a drink with a small amount of alcohol with fruit juice. Who might feel the effects of the alcohol more?



- **Answer:** Colin might feel the effects of the alcohol more due to having a smaller body size, even if the amount of alcohol is small.

Scenario 12: Jordan is taking prescribed painkillers and uses their nicotine vape at a party.

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- **Answer:** The medication might interact with the nicotine, potentially enhancing or reducing its effects or causing unexpected side effects, making Jordan feel worse.

Scenario 13: Tarin, who takes methylphenidate prescribed by their doctor, drinks a lot of alcohol quickly.

- **Answer:** Drinking a large amount of alcohol quickly will likely lead to higher intoxication. Additionally, taking methylphenidate medication can reduce the feeling of intoxication, which may lead Tarin to drink more than they normally would, increasing risk of overdose.

Scenario 14: Dakota goes directly from soccer practice to hang out with their friends, where they drink two beers before eating anything.

- **Answer:** Drinking alcohol after a workout might affect Dakota differently than they expect, and puts them at higher risk for dehydration. They may also feel worse because they are also drinking on an empty stomach.

Scenario 15: Alex feels very relaxed and has a small drink.

- **Answer:** Feeling relaxed might make Alex feel less stressed about drinking, but the effects of the alcohol will still depend on other factors like body mass and rate of consumption.

Scenario 16: Iman is on a painkiller medicine and they vape some cannabis on their lunch break.

- **Answer:** Both the medicine and the cannabis are depressants, which combined could increase the risk of drowsiness, dizziness, and overdose.

Scenario 17: Emily and James share a cannabis vape. Neither of them consumes cannabis often, but Emily feels its effects more.

- **Answer:** Females may be more sensitive to THC, the active ingredient in cannabis, due to the influence of estrogen on cannabinoid receptors. For this reason, Emily may feel the effects more strongly than James.

Scenario 18: Pat, who rarely drinks, has a glass of wine.

- **Answer:** Since Pat rarely drinks, he might feel the effects of the wine more strongly compared to someone who drinks more regularly.

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Scenario 19: Amari is feeling stressed and smokes a cannabis joint.

- **Answer:** Stress can enhance the effects of drugs, making Amari feel more intoxicated or more impacted by the cannabis than if they were relaxed.

Scenario 20: Riley has a big meal and then drinks an alcoholic cocktail.

- **Answer:** Having a big meal can slow the absorption of the cocktail, making Riley feel less intoxicated compared to drinking without eating.

Scenario 21: Sam just went to the gym and then goes to their friends' house and smokes a nicotine vape.

- **Answer:** Exercising increases blood flow through the body, meaning the nicotine may be absorbed and circulate quicker through their body and make Sam feel affected more quickly.

Scenario 22: Lee takes allergy medicine and has a beer.

- **Answer:** The allergy medicine might interact with the beer, potentially increasing its effects or causing side effects, making Lee feel more intoxicated.

Scenario 23: Casey is on sleep medicine and has a small drink.

- **Answer:** Combining sleep medicine with alcohol can make the effects of the drink more intense and cause more impairment.

Scenario 24: Taylor has been drinking alcohol and then switches to a non-alcoholic drink.

- **Answer:** Switching to a non-alcoholic drink can help with hydration and reduce further intoxication, but it doesn't immediately reduce the effects of alcohol already consumed.

Scenario 25: Remy hasn't slept well and uses cannabis.

- **Answer:** Lack of sleep can increase sensitivity to cannabis, making Remy feel more intoxicated or affected by the cannabis more than if they were well-rested.