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Jigsaw Activity: Substance Snapshots

CATEGORY 1: CANNABINOIDS (e.g., Cannabis)

Use the Cannabinoids substance snapshots to help guide your discussions and answer the questions below. You may also need to reference the Substance Use Laws in Canada infographic and other reliable online sources to answer the questions.

Questions:

1. What are the two main cannabinoids and what effects do they have?

2. What is the legal age of cannabis consumption in Canada?

3. List 2 short-term effects of cannabis.

4. List 2 potential long-term effects of cannabis.

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5. What is one way to stay safer when using cannabis?

6. What are the driving under the influence laws for cannabis?

7. List 2 signs of cannabis overdose.

8. What should you do if someone overdoses on cannabis?

9. List 1 interesting fact about cannabis.

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CATEGORY 2: DEPRESSANTS (e.g., Alcohol, Benzodiazepines, Opioids)

Use the Depressants substance snapshots to help guide your discussions and answer the questions below. You may also need to reference the Substance Use Laws in Canada infographic and other reliable online sources to answer the questions.

Questions:

1. How do depressants affect the central nervous system?

2. Name 3 examples of substances that are classified as depressants.

3. List 2 short-term effects of depressants.

4. List 2 potential long-term effects of depressants.

5. List 2 regulated depressants and 2 unregulated depressants.

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6. What is one way to stay safer if using depressants?

7. List 2 signs of overdose.

8. What should you do if someone overdoses on depressants?

9. List one interesting fact about depressants.

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CATEGORY 3: HALLUCINOGENS (e.g., LSD, Psilocybin, PCP)

Use the Hallucinogens substance snapshots to help guide your discussions and answer the questions below. You may also need to reference the Substance Use Laws in Canada infographic and other reliable online sources to answer the questions.

Questions:

1. What are hallucinogens and how do they affect peoples' senses and perception?

2. List 2 types of hallucinogens.

3. List 2 short-term effects of hallucinogens.

4. What are some potential long-term mental health concerns associated with hallucinogen use?

5. What is one way to stay safer when using hallucinogens?

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6. What are some signs of overdose or a “bad trip” with hallucinogens.?

7. What should you do if someone overdoses on hallucinogens?

8. What risks are there regarding the quality and contents of unregulated hallucinogenic substances such as LSD?

9. List one interesting fact about hallucinogens.

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CATEGORY 4: STIMULANTS (e.g., Caffeine, Nicotine, Amphetamines, Cocaine)

Use the Stimulants substance snapshots to help guide your discussions and answer the questions below. You may also need to reference the Substance Use Laws in Canada infographic and other reliable online sources to answer the questions.

Questions:

1. How do stimulants generally affect the central nervous system?

2. Describe 2 short-term physical effects of stimulant use on the body.

3. What are some potential negative effects of stimulants on a person's mood and behaviour?

4. List 2 regulated stimulants and 2 unregulated stimulants.

5. What is one way to stay safer if using stimulants?

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6. List 2 signs of stimulant overdose.

7. What should you do if someone overdoses on stimulants?

8. List one interesting fact about depressants.

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