



Empowering Youth to
DECYDE

Learning Activity 1: Who Am I?

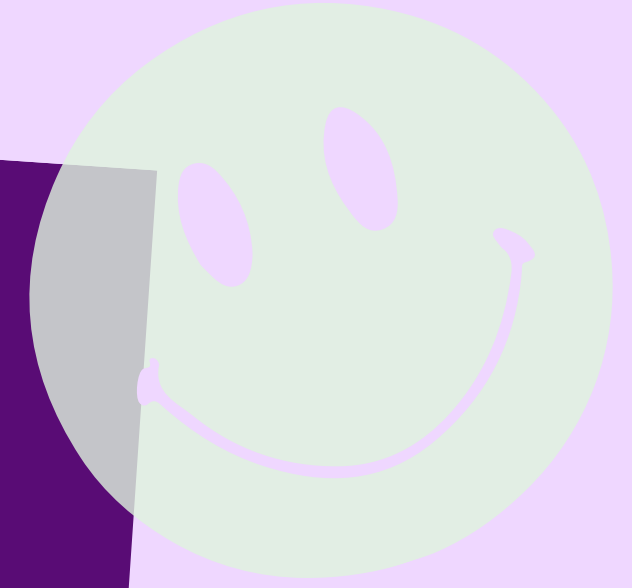


visit us at:
www.DECYDE.ca

Substances

Multiple Choice

Questions



- **Listen to the question**
- **Think about it**
- **Collaborate with your team**
- **Agree on one answer**
- **Display the correct answer: A B C or D**
- **Discuss**



Question 1

I am a colourless liquid that you can drink. I am an intoxicating substance. I am often considered a regulated substance.

A) Antifreeze

C) Ethanol

B) Cleaning Products

D) Moonshine

C) Ethanol

Question 2

My effects depend on who uses me, how I am used, and how much of me is used. I can be inhaled (smoked or vaped) or ingested (eaten). I am sometimes considered a regulated substance.

A) Alcohol

B) Cannabis

C) Cocaine

B) Cannabidiol

Question 3

I am often inhaled. I am considered a stimulant and can increase your heart rate and blood pressure. I can harm a developing brain. I can affect your memory and concentration or focus. The more you use me, the higher the chance you will become addicted to me.

A) Alcohol

C) Cannabis

B) Caffeine

D) Nicotine

C) Nicotine

Question 4

I am a depressant, which can slow down your heart and breathing rate. I may also slow down your brain and your thinking. You may not be able to make safe decisions when you ingest me. I may also cause you to feel very relaxed.

A) Alcohol

B) Cocaine

C) Energy Drinks

D) Psilocybin
(Magic mushrooms)

C) Alcohol

Question 5

I am a method of consuming cannabis where it may take over an hour to feel my effects.

A) Dabbing

C) Smoking

B) Eating

D) Vaping

B) Eating

Question 6

Traditionally, I have been used to treat pain and ailments and aid in spiritual healing. My smoke is believed to purify the body and mind, promoting balance and harmony.

A) Cannabis

B) Cocaine

C) Tobacco

C) Tobacco

Question 7

I am supposed to increase energy, mental awareness, and self-esteem and enhance sensory perceptions such as seeing and hearing. I can cause a strong psychological dependence. Confusion, anxiety, depression, and hypertension are also some side effects.

A) Alcohol

B) Cocaine

C) Cannabis

D) Nicotine

c)

Cocaine

Question 8

I am supposed to help some brains work better and increase attention and awareness. I am a prescription drug for individuals with Attention Deficit Hyperactivity Disorder (ADHD) to help their brains work better. Only a healthcare provider may prescribe me.

A) Cannabis

C) Codeine

B) Fentanyl

D) Methylphenidate

D) Methylphenidate

Question 9

I can cause people to lose concentration and initiative. People's brains and bodies may slow down. I can also cause an increased heart rate and decreased blood pressure. I can be smoked, inhaled, or eaten. Sometimes, I am a regulated substance. Sometimes, I am not.

A) Alcohol

C) Cannabis

B) Cocaine

D) Methylphenidate

B) Cannabidiol

Question 10

For some people, I am popular when celebrating special occasions. I am served at many functions for relaxation, socialization and celebration. I am also used during religious rituals and celebrations of holidays.



A) Alcohol

B) Cannabis

C) Nicotine

C) Alcohol


Question 11

I am a drug often known for causing heart arrhythmias or irregular heart rate.



A) Alcohol

B) Cocaine



C) Cannabis

D) Nicotine

c)

Cocaine

Question 12

I may be very sweet and can contain a lot of alcohol. In fact, I can contain enough alcohol to severely intoxicate a person. My effects may not be felt right away, Therefore, overconsumption is a risk.

A) Beer

B) Energy Drinks

C) Coolers

c) Coolers

Question 13

I can be an effective medication when used as prescribed for pain. However, I can also create feelings of euphoria. I can also cause a substance use disorder where people cannot stop using me despite harmful consequences. I have powerful effects that can cause an addiction.

A) Cocaine

B) Crystal Meth

C) Opioids

c) Opioids

Question 14

I may be found hidden or laced in other drugs such as cocaine. I am hard to detect. I am toxic and extremely dangerous. My effects are unpredictable since no one knows the purity level or the potency.

A) Codeine

B) Fentanyl

C) Nicotine

B) Fentanyl

Question 15

I contain a chemical substance known as THC. THC affects how your brain and body may respond to me and may cause you to experience a “high” or “intoxication.”

A) Cannabis

C) Fentanyl

B) Nicotine

D) Psilocybin
(Magic mushrooms)

A) Cannabidiol

Question 16

I can cause you to experience hallucinations. Hallucinations can change how you hear, see, feel, smell or taste. They may seem real, but they exist only in your mind.

A) Alcohol

B) Cocaine

C) Psilocybin
(Magic mushrooms)

**C) Psilocybin (Magic
Mushrooms)**

Question 17

I can cause problematic short-term side effects for certain people, such as anxiety, delayed reaction time, nausea, increased heart rate, decreased blood pressure and paranoia. Teens who start using me may experience more long-term effects such as memory and learning problems, than those who don't use me in their teens.

A) Cannabis

B) Energy Drinks

C) Nicotine

A) Cannabidiol

Question 18

I am an example of a cannabis edible product approved in Canada.

A)



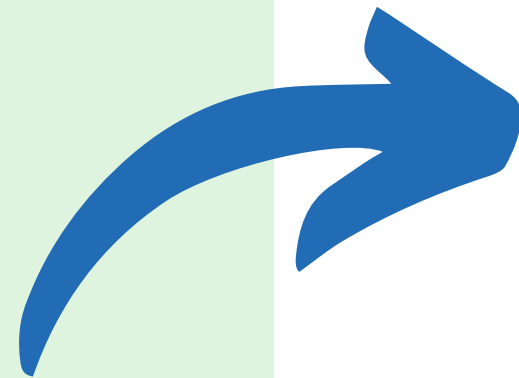
B)



C)



A)



Question 19

I can cause the most harm to a person's lungs when using cannabis.

A) Edibles

C) Smoking

B) Vaping

D) Dabbing

B) Smoking

Question 20

I am found in cannabis, but I do not cause a “high” or intoxication. I can cause drowsiness. It is probably because of me that cannabis is used to relieve pain, nausea and symptoms of other chronic conditions.

A) THC

(Tetrahydrocannabinol)

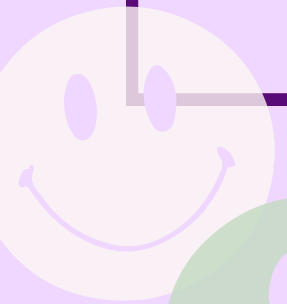
B) CBD

(Cannabidiol)

B) CBD (Cannabidiol)

Question 21

I am often mixed in with cannabis (marijuana) joints and smoked.



A) Cocaine

B) Crystal meth

C) Tobacco

C) Tobacco

Question 22

Children and pets could be in serious danger if they eat me since I can cause poisoning. Pets become very ill and could die. Some symptoms you may see in pets can include drooling, wobbling, vomiting, and inappropriate urination. Children may have severe symptoms and need to go to the hospital. They could lose their coordination, become very sleepy and have trouble breathing. I must be stored properly.

A) Soft drinks

B) Caffeine

C) Cannabis

c) Cannabidiol

Question 23

I am an opioid, also called a narcotic, such as fentanyl, morphine, or codeine. I am prescribed very carefully to individuals for what reason?

A) Anxiety

B) Depression

C) Pain

C) Pain

Question 24

I am an opioid, also known as a narcotic drug. One of my most dangerous side effects is _____.

A) Nausea

B) Sleepiness

**C) Slowed
breathing**

C) Slowed breathing

Question 25

I am a fast-acting drug used to temporarily reverse the effects of an opioid overdose.

A) Cocaine

B) Fentanyl

C) Naloxone

D) Caffeine

C) Naloxone

Question 26

Some people think I am magic, but I am not. If someone uses me, I could affect their awareness and judgment. It is illegal to grow, make, buy or sell me in Canada without a license or special exemption.

A) Cocaine

B) Crystal Meth

C) Psilocybin
(Magic mushrooms)

C) Magic Mushrooms

Question 27

I am considered to be a safe drug. I can also be a life-saving drug in cases of opioid overdoses such as fentanyl. I am available in kits in many places. I am now in most schools in case of emergency.

A) Naloxone

B) Fentanyl

C) Cannabis

A) Naloxone

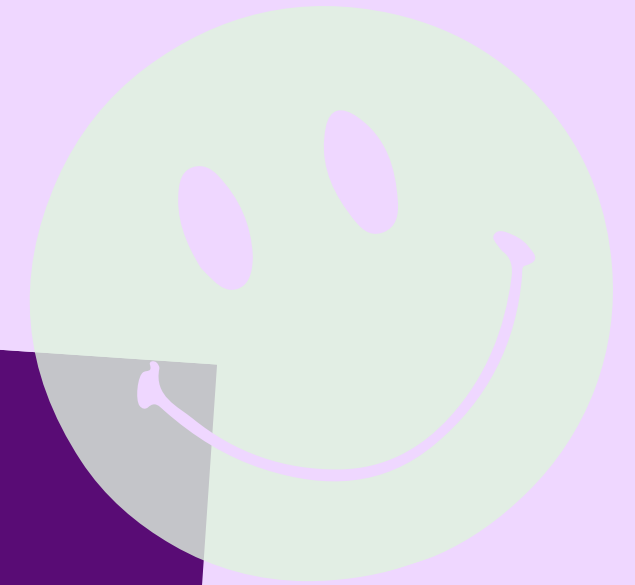
Great Job!!!



“Staying Safer”

Harm Reduction

Strategies



Question 28

I am a harm reduction strategy that suggests starting with a small amount of a substance and waiting to see its effects before using more. I help prevent overdoses and adverse reactions.

A) Carry a naxolone kit

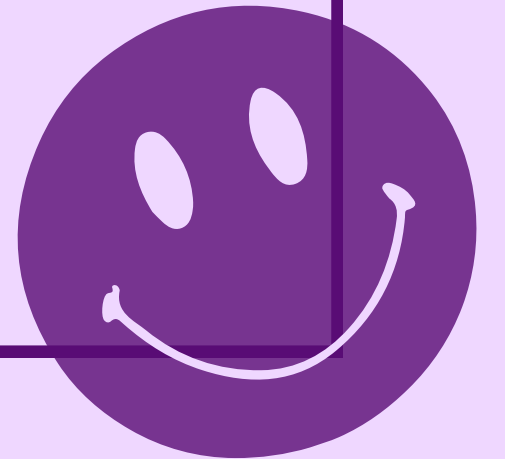
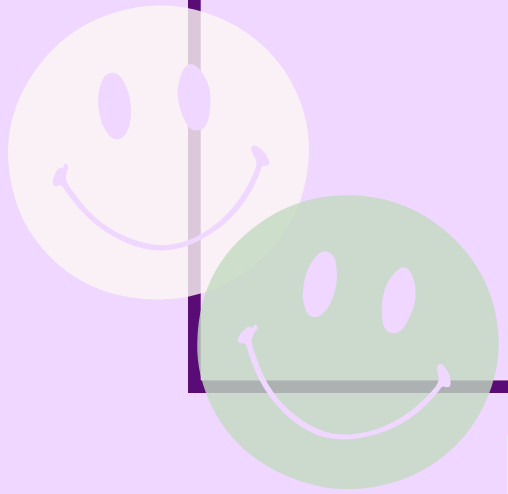
B) Don't use alone

C) Start low, go slow

C) Start low, go slow

Question 29

**I am the practice of avoiding all substance use.
I am the ONLY guaranteed way to prevent any
harm from substance use.**



A) Abstinence

B) Don't use alone

C) Start low, go slow

A) Abstinence

Question 30

I am a harm reduction strategy for those who choose to drink alcohol. This helps to slow the absorption of alcohol.

A) Eat before drinking

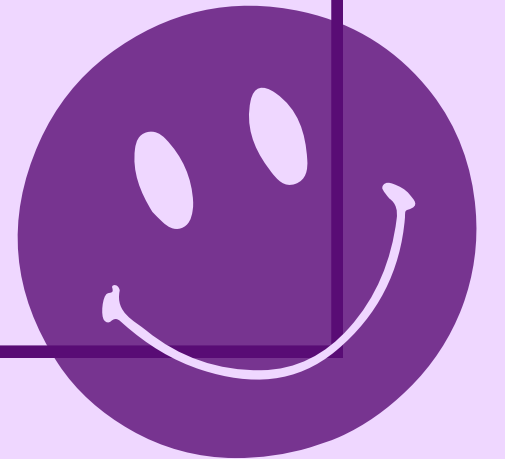
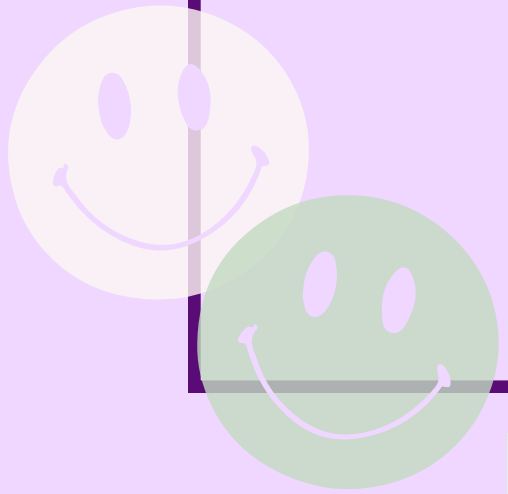
B) Have alcohol-free days

C) Plan a ride home

A) Eat before drinking

Question 31

I am a practice involving using new and clean tools each time. This reduces the risk of disease and infection.



A) Carry a naloxone kit

B) Don't mix substances

C) Use sterile equipment

C) Use sterile equipment

Question 32

I am a law that protects those who assist others in an emergency. I ensure you won't get in trouble for calling for help during a drug-related crisis.

A) Cannabis Act

B) Emergency Act

C) Good Samaritan Act

C) Good Samaritan Act

Question 33

I am a safety measure to ensure you can get help if needed during a night out.

A) Charging your phone

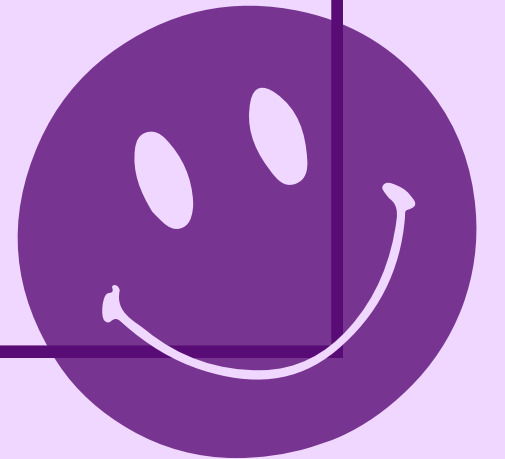
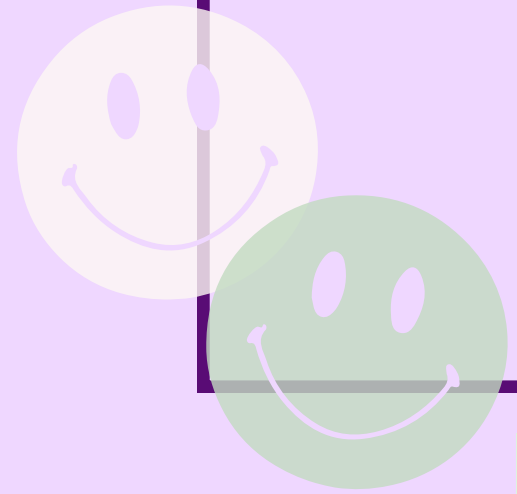
B) Plan a ride home

C) Take a watch

A) Charging your phone

Question 34

I am a harm-reduction strategy to make sure you don't overdo it when using substances.



A) Carry a naloxone kit

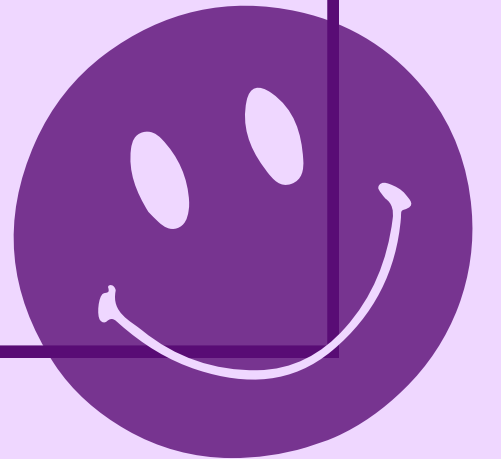
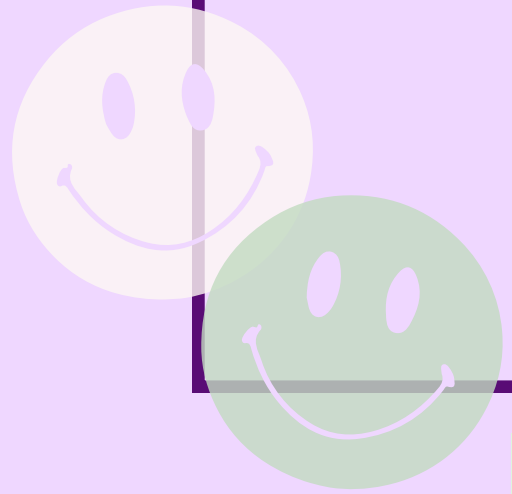
B) Don't use alone

C) Setting drink limits

C) Setting drink limits

Question 35

I am the way to use cannabis that will cause the least harm to your lungs.



A) Eating

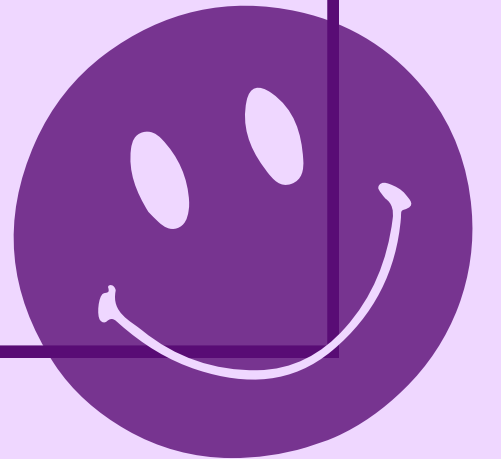
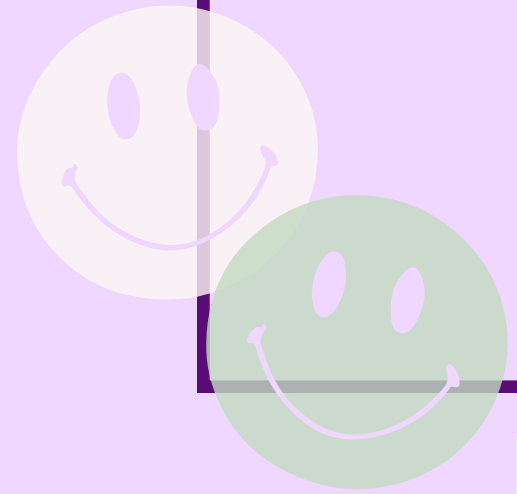
B) Dabbing

C) Smoking

A) Eating

Question 36

I am a method to help you know exactly how much alcohol you are consuming.



A) Asking a friend

B) Drinking liquor undiluted

C) Drinking pre-mixed canned drinks

**C) Drinking pre-mixed
canned drinks**

Question 37

I am a way to help ensure your safety when consuming alcohol. By doing this, you can prevent someone from tampering with your drink.

A) Choosing low-percentage alcoholic beverages

B) Start low and go slow

C) Watching your drink and pouring your own drinks

**C) Watching your
drink and pouring
your own drinks**

Question 38

I am a way to obtain cannabis. Purchasing this way ensures that the cannabis products are safe, tested, and legal, reducing the risk of harm.

A) Buying in cash

B) Buying from a licensed store

C) Buying from a trusted friend

**B) Buying from a
licensed store**

Question 39

I am a service that provides clean and sterile supplies to individuals who use substances free of charge.

A) First Aid Supply Program

B) Needle Exchange Program

C) Substance Use Education Program

Answer

Question 40

I am a number you can call to get a free naloxone kit.

A) 911

B) 811

C) 411

B) 811

Question 41

I am the number you should call in a life-threatening emergency related to substance use.

A) 911

B) 811

C) 411

A) 911

Great Job!!!

