Teacher Guide

Quiz-Quiz Trade

Each student is given a question card. Students circulate the room and pair up with a classmate. Students quiz each other by reading the question on their cards, then sharing the answer. (Quiz-Quiz). Students then exchange cards. (Trade). At the signal, they move and pair up with a different classmate.

Question 1
Name as many of the "Four C's" of substance use disorder as you can.

- Craving
- Loss of control
- Compulsion to use
- Use despite consequences

Question 2
What are some factors that can influence the development of a substance use disorder?

- Genetics
- Environment
- Social factors
- Psychological factors.

Question 3
What is another commonly used term for substance use disorder?

- Addiction

Question 4
How is substance use a spectrum?

- Substance use varies from person to person and from one point in time to another.

Question 5
Where would taking a prescription as instructed by a doctor fit on the substance use spectrum?

- Beneficial use

Question 6
What is tolerance?

- Tolerance is the need to take increasingly higher doses of a substance over time to obtain the same effect.

Question 7
What is withdrawal?

- Withdrawal refers to symptoms that occur when substance use is decreased or stopped once tolerance has developed.

Question 8
Symptoms like headache, nausea, muscle aches, anxiety, and sleep changes may indicate that a person is experiencing _____.

- Withdrawal

Question 9
Name two symptoms of cocaine addiction.

- Using more cocaine than intended or using for a longer time than intended
- Feeling the need to use cocaine despite recognizing its negative effects
- Spending excessive time seeking, using, or recovering from cocaine use
- Feeling cocaine is the most important thing in their life
- Experiencing a “crash” when they stop using it
- Experiencing intense cravings when not using cocaine

Question 10
What are some mental harms of cocaine addiction?

- Mood swings
- Anxiety
- Hallucinations or psychosis
- Paranoia

Question 11
What are some physical harms of cocaine addiction?

- Respiratory problems
- Sinus problems
- Irregular heartbeat
- Digestive problems
- Heart attack, stroke or seizure

Question 12
After using a substance repeatedly, a person may need to consume larger amounts of the substance to experience the same effect. This is called _____.

- Tolerance

Question 13
What are some symptoms of cocaine withdrawal?

- Exhaustion
- Restless sleep or insomnia
- Hunger
- Irritability
- Depression
- Thoughts of suicide
- Intense cravings for cocaine

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Question 14
Name two symptoms of alcohol use disorder.

- Failing to limit the amount of alcohol consumed
- Failing to cut back on alcohol use despite multiple attempts
- Spending excessive time searching for, drinking, or recovering from alcohol use
- Feeling a strong craving to drink alcohol
- Failing to meet responsibilities at work, home, school, or in social settings
- Using alcohol in situations where it is unsafe, such as at work or when driving
- Continuing to use alcohol even when aware that it is harmful to their health
- Developing a tolerance to alcohol

Question 15
What are some effects of alcohol use disorder?

- Liver disease
- Digestive issues
- Heart problems
- Interactions with medications
- Increased risk of cancer
- Weakened immune system
- Memory loss

Question 16
How can alcohol use disorder affect the brain?

- Alcohol use disorder can cause memory problems.

Question 17
Name three symptoms of alcohol withdrawal.

- Sweating
- Rapid heartbeat
- Shaking
- Insomnia
- Nausea/vomiting
- Hallucinations
- Anxiety
- Seizures

Question 18
Name two symptoms of cannabis use disorder.

- Failing to limit the amount of cannabis consumed
- Failing to cut back on cannabis use despite multiple attempts
- Spending excessive time obtaining or consuming cannabis
- Feeling an intense craving to use cannabis
- Failing to meet responsibilities at work, home, school, or in social settings
- Using cannabis in situations where it is unsafe, such as at work or when driving
- Continuing to use cannabis even when aware that it is harmful to their health
- Developing a tolerance to cannabis (needing more of the substance to feel the desired effect)

Question 19
What are some negative effects of heavy cannabis use?

- Cognitive problems
- Mood changes
- Psychosis

Question 20
How might increased tolerance affect a person's cannabis use?

- A person may use stronger (higher THC) cannabis products or use cannabis more frequently to try to get the desired effect.

Question 21
What are some symptoms of cannabis withdrawal?

- Anxiety
- Irritability
- Trouble sleeping
- Depressed mood
- Loss of appetite
- Headaches
- Stomach pain

Question 22
Describe three signs of nicotine addiction.

- Using more nicotine than you intend to
- Being unable to quit or reduce nicotine use, even if you want to
- Continuing to use nicotine even when aware that it is harming your health
- Continuing to use it even though it causes problems in relationships
- Having intense cravings and urges to use nicotine
- Developing a tolerance to nicotine
- Experiencing withdrawal symptoms when not using

Question 23
How might nicotine affect someone who does not use it regularly?

- It may cause nausea and dizziness

Question 24
Name 3 harms associated with nicotine addiction.

- Lung damage
- Respiratory problems
- Heart disease
- Digestive problems
- Nicotine poisoning

Question 25
Name 3 signs of nicotine withdrawal.

- Fatigue

- Irritability
- Restlessness
- Anxiety
- Insomnia
- Difficulty concentrating

Question 26
Name 2 long-term effects of methamphetamine addiction.

- Hallucinations or psychosis
- Sleep disturbances
- Digestive issues
- Itching and scratching the skin
- Irritability or aggressive behaviours
- Risk of seizure, stroke or heart attack

Question 27
What are some symptoms of methamphetamine withdrawal?

- Intense fatigue
- Stomach pain
- Hunger
- Headaches
- Shortness of breath
- Depression, anxiety, irritability
- Inability to feel pleasure

Question 28
What are 2 signs of ecstasy addiction?

- Use more ecstasy than intended or use for longer periods than intended
- Cannot stop using ecstasy despite multiple attempts
- Spend excessive time seeking, using, or recovering from ecstasy
- Experiencing strong cravings or a powerful urge to use ecstasy
- Fail to meet responsibilities at work, home, school, or in social settings
- Place themselves in risky situations to obtain or use ecstasy
- Continue use even when aware that it is damaging to health

Question 29
Name 2 health problems related to ecstasy addiction.

- Kidney or liver damage
- Heart disease
- Problems with memory and focus
- Depression, anxiety or paranoia
- Extreme fatigue
- Digestive issues
- Weight loss

Question 30
Name 2 symptoms of ecstasy withdrawal.

- Depression, anxiety, irritability
- Intense craving to use ecstasy
- Memory problems
- Trouble focusing
- Sleep disturbances

Question 31
What brain chemical is affected by ecstasy?

- Serotonin

Question 32
Why might someone who regularly uses ecstasy not experience the same "high" they used to?

- They have developed a tolerance to ecstasy.