



Grade 7, Lesson 1:
Substance Use and Smart Choices
Learning Activity 1: Understanding
Substances

True or
false?



Substances

True or False

Questions



- If you think the answer is **TRUE**, raise both hands
- If you think the answer is **FALSE**, raise your left hand
- If you are **not sure**, raise your right hand





True or false?

Vaping is addictive



True

Vaping has nicotine, which can be very
addictive.



True or false?

Drinking alcohol is a good way to reduce stress and anxiety



False

Although many people drink alcohol to reduce stress or anxiety, alcohol is a depressant and can actually make you feel worse.



True or false?

Alcohol can cause brain damage
in teenagers



True

Your brain does not stop developing until age 25, so substances can cause brain damage before then, even though it is legal to drink alcohol at age 19.



True or false?

You can develop health problems from
being around someone who is vaping



True

Others can breathe in the mist or vape which can cause health problems in someone else, much like second-hand smoke from someone who is smoking cigarettes.



True or false?

Tobacco kills more people than any other
drug



True

Cigarette smoking has many long-term health risks, such as cancer, lung disease, or heart disease.



True or false?

Methylphenidate (e.g., Concerta, Ritalin) is a medication commonly prescribed for Attention Deficit Hyperactivity Disorder (ADHD).



True

Methylphenidate (ADHD medication) helps
improve focus and attention and reduce
impulsivity.



True or false?

Methylphenidate (ADHD medication)
is a depressant



False

Methylphenidate is a stimulant.



True or False?

Cigarettes usually have more nicotine
than vapes



False

The e-juice in vapes often has much more nicotine than cigarettes, and can be very addictive.



True or false?

Caffeine is a drug



True

Caffeine, although it is in things like coffee, tea, and energy drinks, is still a drug. People drink caffeine to stay awake and give them more energy, so it acts like a drug.



True or false?

Alcohol is a stimulant



false

Alcohol is a depressant and can make you
feel sleepy.



True or False?

It is legal for teenagers to buy vapes



False

It is illegal to sell any type of nicotine (vapes, cigarettes) to anyone under 18 years old.



True or false?

It is legal for adults to smoke cannabis
and drive an ATV



False

It is illegal for anyone to use cannabis before driving any motorized vehicle, including cars, ATVs, and snowmobiles.



True or false?

Cannabis can increase your appetite



True

Cannabis often increases your appetite so
you want to eat more.



True or false?

All types of alcoholic drinks have the same
amount of alcohol



False

Alcoholic drinks can come in different percentage and different size containers. Those with higher concentration have more alcohol.



True or false?

It takes longer for cannabis edibles to cause
a high than smoking cannabis



True

It takes 30-60 min for edibles to work and lasts longer, whereas smoking starts to work in about 10 minutes and doesn't last as long.



True or false?

It is ok to let my friend take some of my
methylphenidate (ADHD medication)
because she has the same symptoms as me



False

It is illegal to share or sell your prescription medication with other people. Although it may be safe for you, it could cause dangerous effects in other people, such as high blood pressure, and heart arrhythmias (irregular heartbeat). People should be assessed by their own healthcare professional before taking a stimulant.



True or false?

It is legal to purchase cannabis from your friend



False

Legal cannabis can be purchased from a cannabis dispensary. Purchasing it from anyone is not legal and could be laced with other drugs.



True or false?

Cocaine can only be snorted.



False

Cocaine can be snorted, smoked, injected, or ingested orally, though each method has different risks.



True or false?

Meth is short for methylphenidate (ADHD medication)



False

“Meth” usually refers to methamphetamine, not methylphenidate (ADHD medication). They are different drugs, though both are stimulants.



True or false?

Cannabis is considered unique because it can be considered a stimulant, depressant, or hallucinogen



True

Cannabis can act as a stimulant, depressant, or hallucinogen depending on the strain, dose, and individual.