



Grade 7, Lesson 1:
Substance Use and Smart Choices
Learning Activity 3: Overconsumption of
substances

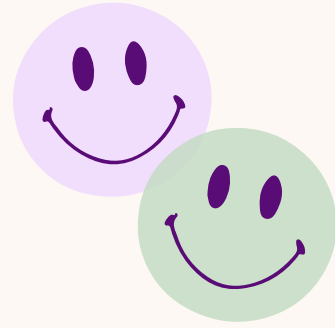
**FACT
OR
FICTION?**

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With your table group

- discuss each statement;
- come to a consensus;
- Stand if the statement is TRUE or Fact;
- Stay seated if the statement is FALSE or Fiction.





True or false

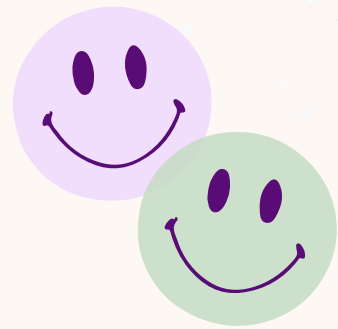
Taking too much methylphenidate (ADHD Medication) can make you very sleepy.





FALSE

**Methylphenidate (ADHD medication) is a stimulant that
can keep you awake.**



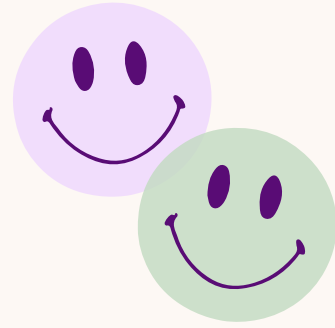
True or false

In Canada, 4 people die from a drunk driving accident every day.





Four people die from a drunk driving accident everyday in Canada, with thousands more injured in alcohol or drug-related accidents.



True or false

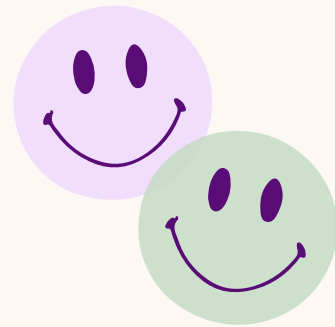
Drinking coffee or taking a cold shower can help sober up someone who has drunk too much alcohol.





FALSE

It is not safe to let someone sleep off alcohol overdose without seeking medical help. Alcohol poisoning can be life-threatening, and immediate medical attention is necessary.



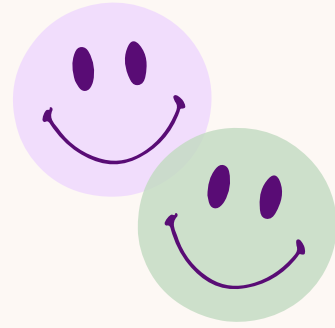
True or false

Taking methylphenidate (ADHD medication) with alcohol can increase the risk of heart problems.





There is an increased risk of heart problems when mixing methylphenidate and alcohol, including elevated heart rate, and heart attack.



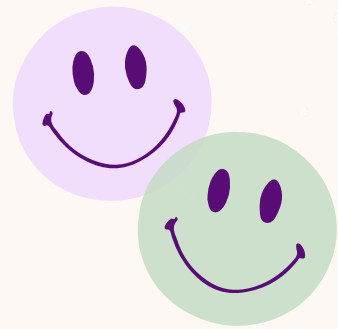
True or false

A person can die if they drink too much alcohol in a short period of time.





Alcohol intoxication can be deadly. For example, a person could vomit and choke after drinking too much alcohol.



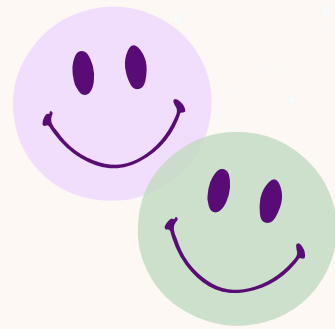
True or false

Consuming too much cannabis can result in acute psychosis.





Frequent use of cannabis can result in temporary symptoms of psychosis, such as hallucinations and delusions.



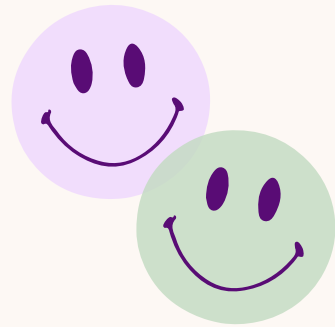
True or false

You can overdose on nicotine by vaping.





Overdosing on nicotine through vaping can cause symptoms such as nausea, vomiting, and dizziness.



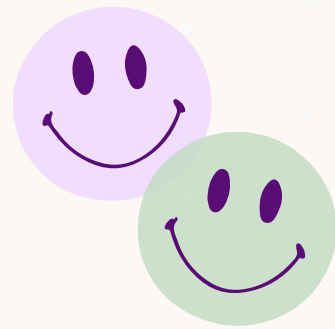
True or False?

Taking too much cannabis can cause severe nausea, vomiting, dizziness, anxiety, or paranoia called “greening out”.





Greening out happens when a person consumes too much cannabis. They can experience physical and psychological symptoms such as dizziness, nausea and vomiting, paleness, loss of mobility, anxiety or paranoia, disorientation, panic attacks, memory loss, and hallucinations.



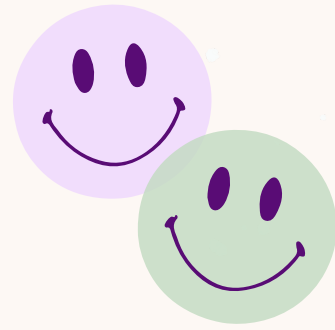
True or False

Methylphenidate overdose is more common among youth who use the medication without a prescription than among those who take it as prescribed for ADHD.





The risks of taking too high a dose of a prescription stimulant include high blood pressure, seizures, psychotic episodes, or overdose.



True or false?

It is safe to let someone sleep off the effects of alcohol after drinking too much.





FALSE

It is not safe to let someone sleep off alcohol overdose without seeking medical help. Alcohol poisoning can be life-threatening, and immediate medical attention is necessary