

Exploration: Match UP!

The A Cards provide the prompt or question, while B Cards provide the corresponding response or explanation. Students are to match the A Cards with the B cards.

A

A substance other than food, which changes the way a person thinks, feels, and acts.

B

Drug

A

A drug that is used to help us feel better. It is used to treat or prevent an illness or condition. It is prescribed by a healthcare provider.

B

Prescription Medication

These medications are used for medical reasons to help an individual feel better and manage health conditions. Individuals must follow strict guidelines and directions when taking prescription drugs. In Canada, prescription drugs are regulated to ensure they are safe and effective. Examples may include antibiotics and pain medications.

A

A drug that is not prescribed by a healthcare provider. People use these drugs to enjoy their effects or make them feel better.

B

Non-medical Drug or Recreational Drug

This can include legal substances such as alcohol, cannabis, caffeine, or nicotine. It can also include unregulated substances such as cocaine, magic mushrooms, or crystal meth. It can also include using prescription drugs that have not been prescribed for that person, such as methylphenidate (Concerta, Biphentin, Ritalin) or opioids (morphine, fentanyl, hydromorphone).

A

Youth are at higher risk for negative health effects associated with cannabis use.

To reduce the negative effect of cannabis use, Canada's Lower-Risk Cannabis Use Guidelines (2017) recommend....

B

...abstaining from or delaying cannabis use, especially for youth.

The negative effects of cannabis can be reduced if use is delayed until adulthood.

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A

A substance that it is prohibited by law to produce, buy, or sell

B**Illegal Drugs**

Illegal drugs are not safe and may have unpredictable effects and damage our organs. They can affect our emotions and the way we feel. Illegal drugs may cause us to engage in risky behaviours and make unsafe choices. Some illicit drugs may even cause overdose and death.

A

A drug that can be used to help someone feel better that can be purchased without a prescription.

B**Over-the-counter (OTC) medication**

These are non-prescription medications that can be purchased at a pharmacy and some convenience stores without a prescription from a healthcare provider. Examples of OTC drugs that help treat minor health concerns may include headache medication, cough syrups, decongestants, or some allergy medications.

A

Substances that are not regulated by the government for quality or safety.

B**Unregulated Substances or Illegal Substances****A**

Drinking too much alcohol on a single occasion is called _____.

B**Binge Drinking**

Drinking too much alcohol on a single occasion may be harmful. Some side effects include impulsive, aggressive, or violent behaviour; poor concentration and judgment; forgetfulness or even loss of memory; drowsiness; double or blurred vision.

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A

Someone has a beer and an hour later smokes cannabis; Someone vapes nicotine and eats a cannabis gummy; Someone consumes alcohol while taking a prescription or over-the-counter medication.

These are examples of _____.

B

Polysubstance Use

Intentionally or unintentionally taking more than one type of drug at the same time or in a short period is known as polysubstance use. The effects of mixing drugs may be stronger and more unpredictable and harmful than taking one drug alone.

The effect of mixing drugs also depends on the drugs.

A

Magic mushrooms (also called psilocybin) are an example of a _____.

B

Hallucinogen

These substances cause changes in perception, mood, and thinking. Hallucinations are changes in how you hear, see, feel, smell or taste. These experiences may seem real, but they exist only in your mind.

A

You are at a party celebrating the last day of school. You notice that your friend has finished 6 coolers and is now drinking vodka from the flask. You might be worried about _____.

B

Overconsumption

Overconsumption is taking a large quantity of a drug that can cause immediate harmful effects. Some coolers contain high alcohol content, which is masked by their sweetened taste, making it easy to overconsume without realizing. Drinking alcohol like vodka straight from a flask has a high percentage of alcohol and can be very dangerous. Overconsumption of alcohol could lead to hospitalization or even death.

A

This substance can cause short-term side effects such as anxiety, delayed reaction time, nausea, increased heart rate, decreased blood pressure and paranoia. Teens who start using this drug may experience more long-term effects, such as memory and learning problems, than those who don't use it in their teens. It can also lead to an addiction to this substance.

B

Cannabis

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A

This depressant can slow your heart and breathing rate, reaction time and coordination. Drinking this substance may cause us to make unsafe decisions.

B**Alcohol****A**

Combining these types of drugs can lead to an overdose that presents as difficulty breathing, chest tightness, very fast or uneven heart rate, confusion, psychosis, and hallucinations. It may also cause a heart attack.

B**Stimulants**

Polysubstance use with multiple stimulants can be very dangerous. Stimulants may include cocaine, methylphenidate, crystal meth, and caffeine.

A

Marcus vapes nicotine despite knowing the harm he may be causing to his health. He knows he is hurting his family and friends but is struggling to stop. Marcus is experiencing a condition known as _____.

B**Addiction or Substance Use Disorder**

Addiction is a condition where a person cannot stop using a substance despite harmful consequences to their health and life.

Addiction is not a choice. Individuals may develop addictions for reasons such as trauma, pain, chronic stress, genetics, or other influential factors in their lives. Addiction is treatable.

A

Samantha goes to a party with her older sister, Rebecca. Rebecca offers Samantha a cooler and warns her not to drink anything else for the evening. Rebecca, on the other hand, drinks a few coolers. Samantha, enjoying the taste of the cooler, asks Rebecca for another. Rebecca refuses and explains that she has a higher _____ because she is used to drinking coolers. Samantha has a lower _____ and must be careful.

B**Tolerance**

Tolerance is the need to take more of a substance to get the same effect because the body has become used to it. It develops over time and depends on factors such as a person's age, weight, physical or mental health, and whether the drug is combined with other substances. Individuals who do not use drugs may have a lower tolerance and may be at greater risk of harm because they might use more of the substance than their body can handle.

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A

Riley is experiencing uncomfortable symptoms such as anxiety, poor sleep and hallucinations. Riley used recreational cannabis regularly for a long time but recently decided to stop. Riley's body became dependent on cannabis, and they are experiencing _____.

B**Withdrawal**

If the body has become used to regular use of a substance and if the dosage is lowered or has stopped, withdrawal may occur. The individual will experience uncomfortable symptoms because they have stopped or reduced taking a substance that their body has become dependent on.

A

Hallucinogens are usually illegal and unregulated. They distort reality and cause paranoia, which can lead to dangerous behaviour. They may contain other drugs or toxins. An example of a substance which is a hallucinogen is:

B**Magic Mushrooms (Psilocybin)****A**

This drug can be lifesaving and can help a person breathe again after they overdose on an opioid.

B**Naloxone**

Leah was with her friends, watching the sunset and having a beer. Shortly before this, Leah had two energy drinks while playing basketball with her little brother. This is an example of _____.

Polysubstance Use

Intentionally or unintentionally taking more than one type of drug at the same time or in a short period is known as polysubstance use. The effects of mixing drugs may be stronger and more unpredictable and harmful than taking one drug alone. The effect of mixing drugs also depends on the drugs.

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A

Anna has vaped nicotine daily for six months. One day, she decides not to vape, and by that evening, Anna has a headache and feels anxious and irritable. This is likely because Anna has developed a _____ on nicotine.

B**Dependence**

Drug dependence (Physical and Psychological) is when a person's body and mind have become so used to a drug over an extended period of time that they feel they need it to function normally.

A

An extremely potent opioid that is hard to detect and may be hidden in other drugs. This substance can cause a person to stop breathing, leading to overdose or death. Administering naloxone can temporarily reverse this drug's effects.

B**Fentanyl or opioid****A**

National media has been sharing tragic stories of individuals who died from overdose as a result of unknowingly taking this dangerous substance. They were not aware that this undetectable substance was in the cocaine they were consuming. What is this undetectable substance?

B**Fentanyl or opioid****A**

When Sandy arrived at the year-end school party, they noticed a younger student, Alya, who appeared to be severely intoxicated, confused, and in a stupor. She was vomiting and barely conscious. Alya's friends were not able to wake her up. Alya was probably experiencing _____.

B**Alcohol Poisoning**

Alcohol poisoning occurs when a person becomes severely intoxicated after consuming too much alcohol. It can lead to permanent brain damage or death. It is important to know the signs and call 911. The signs are CUPS (Cold and sweaty skin; Unconscious; Puking; Slow or irregular breathing and heart rate) Try to check with the person by shaking them gently. Place in the recovery position. Do not leave them.

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A

A substance that contains THC

B

Cannabis

A

Dakota enjoys a cannabis joint as they feel it relaxes them after work. They prefer to mix their weed with tobacco. What is the addictive substance that is found in tobacco?

B

Nicotine

Nicotine is the addictive drug in tobacco. It changes how the brain works and causes an individual to have cravings and want more nicotine.

A

When a person drinks too much alcohol and has “passed out”, you should place them in the recovery position, which is:

- A) On their back
- B) On their side
- C) On their stomach

B

B) On their side

When a person has passed out due to too much alcohol (or other substance), place them on their side; this is called the recovery position. First, check to see if they are breathing by looking, listening, and feeling for breaths. If they are breathing, place them in the recovery position by rolling them onto their side with their upper leg bent and their head supported. This helps keep their airway open and prevents choking if they vomit. If they are not breathing, call 911 and start CPR if you are trained to do so.

A

_____ is the practice of avoiding substance use altogether. This is the **ONLY** guaranteed way to prevent any harm from substance use.

B

Abstinence

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A

A substance that can cause damage to the tissue between your nostrils when snorted.
It can also cause heart arrhythmias.

B**Cocaine****A**

Jimmy's Uncle Robert has been using this substance for a very long time. He often has stomach pain, dry mouth, increased thirst, loss of appetite and is very tired. He is also jaundiced (which is yellowing of the skin). Jimmy noticed that his hands and feet looked very red. What is this substance?

B**Alcohol**

Longtime alcohol consumption can cause liver problems such as cirrhosis. However, not everyone who drinks develops liver problems. There is no set "safe" amount of alcohol to drink that could prevent liver damage. Liver damage varies greatly depending on the individual. A person who has liver damage due to drinking may choose to quit to allow the liver the chance to repair itself.

A

Starting with a small amount of a substance such as alcohol and waiting to see its effects before using more is safer than drinking fast or mixing substances. This helps prevent overdoses, negative side effects and harm. This harm reduction approach is called _____.
Abstinence is still the safest option.

B**Start Low, Go Slow****A**

A "Stay Safer Strategy" or Harm Reduction strategy to make sure that help is available if something goes wrong while using substances.

B**Buddy System**

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A

A "Stay Safer Strategy" or Harm Reduction strategy when obtaining or buying substances. This way, you can tell that products are safe, tested, and legal to reduce the risk of harm.

B

Use Regulated Sources

A

A "Stay Safer Strategy" or Harm Reduction strategy for those who choose to drink alcohol. Eating a full meal before drinking slows down the absorption of alcohol.

B

Eating Before Drinking Alcohol

A

What is the component of cannabis or marijuana that causes the "high?"

B

THC

THC is the component of cannabis that causes the "high." CBD causes a calming effect that does not cause a high.

A

I am a method of consuming cannabis that uses a highly concentrated form of THC.

B

Dabbing

Dabs are cannabis concentrates that can contain dangerous amounts of THC that can range from 60-90%. Dabs are also called hash oil, shatter, or butter. When consuming cannabis, it's safer to use other forms of cannabis, such as dried leaves that have lower concentrations of THC.

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A

A "Stay Safer Strategy" or Harm Reduction strategy to ensure that you don't overconsume.

Overconsumption is taking more of a drug that can cause immediate harmful effects.

B**Setting Drink Limits****A**

A "Stay Safer Strategy" or Harm Reduction strategy to ensure your safety when consuming alcohol. By watching, preparing and measuring your own drinks, you can prevent someone from tampering with your drink. This way, you know what you are consuming.

B**Having a Watchful Eye on Your Own Drinks****A**

If you or someone you care about are struggling with substance use, where could you get help?

B

Kids Help Phone (1-800-668-6868)
Mental Health Helpline
(www.mentalhealthhelpline.ca) or 1-866-531-2600
Caregivers, Teachers, Guidance Counsellor, Doctor

A

When trying cannabis or marijuana for the first time, individuals should choose a product with THC concentrations lower than __%.

B**10%**

Concentrations of more than 10% of THC are considered strong and can cause greater psychoactive effects (or a "high"). It's always better to start with a lower concentration, such as 2.5% or 5%, to see how you respond to the product.

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A

Using a cannabis or marijuana product that only contains this main ingredient will not cause a “high.”

B

CBD

Using a product with only CBD will not cause a “high.” THC is the component that causes a “high.”

A

What does this seal found on cannabis packaging tell us?



B

The **excise stamp** tells you the cannabis product came from a Health Canada license holder. Each province and territory has a different coloured cannabis excise stamp.

A

Is this cannabis product regulated or unregulated? How do you know?



B

This product is unregulated.

You can see that this unregulated product is packaged to look more appealing to youth. This can be very dangerous. It also doesn't have the THC symbol on the product to indicate that it's a Health Canada Regulated product. When using cannabis, always choose a regulated product so that you know the amount of THC or other components in the product.

A

This form of consuming cannabis takes only a few minutes to feel the “high.”

B

Inhalation

When cannabis is inhaled by vaping or smoking, THC goes directly to the lungs, through the bloodstream, and to the brain. You can feel the effects within minutes. The effects may not subside until after 6 hours and some effects could take up to 24 hours to subside. Avoid using cannabis at least 24 hours before school, work, or driving as can impair concentration and reaction time.

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A

Is this product a regulated substance or unregulated substance? How do you know?



B

This product is regulated.

This cannabis edible product is approved in Canada for sale to adults of legal age. All regulated cannabis products in Canada will have the THC symbol on the package. In addition, regulated edible products can only have a total of 10mg per package. This is for safety reasons, as more THC could be harmful.

A

Cocaine may be laced with this drug that can be very dangerous:

- A) Psilocyben
- B) Fentanyl
- C) Nicotine

B

B) Fentanyl

Fentanyl is commonly mixed with other drugs. Because it is odourless and tasteless, it is hard to detect. Fentanyl is a very powerful opioid that can stop someone from breathing. Overdoses have occurred where people were not aware that they were consuming fentanyl.

A

When cannabis or marijuana is ingested by eating or drinking, it usually takes this long for someone to feel the “high”...

B

Over an hour

When cannabis is ingested in the form of edibles, THC travels to the stomach, the liver, the bloodstream, and then the brain. This process can take over an hour. Because of this, the “high” can seem more intense. If too many edibles are taken in a short period, it can cause cannabis poisoning called “greening out.”

A

This is a prescription medication that is used to treat attention-deficit hyperactivity disorder (ADHD).

B

Methylphenidate (Concerta, Ritalin, or Biphentin)

These medications are stimulants that, when prescribed for ADHD, can help a person concentrate. However, if they are taken by someone without a prescription they can make it harder to concentrate and make it difficult to sleep.

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A

This is a colourless liquid that you can drink. It is an intoxicating substance. It is also a regulated substance.

B**Ethanol or Alcohol**

Ethanol is the type of alcohol that is contained in alcoholic drinks. Regulated alcohol, such as beer, wine, and coolers, can be purchased in liquor stores. Regulated drugs are substances that are controlled and monitored by the government to ensure they are used safely, legally, and appropriately.

A

Contaminants or _____ found in substances such as cocaine can cause serious side effects and even death. These contaminants, such as fentanyl, can cause someone to stop breathing.

B**Toxic substances**

Fentanyl is an opioid and a toxic substance that is commonly mixed with other drugs. Because it is odourless and tasteless, it is hard to detect. Overdoses have occurred where people were not aware that they were consuming fentanyl. To be safer, use test strips to detect fentanyl, never consume alone, and always have a naloxone kit available in case of emergency.

A

This substance can be used to temporarily reverse the effects of opioids such as fentanyl or morphine.

B**Naloxone**

Naloxone can temporarily reverse the effects of an opioid and help the person breathe. It is safe to use on someone even if you're not sure if they consumed an opioid.

A

This is the chemical found in mushrooms that can cause hallucinations, which are changes in perception, mood, and thinking.

B**Psilocybin (magic mushrooms)**