

Teacher Discussion Guide

Who am I?

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
- B. Cleaning Products
- C. Ethanol**
- D. Moonshine

Explanation: Ethanol is the type of alcohol that is contained in drinking alcohol. Regulated alcohol, such as beer, wine, and coolers, can be purchased in liquor stores. Antifreeze, cleaning products, and moonshine also contain types of alcohol that are not regulated for drinking and can be harmful. Regulated drugs are substances that are controlled and monitored by the government to ensure they are used safely, legally, and appropriately.

Did You Know: There are also other types of alcohol. These are NOT safe! Isopropyl or rubbing alcohol is used in sterilization agents, such as hand sanitizer or cleaning products. Methyl alcohol, methanol or wood alcohol is found in products such as antifreeze and fuel for camping stoves.

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

Explanation: The effects of cannabis or marijuana may vary depending on how it is consumed. The effects can be immediate when inhaled through smoking or vaping, lasting up to 6 hours. Cannabis edibles (eating cannabis) have a delayed effect, but they can cause a very intense psychoactive effect. The effect can also take much longer to wear off (e.g., up to 12 to 24

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hours). It may take over an hour to feel the psychoactive effects (“high”) of cannabis edibles. Cannabis use has risks, especially for youth. Since the brain develops until around the age of 25, teens who use cannabis have a higher risk of learning problems, addiction, and mental health problems later in life.

Did You Know: Unregulated cannabis or marijuana may contain higher levels of THC that can cause cannabis poisoning. Unregulated products may also contain dangerous contaminants. Regulated cannabis products follow the rules for product quality, advertising, packaging, and labelling, so the label indicates exactly what is in the product. People who choose to consume cannabis can reduce their risk by choosing legal cannabis products—that way, you know exactly how much THC and CBD are in the product.

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
- B. Caffeine
- C. Cannabis
- D. Nicotine**

Explanation: Nicotine is a stimulant as it speeds up the messages sent between the brain and the body. When inhaled, it can take 10 seconds for nicotine to reach the brain. Once there, a hormone called dopamine is released. This hormone is related to feelings of pleasure and happiness. Nicotine is also very addictive because of the dopamine release. Smoking nicotine can also cause health problems such as cancer, heart problems, and stroke.

Caffeine is also a stimulant but is not inhaled. Although people can become dependent upon caffeine, it is not as addicting as nicotine. Alcohol and cannabis are depressants that slow down the body and make people more relaxed. It can also lower people’s inhibitions when consuming, which can be dangerous when engaging in risky behaviours.

Did You Know: Vaping nicotine can be very addicting, especially when using high concentrations of e-juice. A cigarette contains about 1 mg of nicotine, so a package of 20 cigarettes contains about 20 mg of nicotine. A bottle of e-juice used in nicotine vapes can

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contain as much as 600 mg of nicotine. This is equivalent to smoking 600 cigarettes, or 30 packages.

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)

Explanation: Alcohol is a depressant. Cocaine and energy drinks are stimulants which speed up messages to your brain. Psilocybin (magic mushrooms) is a hallucinogen which can cause changes in perception, mood, and thinking. A hallucinogen may cause an individual to see, hear, or feel things that are not there. They can cause extreme auditory and visual hallucinations that can cause creativity but also anxiety. These drugs can affect an individual's ability to think and communicate rationally, which may result in dangerous behaviour. This can intensify with higher doses.

Did You Know: Drinking too much alcohol on a single occasion is known as **binge drinking**. This is considered more than 4 drinks per occasion for a female and 5 for a male. Binge drinking may be harmful. Some effects include impulsive, aggressive, or violent behaviour, poor concentration and judgment, forgetfulness or even loss of memory, drowsiness, slowed reaction time, slurred speech, double or blurred vision, nausea and vomiting. Consider staying safer when drinking by using harm-reduction practices, such as drinking slowly, drinking lower concentrations of alcohol, drinking water and eating food before and when using alcohol.

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Caffeine in energy drinks and cocaine are both considered stimulants. However, cocaine is a very powerful stimulant. It can cause extra stress on the heart, which can lead to a heart attack. Some common street names for cocaine include coke, crack, blow, or bump.

Question 5

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

- A. Dabbing
- B. Eating**
- C. Smoking
- D. Vaping

Explanation: It may take up to an hour to feel the effect of edible cannabis, but it can take up to 12 to 24 hours for the effect to wear off. Dabbing (or “dabs”) is when cannabis concentrate is inhaled through a special pipe, which causes a high almost immediately. Vaping and smoking take up to 10 minutes to feel the effect.

Did You Know: Cannabis edibles (eating cannabis) have a delayed effect, but they can cause a very intense psychoactive effect.

Dabbing is a complicated and risky method for vaping high-strength cannabis extracts, which is not recommended for people who are inexperienced with cannabis. The THC in cannabis concentrates that are used for dabbing can be up to 99%, as compared to smoking dried flowers, which is typically 10-25%. Smoking cannabis should be avoided due to the potential harmful effects on the lungs.

Question 6

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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**

Explanation: Tobacco is significant in indigenous cultures and is considered sacred. For centuries, indigenous communities have used tobacco for various purposes, ranging from medicinal and ceremonial to social and recreational.

Did You Know: The legal age to purchase and consume tobacco is 19+ in all provinces/territories except Alberta (18+) and Quebec (21+). Although it may be illegal to consume tobacco before these age limits, it is sometimes acceptable when used safely in certain circumstances.

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. Cannabis
- C. Cocaine**
- D. Nicotine

Explanation: Regular cocaine use can lead to physical and psychological dependence. Sometimes, people will take more of it, thinking it will help them function better. An individual who takes it frequently can also develop tolerance, meaning that they need increased amounts of cocaine to get the same desired effect.

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Did You Know: There could be **toxic substances** or poisonous contaminants found in cocaine, which can cause serious side effects and even death. It comes as a white powder that can be hard to detect. It could also contain contaminants, such as levamisole (animal dewormer), found in cocaine, which can cause serious health side effects. Cocaine may also be laced with opioids such as fentanyl, which can cause someone to stop breathing. Naloxone can be used to reverse the effect of the opioid.

Alcohol, cannabis, and nicotine can also cause psychological dependence. However, alcohol and cannabis tend to cause a depressant effect. Depressants can slow down your heart and breathing rate. They may also slow down your brain and your thinking. Nicotine has stimulant properties, although it is much less powerful of a stimulant than 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
- B. Codeine
- C. Fentanyl
- D. Methylphenidate**

Explanation: Methylphenidate (e.g., Concerta, Ritalin, Biphentin) is a prescription medication that is used for ADHD. Codeine and fentanyl are prescription medications that are used for pain. Cannabis can be used recreationally or for medical reasons.

Did You Know: Using prescription drugs, such as **methylphenidate (e.g., Concerta, Ritalin, Biphentin)** not prescribed to you can lead to addiction and can be just as harmful as **some other drugs**. Unauthorized possession of a prescription medication occurs when an individual

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possesses a prescription drug without a valid prescription. This can include obtaining the medication from friends, family members, or illicit sources.

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
- B. Cannabis**
- C. Cocaine
- D. Methylphenidate

Explanation: Cannabis, or marijuana, is a depressant and can slow down people's brains and bodies. Alcohol is also a depressant but is not smoked or inhaled. Methylphenidate is a stimulant that increases the activity in the body. Cocaine is a very powerful stimulant that is always an unregulated substance.

Did You Know: Regulated cannabis products adhere to rules for product quality, advertising, packaging, and labelling. People who choose to consume cannabis can reduce their risk by choosing legal cannabis products. Unregulated cannabis is not tested for contaminants (e.g., heavy metals, pesticides), and the exact amount of THC in the product may not be the same as indicated on the label.

Question 10

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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

Explanation: Alcohol, such as wine or beer, is often served during social events. Wine is also sometimes used during religious rituals. Cannabis and nicotine are not permitted to be consumed in public spaces.

Did You Know: Not all alcoholic beverages contain the same amount of alcohol. Alcohol is measured by volume as a percentage. The higher the percentage, the greater the volume of alcohol. A beer and a cooler could have 5% pure alcohol, a glass of wine could have 12% pure alcohol, and a 1.5 oz of vodka could have 40% pure alcohol. All of these are considered standard drinks with the same amount of alcohol.

A standard drink means:

	Beer 341 ml (12 oz) of beer 5% alcohol	or		Cooler, cider, ready-to-drink 341 ml (12 oz) of drinks 5% alcohol	or		Wine 142 ml (5 oz) of wine 12% alcohol	or		Spirits (whisky, vodka, gin, etc.) 43 ml (1.5 oz) of spirits 40% alcohol
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To stay safer when drinking:

- Choose lower alcohol percentages (such as a beer or cooler of 4 or 5%) and always dilute distilled alcohol (like vodka or rum).
- Avoid combining with other substances (such as cannabis), as this will increase the intoxicating effects of both substances.
- Always make sure you're prepared when drinking alcohol. Your decision-making ability might be affected, so you might not choose the same things as usual.
- It is important also to remember if not consumed responsibly, this can lead to harmful effects and even an **addiction**.

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Question 11

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

- A. Alcohol
- B. Cannabis
- C. Cocaine**
- D. Nicotine

Explanation: Cocaine is a powerful stimulant. It can put extra stress on the heart, which can cause it to race and beat inconsistently. This can lead to a heart attack and death.

Did You Know: Cocaine and crack are powerful stimulants and highly addictive. The effects on your physical and mental health can be serious and sometimes fatal. Because cocaine is so dangerous, the sale, possession or production of this substance is illegal. Cocaine stresses the heart, creating high blood pressure and a fast or irregular heartbeat. This increases the possibility of a heart attack. Even young and healthy people are at risk, especially if they use cocaine and alcohol together. Cocaine can also cause agitation and make it hard to sleep. Snorting cocaine can damage the tissue between the nose, which can lead to nosebleeds, reduce your sense of smell, and lead to sinus infections.

Question 12

I may be very sweet and can contain a lot of alcohol. 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**

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Explanation: Coolers are single-serve drinks that contain high alcohol content, also known as purified alcoholic beverages. Because of their sweet flavour, we may drink more of them, leading to overconsumption. Some coolers may have alcoholic concentrations of up to 7%. The higher concentrations can cause more severe intoxication.

Did You Know: The alcohol content in a single-serve purified alcoholic beverage could severely intoxicate a youth. Drinking more than one drink quickly may cause overconsumption and acute alcohol poisoning.

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
- D. Opioids**

Explanation: Opioids, or narcotics, are very powerful pain medications. When misused, they can cause an addiction or substance use disorder. Opioid drugs can be addictive because they can create feelings of intense pleasure or euphoria. **Opioid use disorder** is a condition where a person cannot stop using opioid drugs despite harmful consequences.

Did You Know: Cocaine and Crystal Meth are both potent stimulants. They are unregulated and illegal substances and have a high risk of causing harm, such as heart problems, not being able to sleep, and addiction.

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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

Explanation: Fentanyl is an opioid. It 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.

Codeine is another opioid, but it is a milder opioid and is not usually mixed with other drugs.

Did You Know: Fentanyl is a very powerful opioid that can stop someone from breathing.

Touching or inhaling fentanyl can result in overdose. Fentanyl is about 100 times more potent than morphine. It only takes about the size of 4 grains of salt to cause an overdose. Naloxone can be used to temporarily reverse the effect of fentanyl. Fentanyl analogs are synthetic drugs that are chemically similar to fentanyl and can be even more potent. Some fentanyl analogs can be up to 10,000 times stronger than fentanyl. Most fentanyl analogs are sold in the illegal market. You can get test strips to detect if fentanyl or a fentanyl analogue is present in the substance.

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**
- B. Fentanyl
- C. Nicotine
- D. Psilocybin (magic mushroom)

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Explanation: THC (Tetrahydrocannabinol) is the main ingredient in cannabis that causes the psychoactive effects, or the “high.” CBD (cannabidiol) is also a cannabinoid. CBD causes a calming effect that does not cause a high.

Did You Know: THC has some therapeutic effects. However, THC can be harmful, especially when the strength of THC is higher. The amount of THC in cannabis can range from 0% up to 30%. Concentrations of more than 10% THC are considered to be very strong and can cause extreme psychoactive effects, which can be dangerous. To reduce the risk of harm, start with a concentration of less than 10% when initiating cannabis.

CBD is a non-psychoactive compound in cannabis that may help when medically prescribed for conditions such as pain or epilepsy. Using a product with only CBD will not cause a high.

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. Magic mushrooms**

Explanation: Magic mushrooms (also called psilocybin) is a **hallucinogen**. Psilocybin is a chemical found in over 200 species of mushrooms which can cause hallucinations, which are changes in perception, mood, and thinking. Alcohol is a **depressant** which slows down your brain and body. Cocaine is a stimulant which speeds up your brain and body.

Did You Know: The effect of psilocybin is commonly known as going on a “trip.” The type of trip depends on many factors, such as mood, environment, mental illness, and other drugs.

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Combining other substances (such as cannabis and cocaine) with magic mushrooms intensifies the “trip”.

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

Explanation: Cannabis can cause these short and long-term effects. Also known as marijuana, weed, or pot, cannabis can be a **hallucinogen**. A hallucinogen may cause an individual to see, hear, or feel things that are not there. These drugs can affect an individual's ability to think and communicate rationally, which may result in dangerous behavior. Caffeine is a stimulant that can cause increased energy and dependence. Nicotine can be a stimulant and a depressant that causes cravings and addiction.

Did You Know: There are higher risks of severe health problems if you start using cannabis earlier in life. Teens who use cannabis have a higher risk of mental health issues later in life. Using cannabis before the age of 18 increases the risk of developing a cannabis use disorder. It's always best to delay using cannabis to lower the risk of cannabis-related health problems.

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Question 18

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



Answer: A



Explanation: All regulated or legal products in Canada will have the standardized THC symbol on the package. THC is the primary psychoactive substance in cannabis. Packaging must be plain and child-resistant. Regulated or legal edible products can only have a total of 10mg of THC per package. Edible cannabis products can look like regular food and drinks but may contain THC. Cannabis edibles can cause unpredictable effects. There is also a risk of accidental poisoning, especially for children.

Did You Know: Cannabis edibles are appealing to toddlers and children because they resemble typical treats such as candies, chocolates, cookies, or other baked goods. Unregulated products are also packaged so that they look more appealing to youth. Unregulated cannabis edibles may contain higher levels of THC or other unknown intoxicating cannabinoids that can cause cannabis poisoning. Unregulated cannabis edibles may come in non-child-resistant packaging that mimics popular brands of candies, snacks or other food products that appeal to children. Cannabis edibles can also be homemade and may not be labelled.

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Question 19

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

- A. Edibles
- B. Vaping
- C. Smoking**
- D. Dabbing

Explanation: Smoking cannabis causes the most harm to a person's lungs. Non-smoking options like vaping or taking edibles may be better for your lungs but they also pose risks. Edibles are more likely to cause "greening out," which occurs when you take an excessive amount of cannabis. "Greening out" causes unpleasant vomiting and dizziness. Dabbing occurs when a person inhales a highly concentrated form of cannabis, which can cause extreme psychoactive effects.

Did You Know: If you avoid inhaling deeply or holding your breath, you may decrease the amount of toxins absorbed by your lungs and the rest of your body. These toxins cause lung problems. To completely avoid lung problems, use forms other than inhaling, such as edibles.

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)**

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Explanation: CBD is a cannabinoid that does not cause a “high.” THC produces a high or intoxication, and CBD does not. CBD may have medical uses, such as relieving pain, nausea, and symptoms of other chronic conditions. Medical cannabis should be prescribed by a healthcare professional before using for a medical condition.

Did You Know: Chronic use of cannabis may be connected to depression, anxiety, suicidal behaviours and psychosis.

Question 21

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

- A. Cocaine
- B. Crystal meth
- C. Tobacco**

Explanation: Tobacco is often mixed with cannabis leaves rolled in a joint and smoked. This is an example of **polysubstance use**. Tobacco contains nicotine, which is very addictive. When people smoke cannabis with nicotine, they are more likely to develop an addiction to both cannabis and nicotine.

Did You Know: Addiction, or substance use disorder, is a condition where a person cannot stop using the substance despite harmful consequences to their health and life. People can become addicted to several different substances. The earlier in life a person begins consuming a substance, the greater the chance that they will develop a substance use disorder later in life.

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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**

Explanation: Forms of cannabis or marijuana, such as cannabis edibles, could be mistaken for food by children, pets, or inexperienced adults. Edibles can look like candy or be baked in cookies or brownies. Edibles may contain high amounts of cannabis. Toddlers and small children may have a higher risk for poisoning based on their size or weight. It is important to store cannabis away from children and pets.

Caffeine in soft drinks or energy drinks could also be bad for pets but will have a stimulant effect, which will cause energy and difficulty sleeping.

Did You Know: Regulated edible cannabis products in Canada will not be in packages that resemble candy products that will appeal to children. They can also only contain a maximum of 10mg of THC per package (e.g., one edible of 10mg, two edibles of 5mg each). Always keep cannabis out of reach of children and pets.

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

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- B. Depression
- C. Pain**

Explanation: Opioids, or narcotics, are powerful drugs that are prescribed to treat severe pain. You should not use an opioid drug without advice from a healthcare provider.

Did You Know: Opioid drugs can be addictive because they can create feelings of intense pleasure or euphoria. **Opioid use disorder** is a condition where a person cannot stop using opioid drugs despite harmful consequences. Opioids are an effective medication when used as prescribed, but they carry a risk of addiction because of their powerful effects.

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**

Explanation: Opioids can cause sleepiness, nausea, and slowed breathing. However, slowed breathing is the most dangerous, as it could cause someone to stop breathing and die. When used as prescribed, opioids can help people who are experiencing pain. Anyone using opioids is monitored closely by a healthcare professional so that they are used safely.

Did You Know: The signs of opioid overdose include severe sleepiness, slow or shallow breathing, lips and nails turning blue, person unresponsive, gurgling sounds or snoring, cold and clammy skin, and tiny pupils. If this occurs, naloxone can be used to temporarily reverse the effects of opioids.

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Question 25

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

- A. Cocaine
- B. Fentanyl
- C. Naloxone**
- D. Caffeine

Explanation: Naloxone temporarily restores breathing in people who have overdosed on all types of opioids (e.g., fentanyl, codeine, morphine, hydromorphone, Dilaudid, Oxycontin, Oxycodone). It does not affect crystal meth or cocaine unless there is an opioid like fentanyl mixed in with the drug.

Did You Know: Naloxone is safe to use in someone who does not use opioids. Naloxone wears off in 30 to 60 minutes, so it is important to call 911 to seek medical help for the person.

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. Magic mushrooms**

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Explanation: Magic mushrooms (Psilocybin) can cause unwanted experiences such as paranoia, and risk-taking behaviours. They can cause a false sense of self. For example, you may think you are someone you are not or can do something you can't. This can be very dangerous and lead to injury or death.

There is increasing interest in the potential therapeutic uses of magic mushrooms and psilocybin. While clinical trials with psilocybin have shown promising results, at this time, there are no approved therapeutic products containing psilocybin in Canada.

Did You Know: Never eat wild mushrooms unless you are with an expert who is aware of the “safe” mushrooms that can be consumed. Psilocybin is a chemical in over 200 species of mushrooms that can cause hallucinations or could be poisonous. To be safe, do not consume wild 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

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Explanation: When someone overdoses as a result of opioids, naloxone works to reverse the effects. Naloxone is available in an injectable and nasal form. Opioids cause an individual to stop breathing, and naloxone could restore breathing within 2 to 5 minutes. After administering naloxone and the person has begun to breathe, place the person in the recovery position. This will help prevent aspiration if the person accidentally vomits.

Did You Know: There are distribution sites in many communities across Canada. A list of distribution sites in NL where individuals can obtain free naloxone kits:
<https://www.gov.nl.ca/hcs/naloxonekits/>.

Question 28

I am a class of drugs that heroin and fentanyl belong to.

A. Hallucinogens

B. Opioids

C. Stimulants

Explanation: Opioids are a class of drugs that act on opioid receptors in the brain and body. They include prescription medications, such as morphine and oxycodone, as well as illegal or unregulated substances, such as heroin and illegally manufactured fentanyl.

Did You Know: Opioids can reduce pain but may also cause drowsiness and slow breathing. Taking too much can lead to an opioid poisoning, which can be fatal without a quick response.

“Staying Safer”: Harm Reduction Strategies

**The following questions discuss strategies for staying safer when using substances.
Read the prompt and select the multiple-choice option that matches it.**

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Question 29

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.

Answer:

- A) Carry a naloxone kit
- B) Don't use alone
- C) Start Low, Go Slow**

Question 30

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

Answer:

- A) Abstinence**
- B) Don't use alone
- C) Start low, go slow

Question 31

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

Answer:

- A) Eat before drinking**
- B) Have alcohol-free days
- C) Plan a ride home

Question 32

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

Answer:

- A) Carry a naloxone kit
- B) Don't mix substances
- C) **Use sterile equipment**

Question 33

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.

Answer:

- A) Cannabis Act
- B) Emergency Act
- C) **Good Samaritan Act**

Question 34

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

Answer:

- A) **Charging your phone**
- B) Plan a ride home
- C) Take a watch

Question 35

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

Answer:

- A) Carry a naloxone kit
- B) Don't use alone

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C) Setting drink limits

Question 36

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

Answer:

- A) Eating**
- B) Dabbing
- C) Smoking

Question 37

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

Answer:

- A) Asking a friend
- B) Drinking liquor undiluted
- C) Drinking pre-mixed canned drinks**

Question 38

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

Answer:

- A) Choosing low-percentage alcoholic beverages
- B) Start low and go slow**
- C) Watching your drink and pouring your own drinks**

Question 39

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.

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Answer:

- A) Buying in cash
- B) Buying from a licensed store**
- C) Buying from a trusted friend

Question 40

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

Answer:

- A) First Aid Supply Program
- B) Needle Exchange Program**
- C) Substance Use Education Program

Question 41

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

Answer:

- A) 911
- B) 811**
- C) 411

Question 42

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

Answer:

- A) 911**
- B) 811
- C) 411