

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. (Quiz-Quiz). Students then exchange cards. (Trade). At the signal, they move and pair up with a different classmate.

Question 1

What is the safest harm reduction strategy when using any substance?

Question 2

If you decide to drink alcohol, name two “stay safer strategies” that would reduce harm.

Question 3

Your friend is trying cannabis for the first time. What would you suggest to ensure they stay safer?

Question 4

Drinking too much alcohol on a single occasion is known as _____. This can be very harmful. Some effects include impulsive, aggressive behaviour, poor concentration and judgment, forgetfulness or even loss of memory, and slowed reaction time.

Question 5

Alex thinks that taking his younger brother’s ADHD medication will help him concentrate better for an upcoming Math exam. This is not true. Using _____ drugs, such as methylphenidate (e.g., Concerta, Ritalin, Biphentin) not intended for you can lead to addiction and can be very harmful. You should never use a family member’s medication.

Question 6

Alli takes methylphenidate. This drug really helps with her ADHD symptoms, such as allowing her to focus. She doesn’t drink alcohol because she knows that her medication could be less effective. Drinking alcohol with stimulants like methylphenidate can cause alcohol poisoning and heart problems. Mixing alcohol with other substances, such as prescription medication, is an example of _____.

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Question 7

This illegal substance is a stimulant and can cause anxiety, agitation, insomnia and a racing or irregular heartbeat. Long-term use increases the risk of a heart attack.

- A. Psilocybin (magic mushrooms)**
- B. Fentanyl**
- C. Cocaine**

Question 8

Drugs such as cocaine may be laced with opioids such as _____, which can cause someone to stop breathing.

Question 9

_____ cannabis products adhere to rules for product quality, advertising, packaging, and labelling.

Question 10

_____ 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 11

_____ is the main ingredient in cannabis that can cause euphoria or a “high.” Concentrations of more than 10% of this ingredient are considered very strong and can be dangerous. To reduce the risk of harm, start with a concentration of less than 2.5% to 5% when initiating cannabis.

Question 12

This substance 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 this substance may experience more long-term effects, such as memory and learning problems, than those who don’t use it in their teens. What is the substance called?

- A. Cannabis**
- B. Energy Drinks**
- C. Nicotine**

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Question 13

Why are some cannabis edibles appealing to children? Why is this dangerous?

Question 14

This is a regulated substance. The effects depend on who uses it, how it is used, and how much is used. It can be inhaled (smoked or vaped) or ingested (eaten).

- A. Alcohol
- B. Cannabis
- C. Cocaine

Question 15

_____ is a complicated and risky method for vaping high-strength cannabis extracts, which is not recommended for people who are inexperienced with cannabis.

Question 16

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

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

Question 17

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. When inhaled, it can take 10 seconds for me to reach the brain. What am I?

Question 18

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. What am I?

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Question 19

_____ are powerful drugs that are prescribed to treat severe pain. You should not use this drug without a prescription from a healthcare provider.

Question 20

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

Question 21

1. Psilocybin is a dangerous chemical found in over 200 species of mushrooms which can cause hallucinations, which are changes in perception, mood, and thinking. Hallucinations can change how you hear, see, feel, smell or taste. They can also be poisonous. Magic mushrooms (also called psilocybin) are an example of a _____.

Question 22

What “stay safer” strategy would you suggest in this situation? What laws should everyone consider here?

Marty just got his license and is excited to have the family car for the evening. He picks up his friends, Sandy and Taylor, and they go for a ride. Taylor pulls out their cannabis vape for them to share.

Question 23

What “stay safer” strategies would you suggest in this situation?

Sydney got a ride to the field party with Julie. She notices that Julie is vaping cannabis. Julie already had a beer. Sydney wonders how she could get home.

Question 24

What “stay safer” strategies would you suggest in this situation?

Maya’s brother uses cannabis recreationally. Normally, he buys it from his friend, who gives him a deal on the cost.

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Question 25

What “stay safer” strategy is evident in this situation?

Tyller called their sister to pick them up at their friend’s house. She had to refuse because she just had a glass of wine. She had also taken her ADHD medication earlier.

Question 26

What do you know about the *Good Samaritan Law*?

Question 27

What law should be considered in this situation? Can you suggest a “stay safer” or harm reduction strategy in this situation?

Riley is enjoying the weekend at their family cabin. They want to go exploring on their ATVs. They have been drinking beer all afternoon but insist they feel ok to drive the ATV. They plan to avoid the main roads.

Question 28

What law should be considered in this situation? Can you suggest a “stay safer” or harm reduction strategy in this situation?

Rowan and their friends are at a party celebrating a birthday. When it is time to leave, Rowan collects their leftover beer and alcohol to take home. Their friend who is driving them home won’t let them take it in the car.

Question 29

Can you suggest a “stay safer” or harm reduction strategy in this situation?

Jordan and their friends enjoy hanging out in the skateboard park in the evenings. Lately, groups of young adults are also there drinking alcohol and vaping cannabis.

Question 30

What would you say to Tom or Sandy? Why?

Tom is enjoying the sun and relaxing with a few beers at their friend Sandy’s summer cabin on the pond. Everyone is relaxed and enjoying swimming and water activities. Sandy offers the family’s new sea-doo for Tom to try out.