

Teacher Discussion Guide

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.

Alternatively, for a smaller group of students, you can cut the cards and separate into two sets (prompts/questions and answers). Scatter each set separately and have students match each prompt with the correct answer. To add engagement, consider making it a timed challenge or friendly competition.

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

Answer: Avoiding substance use entirely (abstinence) is the best way to avoid harm.

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

Possible answers:

- drink slowly
- Drink plenty of water
- Eat food before and during alcohol consumption
- Have a glass of water or a non-alcoholic beverage between every drink of alcohol
- Choose alcoholic beverages that are lower alcohol (e.g., low-alcohol beer instead of liquor)
- Drink no more than two alcoholic beverages on any one occasion
- Never consume a drink that has been left unattended
- Be mindful of how much alcohol you consume
- Do not mix alcohol with other substances

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

Possible answers:

- Start low and go slow*: choose cannabis products that are low in THC and consume small amounts to start.
- Use cannabis purchased from a regulated source as it is quality controlled for harmful additives. Do not use synthetic cannabis.
- Avoid smoking cannabis, as it can cause respiratory problems and may be linked to cancer. Instead, choose methods like edibles and e-cigarettes that do

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not involve burning cannabis. If you choose to smoke cannabis, do not inhale deeply or hold the smoke in.

- Do not drive for at least 6 hours after inhaling cannabis or for 12-24 hours after eating cannabis.
- Do not mix cannabis with other substances
- Avoid cannabis entirely if you have a family or personal history of psychosis.

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.**

Answer: binge drinking

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.**

Answer: stimulant

6. **Alli takes methylphenidate. This drug 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 _____.**

Answer: polysubstance use or mixing drugs

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

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

Answer: fentanyl

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

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Answer: regulated

- 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.**

Answer: unregulated

- 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.**

Answer: tetrahydrocannabinol (THC)

- 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

- 13. Why are some cannabis edibles appealing to children? Why is this dangerous?**

Answer: Some cannabis edibles are appealing to children as they look like regular gummy candies. This is dangerous as children who consume cannabis edibles may experience cannabis poisoning, which involves a loss of coordination, sleepiness and trouble breathing, and may require hospitalization.

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

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

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

Answer: dabbing

- 16. This method can cause the most harm to a person’s lungs when using cannabis.**

- a. Edibles
- b. Vaping
- c. Smoking**
- d. Dabbing

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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?**

Answer: Nicotine

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?**

Answer: Tobacco

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

Answer: opioids

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

Answer: naloxone

21. **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 _____.**

Answer: hallucinogen

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.

Answer:

Stay-safer strategies: avoid driving for at least 6 hours after inhaling cannabis;
plan a ride if you plan to use cannabis

Laws: Novice drivers are not permitted to have any detectable presence of cannabis in the body. Also, it is illegal to consume cannabis in a vehicle. Cannabis must be kept in its sealed packaging while transported in a car. If it is not in its

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original sealed container, it must not be accessible to anyone in the vehicle. It should be stored in the trunk.

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.

Answer: Call a parent or friend for a ride home. Do not get in a vehicle with a driver who has been using substances.

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.

Answer: Buy cannabis from a regulated source. Unregulated cannabis may contain harmful contaminants or be laced with other substances, increasing the risk to your health.

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.

Answer: Avoid driving under the influence of substances.

26. What do you know about the Good Samaritan Law?

Answer: The Good Samaritan Act protects anyone seeking emergency attention for themselves or someone else during an overdose. This means you cannot be charged for underage possession or simple possession of controlled substances, including violating parole and probation.

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.

Law: It is illegal to drive any motorized vehicle (car, boat, ATV) while under the influence of alcohol.

Stay-safer strategies: avoid driving after consuming alcohol; walk, get a ride, or wait until another day.

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

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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.

Answer:

Law: It is illegal to possess alcohol in an open container where the seal has been broken, in a private vehicle or private boat.

Stay-safer strategy: leave the leftover alcohol behind, dispose of it down the sink, and do not drive with open alcohol in the vehicle

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, Jordan's friends have been vaping and drinking alcohol at the park.

Answer: To stay safer, Jordan and their friends should avoid mixing substances (i.e., alcohol and cannabis) together. They should also avoid skateboarding while using substances, as this could impair their coordination and lead to injury.

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 Tom the family's new sea-doo to try out.

Possible answers:

- It is illegal to drive any motorized vehicle (car, boat, ATV) while under the influence of alcohol.
- Alcohol can worsen coordination and impair judgement, increasing the risk of a motor vehicle accident.