

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

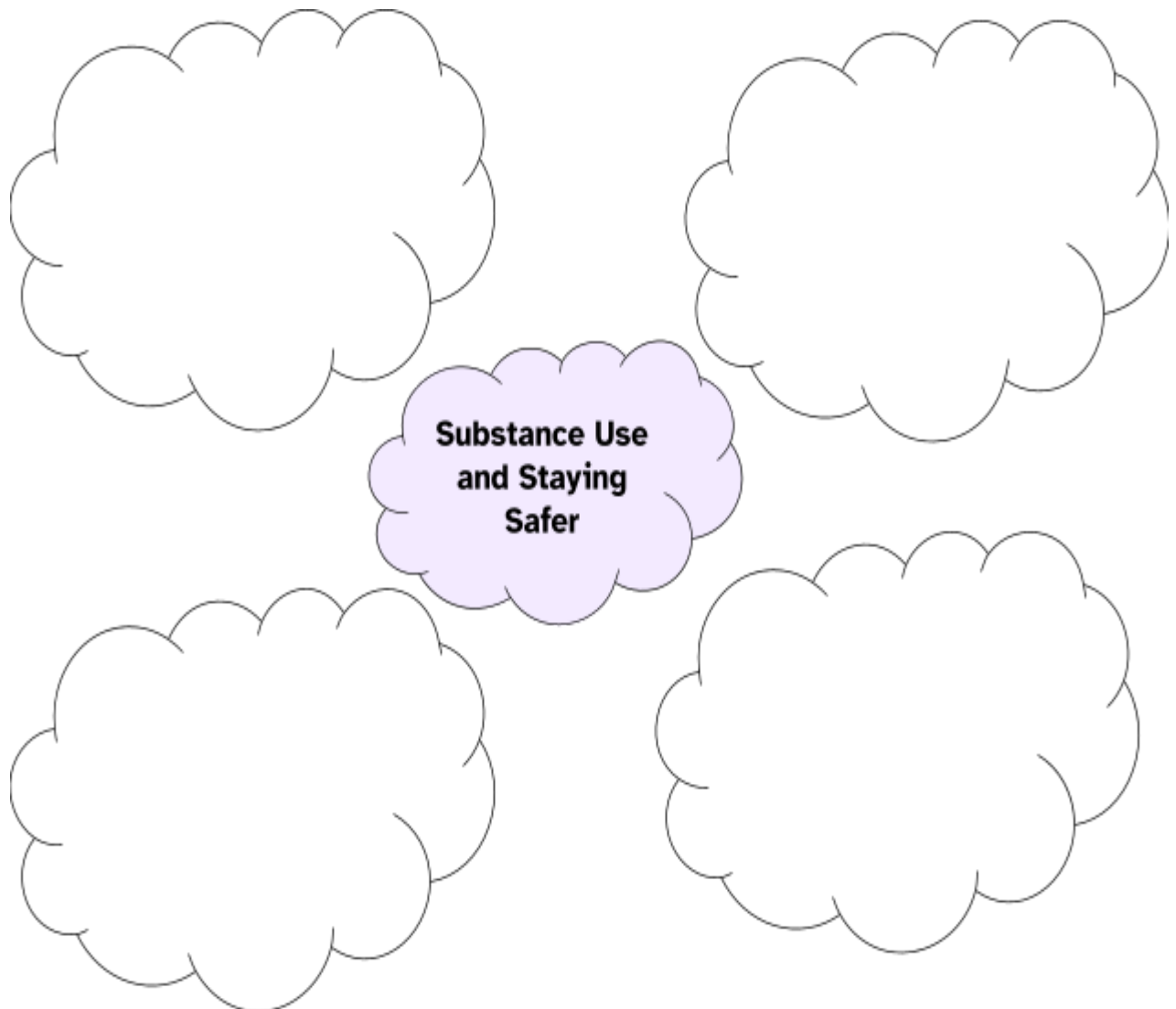
This is the chemical found in mushrooms that can cause hallucinations, which are changes in perception, mood, and thinking.

B**Psilocybin (magic mushrooms)**

Student Name: _____

Sharing and Reflection: Substance Use and Staying Safer

Reflect on your learning about different substances and substance use and identify at least two harm reduction strategies which will help you stay safer. Consider the following substances: alcohol, cannabis, nicotine, cocaine, methylphenidate, psilocybin (magic mushrooms), and opioids (e.g., fentanyl).



Applying Rules & Laws: How Savvy Are You?

Table Rules

Rules, regulations, and laws are put in place to help us avoid harm and conflict and protect and keep us safe. With your group, discuss each scenario and determine the safest decision to make. During your conversations, consider the following:

- Which laws, rules or regulations do you think individuals may consider in each situation? Along with Government laws, consider the rules and regulations for your school, community and family.
- What factors may affect decisions in each scenario?
- Why do you think governments, communities, schools, and organizations believe these laws, rules and regulations are necessary?
- Share your personal views and opinions.

Scenario 1

Morgan lives in Newfoundland and Labrador (NL). They are 18 years old. They want to buy a case of beer at the local corner store.

Morgan's cousin, who is also 18, lives in Alberta. He wants to buy a case of beer and stay home and watch the hockey game with his friends.

Scenario 2

Owen overhears their parents talking about their friend's daughter. She had been at a house party and had unknowingly consumed fentanyl. The daughter's friends called 911, who were able to help her in time. They administered naloxone and were able to save her.

Scenario 3

Max's friends are hanging out playing video games since his family is away for the evening. He takes out a bottle of vodka to share with his friends. Danielle is tempted. However, she had taken medication for a headache earlier. Danielle also drove her dad's car to Max's house.

Scenario 4

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

Applying Rules & Laws: How Savvy Are You?

Scenario 5

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.

Scenario 6

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.

Scenario 7

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

Scenario 8

Spencer's 19th birthday is on Monday which is only two days away. They want to celebrate tonight with their friends. They plan on dropping into the liquor store to pick up the alcohol needed for the special drinks they plan to make.

Scenario 9

Inna has invited her best friends over for the evening. They want to relax in the hot tub and enjoy some cocktails. She asked her parents to pick up some alcohol at the liquor store since none of them were of legal drinking age. Inna and her friends are very responsible and only want to have a drink or two.

Scenario 10

Joey is vacationing in Florida with his family. While they were having dinner at a local restaurant to celebrate his 19th birthday, they decided to order cocktail drinks for everyone.

Applying Rules & Laws: How Savvy Are You?

Scenario 11

Maria is 17 years old and wants to buy e-cigarettes. She knows she is under the legal age, so she asks her 19-year-old sibling to buy them for her, but they refuse.

Scenario 12

Jillian, who is 16, is visiting her pop at the hospital with her dad. She decides to go outside for a smoke.

Scenario 13

Kai is heading to their U15 provincial volleyball tournament. They are getting a ride with a friend's dad, who likes to vape while driving.

Scenario 14

Anna, 17, babysits her neighbour's children, ages 8 and 10, on Saturdays. Sometimes she takes them in her vehicle to go to the park or their swimming lessons. Anna likes to vape nicotine but opts not to when the children are with her.

Scenario 15

Taylor, who is 15, is hanging out in the shed, working on their quad with their friends. They want to vape, but no one has a vape with them. Taylor's 19-year-old brother offers to get a vape for them.

Scenario 16

McKenzie, 14, is visiting their 19-year-old cousin Jillian in Prince Edward Island. Jillian and her friends enjoy walking on the beach and vaping. McKenzie also decides to join them.

Applying Rules & Laws: How Savvy Are You?

Scenario 17

In the evenings, Avery likes to take her younger brother to the soccer field near her school to work on her footwork skills. Lately, she has recognized some Grade 11 students from her school who also hang out there. They are very friendly and just want to hang out there to chat and vape.

Scenario 18

Joe's uncle uses cannabis for medicinal reasons. It helps with pain symptoms. He does not have a prescription. One evening, Joe's uncle offers to drive Joe to his evening hockey game 30 minutes after smoking cannabis. Joe decides to get a ride with his friend's parents rather than his uncle.

Scenario 19

Chloe's mom has medical authorization to use cannabis regularly to help with pain symptoms. She normally takes cannabis edibles. Therefore, she doesn't drive very often.

Scenario 20

Charley got their driver's license when they were 18. They feel confident and competent with their driving since they have been driving for three years. They think it is ok to have a cannabis edible before going to pick up their partner.

Scenario 21

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

Scenario 22

Rebecca and her friends want to park their car overlooking the ocean to watch the sunset. They have a cannabis joint to share watching the sunset from the car.

Applying Rules & Laws: How Savvy Are You?

Scenario 23

Jared is 15 years old. He is invited to a field party. He wants to bring cannabis so he asks his friend, Marcey, who is in grade 12 to buy it for him. She refuses so he asks his older cousin Logan to buy it.

Scenario 24

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

Scenario 25

Maya's brother uses cannabis recreationally. Normally, he buys it from his friend, who gives him a good deal.

Scenario 26

Anna likes to ride her pedal bike. She enjoys the benefits of the exercise. She had spent the evening hanging out with her friend Billy in his shed, chatting over a beer and smoking a couple of joints. When it is time to go home, Billy refuses to let her take her bike.

Scenario 27

Ali started using cannabis at the beginning of the school year. Lately, their friends hang out in the pit near the school at recess time and lunch time where they can vape without being seen.

Scenario 28

Rowan likes to use cannabis edibles. They don't smoke cannabis because of the lasting scent it leaves on their clothes, especially at school. Rowan thinks they can easily pop a gummy at school and not be noticed.

Applying Rules & Laws: How Savvy Are You?

Scenario 29

During the lunch period, Jess went out with their friends. They smoked a joint together. During their afternoon Skilled Trades Class, their teacher asks them to accompany her to the office. Their teacher could smell the weed.

Scenario 30

On the bus ride to school, Kevin could smell weed. He knew that the group sitting behind them was smoking. Kevin noticed that the bus driver was becoming increasingly annoyed. When they arrived at school, the bus driver parked and headed to the main office.

Scenario 31

Tyler 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.

Scenario 32

Mark has been feeling anxious. He wants to take his friend's prescription anxiety medication to see if it will help him feel better.

Scenario 33

Amelia takes ADHD medication to help improve her concentration in school. She has been spending time with Alex, whom she likes a lot. Alex asked her if he could have a few tablets for a friend.

Scenario 34

Kirby's dad has recently had back surgery and was temporarily prescribed an opioid medication to help with pain. Kirby knows that there are many unused tablets still in the medicine cabinet. Kirby also knows that individuals at his school sell these tablets.

Student Name: _____

Sharing and Reflection: Share An Experience

Share an experience that you, a friend, or someone you know may have experienced. These experiences may be similar to or different from those of the individuals you met during the learning activities. Remember that discretion is important, and you must use fictitious names or “Someone I know...” Alternatively, you can create your own imagined scenarios to share with the class.

- Describe the experience.
- What rules, regulations or laws exist to protect individuals should be considered in the situation?
- What other factors may have affected any decisions?
- Are there any ‘stay safer’ or harm reduction strategies that were or could have been considered in this situation?

Student Name: _____

Sharing and Reflection: Staying Safer

Working with a partner, imagine that you are part of a youth community group trying to promote messages about the potential risks of substance use and how to stay safer around substance use. Consider the important messages youth should hear to be better informed when making decisions to use or not use these substances.

- Focus on one or two substances.
- What are the potential harms and consequences of using these substances?
- How can youth stay safer around these substances?

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 _____.

Quiz-Quiz Trade

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**

Quiz-Quiz Trade

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?

Quiz-Quiz Trade

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.

Quiz-Quiz Trade

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.

Student Name: _____

Choices and Influential Factors: Scenario 1

Scenario 1: Quinn and Taylor - Unregulated Cannabis Vape



Quinn, 14, enjoys hanging out with their friend Taylor. Taylor is adventurous and seems to know a lot about different things. One afternoon, while watching videos on social media, Taylor suggested that they hit the dab pen. Taylor tells Quinn that the videos will be funnier and more interesting to watch. Quinn is not used to using a dab pen, so they ask Taylor how much cannabis is in it.

Taylor doesn't know since the dab pen container had no label indicating the strength or potency level, the percent or amount of THC contained in the dab pen. Taylor ordered the dab pen from a random website. This makes Quinn anxious since regulated cannabis would have information about the product on a label or package. Quinn reminds Taylor of an ad they saw indicating that unregulated cannabis could be dangerous. Taylor tells Quinn that they are making a big deal and they worry too much. Quinn wonders if they are overreacting and does not want to disappoint Taylor. However, Quinn doesn't want Taylor to get hurt if they take something unsafe.

Consider the factors that may influence Quinn and Taylor's decisions to use or not use cannabis. Explain how these factors may positively or negatively influence their choices.

MEDIA Consider the influences of social media in this situation.
COMMUNITY How may the community or school influence Quinn or Taylor in this situation? Consider the laws, rules or regulations in school and community around cannabis.

Student Name: _____

FAMILY Consider how family could influence Quinn's or Taylor's decisions to use or not use cannabis.
PEER GROUPS Consider how Quinn and Taylor could influence each other.
KNOWLEDGE AND EXPERIENCES Consider why it is important for Quinn and Taylor to know about cannabis and its effects in order to make safer decisions. Think about the safety considerations of cannabis and the difference between regulated and unregulated cannabis.
SELF-CONCEPT Consider how self-concept may influence Quinn and Taylor.

Student Name: _____

Choices and Influential Factors: Scenario 2

Scenario 2: Morgan and Samira - Polysubstance Use (Alcohol and Methylphenidate)



Morgan and a few of their grade 8 classmates are at a high school party. This is Morgan's first time at a party with much older people, and they feel pressure to drink alcohol since everyone else is doing it. One of Morgan's friends, Samira, brought a bottle of liquor that they took from an older sibling. Samira pours some of the liquor into a cup and offers it to Morgan. Morgan is worried about drinking alcohol since they are taking methylphenidate (Concerta) to help with ADHD symptoms.

Morgan remembers their doctor's warning that mixing their new medication (methylphenidate) with other substances, such as alcohol, may be dangerous. Morgan is worried about drinking when taking the medication but does not want to stand out as the only one not drinking and be excluded from the celebrations.

Consider the factors that may influence Morgan and Samira's decisions to use or not use alcohol. Explain how these factors may positively or negatively influence their choices.

MEDIA

Consider how the media could influence Morgan and Samira in this situation.

COMMUNITY

How may the community or school influence Morgan or Samira in this situation? Consider the laws, rules or regulations in school and community around alcohol.

Student Name: _____

FAMILY Consider how family could influence Morgan or Samira's decision to drink or not drink alcohol.
PEER GROUPS Consider how Morgan, Samira, and the other students at the party could influence one another.
KNOWLEDGE AND EXPERIENCES Consider why it is important for Morgan, Samira, and others to know about alcohol and its effects when making safe decisions. Think about the safety considerations when using alcohol, including the strength of the alcohol and the interactions with other medications.
SELF-CONCEPT Consider how self-concept may influence Morgan and Samira.

Student Name: _____

Choices and Influential Factors: Scenario 3

Scenario 3: Lee and Riley - Unknown substances (Cocaine & Fentanyl)



Lee and Riley are on their way back to class after their lunch break. They stop in the washroom and Riley notices a white powder on the washroom counter. Riley heard a rumour that some of the older students were using cocaine in the school bathrooms. Riley was going to wipe off the powder, but Lee said that it may be dangerous to touch it. Lee remembered hearing on the news that people had died from accidentally taking fentanyl when it was laced with other drugs. Lee's parents also told them that naloxone kits are now in the schools in case a student takes fentanyl and can't breathe. However, Riley dismissed Lee's concerns and insisted that it was safe and they should just wipe it off.

Consider the factors that may influence Lee and Riley's decision about how to handle the unknown substance. Explain how these factors may positively or negatively influence their choices.

MEDIA

Consider how the media could influence Lee and Riley in this situation.

COMMUNITY

How may the community or school influence Lee or Riley in this situation? Consider the laws, rules or regulations in school and community around cocaine and fentanyl.

Student Name: _____

FAMILY Consider how family could influence Lee and Riley's decision about how to handle the unknown substance.
PEER GROUPS Consider how Lee and Riley could influence each other.
KNOWLEDGE AND EXPERIENCES Consider why it is important for Lee and Riley to understand the risks of unknown and toxic substances. Think about the safety considerations when coming in contact with an unknown substance that may contain cocaine or fentanyl.
SELF-CONCEPT Consider how self-concept may influence Lee and Riley.

Student Name: _____

Choices and Influential Factors: Scenario 4

Scenario 4: Charlie and Jamie - Alcohol and Driving



Charlie and Jamie, both in grade 8, are enjoying a long weekend at Charlie's family cabin. Charlie and Jamie are becoming bored watching videos and listening to music. Since Charlie's parents are out visiting their friends next door, Charlie and Jamie decide to each drink a beer. Charlie said their parents' beers have been in the fridge a long time, and they wouldn't notice if a few go missing.

A little later, Charlie and Jamie decide to go to the corner store to pick up some snacks. Charlie wants to drive his ATV to the store. Jamie expresses concern that they'll get in trouble if anyone finds out that they drove the ATV after drinking a beer. Charlie says it's fine because they only had one beer each. Besides, Charlie knows lots of friends who drive their ATVs after a couple of beers, so it must be okay.

Consider the factors that may influence Charlie and Jamie's decisions to drink beer and drive an ATV. Explain how these factors may positively or negatively influence their choices.

MEDIA

Consider the influences of social media in this situation.

COMMUNITY

How may the community or school influence Charlie or Jamie in this situation? Consider the laws, rules or regulations in school and community around alcohol.

Student Name: _____

FAMILY Consider how family could influence Charlie and Jamie's decision to drink or not drink alcohol.
PEER GROUPS Consider how Charlie and Jamie could influence one another.
KNOWLEDGE AND EXPERIENCES Consider why it is important for Charlie and Jamie to know about alcohol and its effects in order to make safer decisions. Think about the safety considerations when drinking alcohol, including driving motorized vehicles.
SELF-CONCEPT Consider how self-concept may influence Charlie and Jamie.

Student Name: _____

Choices and Influential Factors: Scenario 5

Scenario 5: Kit and Brook - Cannabis and Driving



Kit and Brook spent a Friday evening at the arcade hanging out with friends. Brook's older brother, Mark, has agreed to pick them up. Mark just got his licence and loves driving his dad's new car. When Kit and Brook walk up to the car, they immediately notice a distinctive smell. Mark tells them not to worry and that he just smoked some cannabis on the drive over. He said that cannabis is legal now, and it's no different than smoking a cigarette when driving. Kit was surprised by this; she knew that Mark smoked cannabis sometimes, but she did not think he would smoke and drive. Kit is very uncomfortable and does not want to get in the car with someone who has been using cannabis. Brook jumps in the car, but Kit stays on the sidewalk. Mark says he is in a hurry and that if Kit wants a ride, she needs to get in the car now. Kit also doesn't want to see Brook or Mark get hurt and doesn't know what to do.

Consider the factors that may influence Kit, Brook, and Mark's decisions about smoking cannabis and driving. Explain how these factors may positively or negatively influence their choices.

MEDIA

Consider how the media could influence Kit, Brook, and Mark in this situation.

COMMUNITY

How may the community or school influence Kit or Brook in this situation? Consider the laws, rules or regulations in school and community around cannabis.

Student Name: _____

FAMILY Consider how family could influence Kit, Brook, and Mark's decision about using cannabis and driving.
PEER GROUPS Consider how Kit, Brook, and Mark could influence one another.
KNOWLEDGE AND EXPERIENCES Consider why it is important for Kit, Brook, and Mark to know about cannabis and its effects in order to make safer decisions. Think about the safety considerations when using cannabis and driving.
SELF-CONCEPT Consider how self-concept may influence Kit, Brook, and Mark.

Student Name: _____

Choices and Influential Factors: Scenario 6

Scenario 6: Harper and Casey - Alcohol Drinking Challenge



Harper is excited to be hosting a sleepover with a group of their friends. Harper shows the group a video on social media, where people are shotgunning a beer and competing to see who can drink it the fastest. Harper wants to try the challenge and post it on social media but doesn't want to do it by themselves. Harper even brought beer that they got from an older friend. All of the friends are excited to do it, but

one of Harper's friends, Casey, is hesitant. Casey is worried about shotgunning the beer and is afraid that they'll get in trouble with their parents if someone sees it on social media. Harper dismisses Casey's concerns and tells them not to ruin the fun. Once Harper's parents are asleep, Harper takes out the beer and suggests that it is time to do the challenge. Casey does not want to participate, but they feel like they have to, or their friends will make fun of them and will be labelled a "loser" during school on Monday. Casey doesn't know what they should do.

Consider the factors that may influence Harper and Casey's decisions about shotgunning alcohol. Explain how these factors may positively or negatively influence their choices.

MEDIA

Consider the influences of social media in this situation.

COMMUNITY

How may the community or school influence Harper or Casey in this situation? Consider the laws, rules or regulations in school and community around cannabis.

Student Name: _____

FAMILY Consider how family could influence Harper or Casey's decision to participate in the drinking challenge.
PEER GROUPS Consider how Harper and Casey could influence each other.
KNOWLEDGE AND EXPERIENCES Consider why it is important for Harper and Casey to know about alcohol and its effects in order to make safer decisions. Think about the safety concerns when taking part in a drinking challenge.
SELF-CONCEPT Consider how self-concept may influence Harper and Casey.

Student Name: _____

Sharing and Reflection: Share an Experience

Reflex on and describe an experience where you had to make a tough decision. This can be a situation where you made the choice to use or not use drugs or alcohol. This experience need not be substance use related. You may choose to share this experience with others or keep it private.

- Describe the experience
- Why did you make this choice? Indicate the factors and or consequences which may have influenced your decision.
- How did this decision affect you?
- Did the decision work for you?
- Would you make the same choice again?