

Grade 9, Lesson 1: Substance Use and Brain Health Learning Activity 2

True or
False?

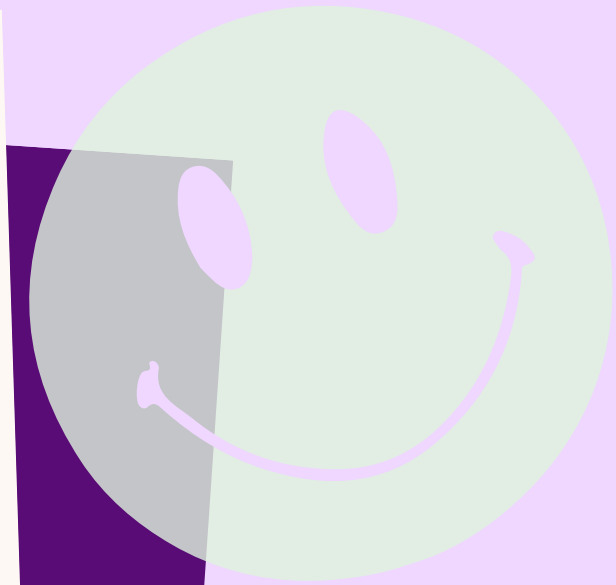
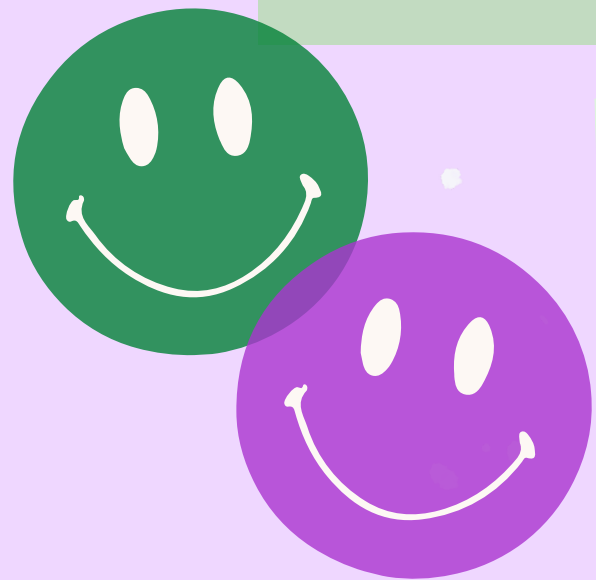
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Substance Use & Brain Health

True or False

Questions



- If you think the answer is **TRUE**, raise both hands
- If you think the answer is **FALSE**, raise your left hand
- If you are **not sure**, raise your right hand



OR

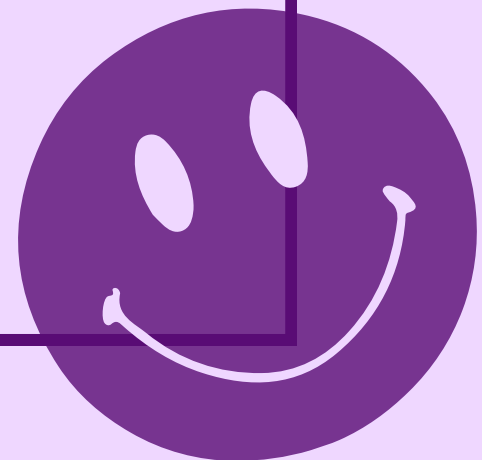




True or false?

Q1

Substance use can be thought of as a spectrum, ranging from non-use or beneficial use to higher-risk use or substance use disorder.



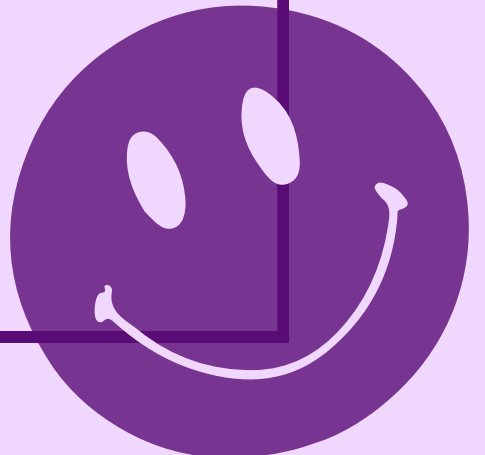




True or false?

Q2

Craving, loss of control, and compulsion to use despite negative consequences are symptoms of substance use disorder.



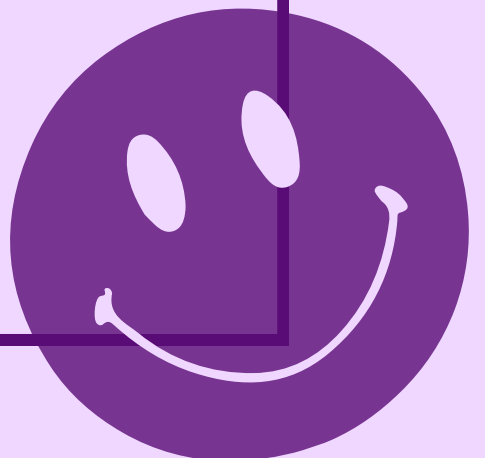




True or false?

Q3

Having a substance use disorder is a choice.





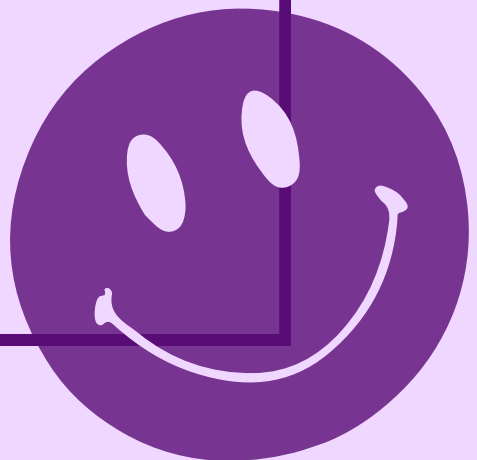
Substance use disorder is a medical condition. It involves changes in the brain and body that make it extremely difficult to stop using substances.



True or False?

Q4

Over time, people with substance use disorder may need to use larger amounts of a substance to experience the desired effect. This is called tolerance.



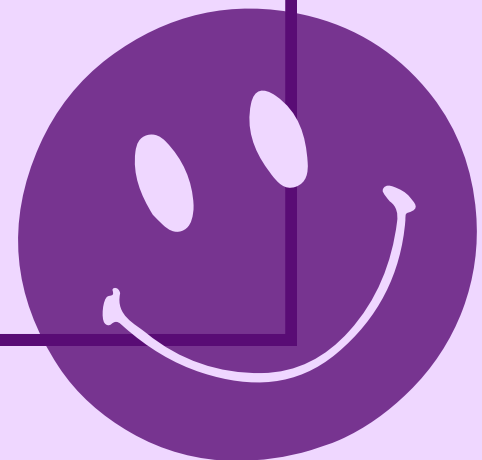




True or false?

Q5

For people with a substance use disorder, stopping substance use suddenly can lead to unwanted side effects. This is known as withdrawal.



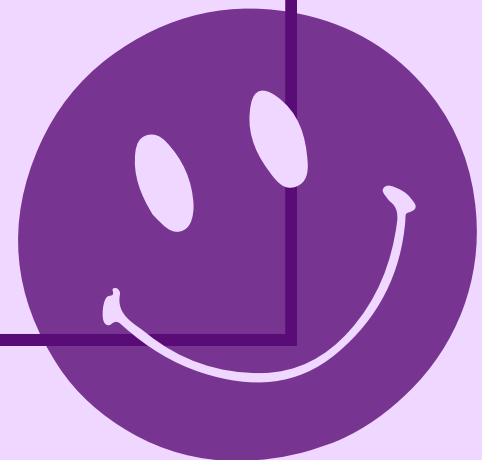




True or false?

Q6

Nicotine is not as addictive as many other substances.





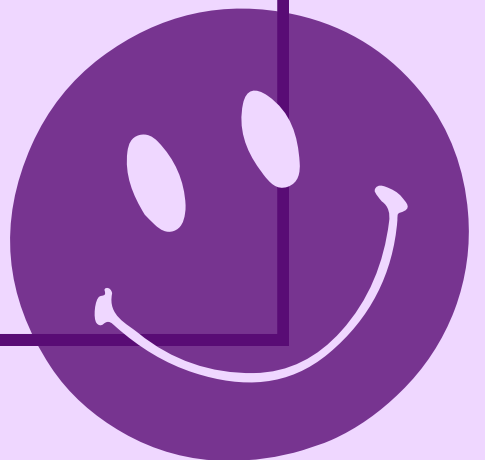
Nicotine is extremely addictive - studies have shown that nicotine can be just as addictive as substances like cocaine or heroin.



True or false?

Q7

Young people are at a higher risk of developing substance use disorders because their brains are still developing.



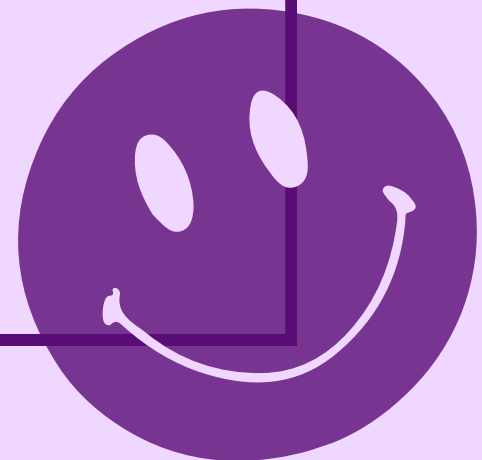




True or false?

Q8

Anyone who uses substances for non-medical reasons has a substance use disorder.





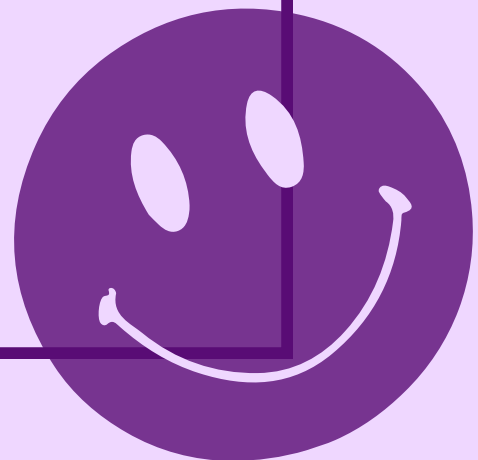
Many people use substances recreationally (for enjoyment or social purposes). Not everyone who uses substances recreationally goes on to develop a substance use disorder.



True or false?

Q9

Substance use disorder is a medical condition that can be treated.



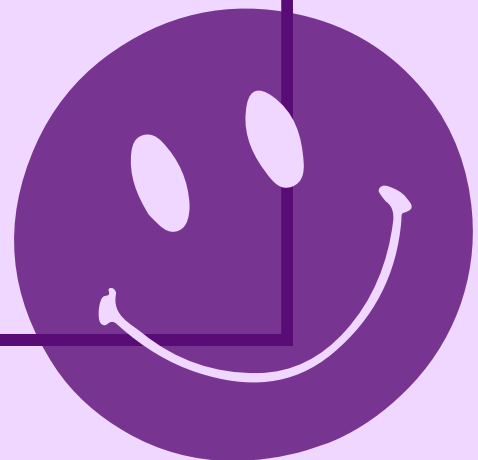




True or false?

Q10

Cannabis is not addictive.





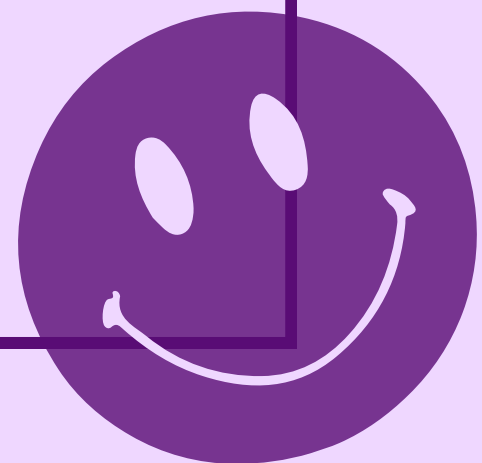
Cannabis can be addictive. The risk of developing cannabis use disorder is higher for people who use cannabis daily or who start using cannabis in their teens.



True or False?

Q11

For people who experience nicotine addiction, certain places, activities or situations may trigger thoughts of using nicotine, leading to intense cravings.



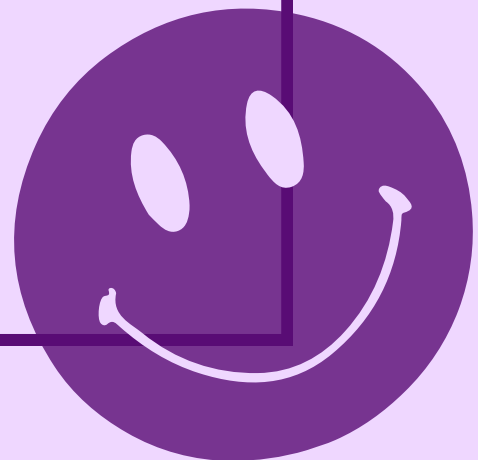




True or false?

Q12

Drinking alcohol is a good way to reduce stress and anxiety.





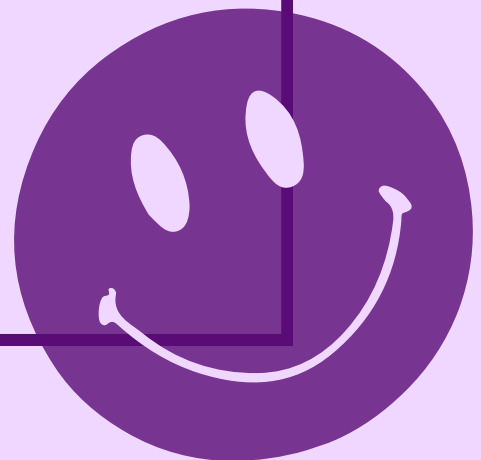
While using alcohol may reduce stress and anxiety temporarily, alcohol use can worsen stress and anxiety long-term.



True or false?

Q13

Drinking alcohol during your teenage years can interfere with healthy brain development.



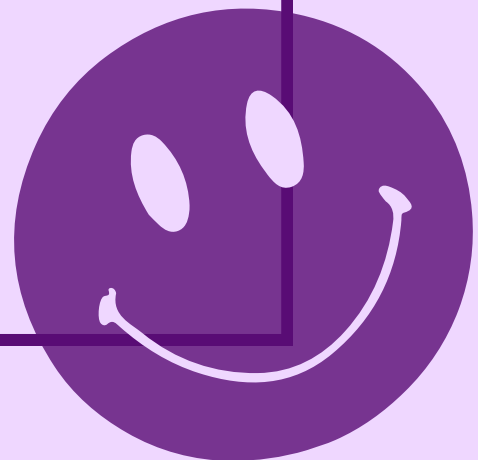




True or false?

Q14

Withdrawal from substances only affects the body.





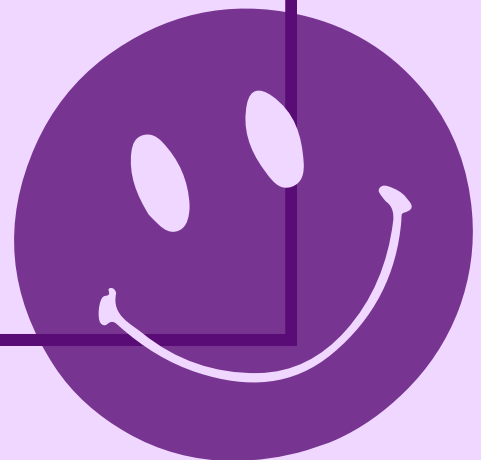
The effects of withdrawal can be both physical (e.g., headaches, nausea, muscle aches) and mental (e.g., anxiety, depression, hallucinations).



True or false?

Q15

Methamphetamine is a stimulant, meaning that it speeds up messages travelling between the brain and body.



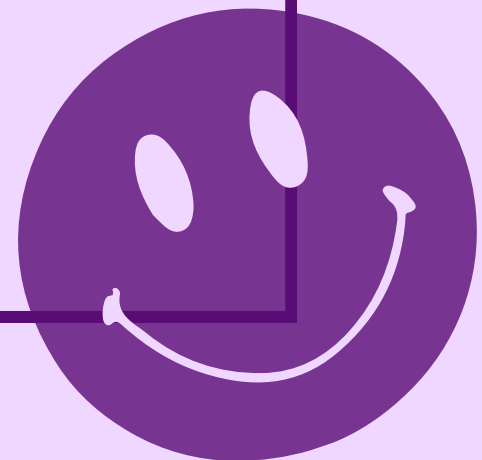




True or false?

Q16

Our brains stop developing at age 20.





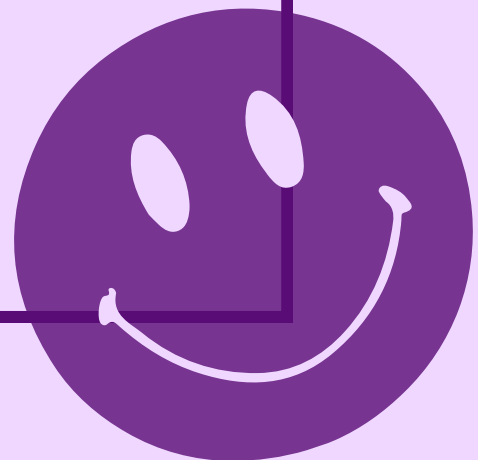
Our brains do not finish developing until age 25.



True or false?

Q17

Other names for MDMA are Molly and Ecstasy.



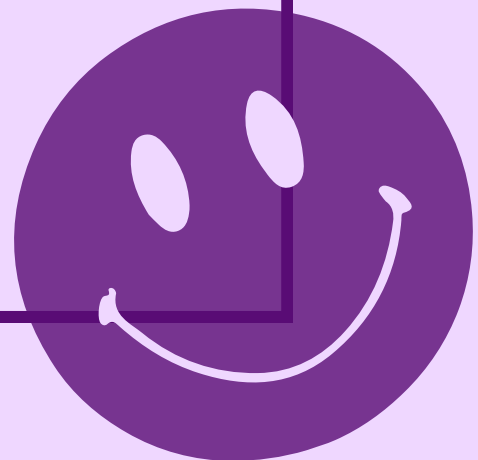




True or false?

Q18

Nicotine pouches are a safe alternative to smoking or vaping nicotine.





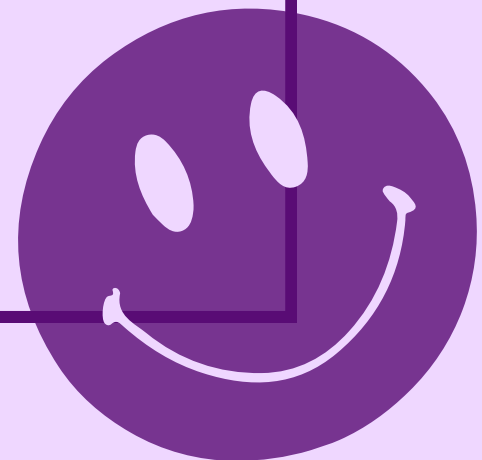
Nicotine pouches can cause heart problems and gum irritation and can interfere with brain development in teens.



True or false?

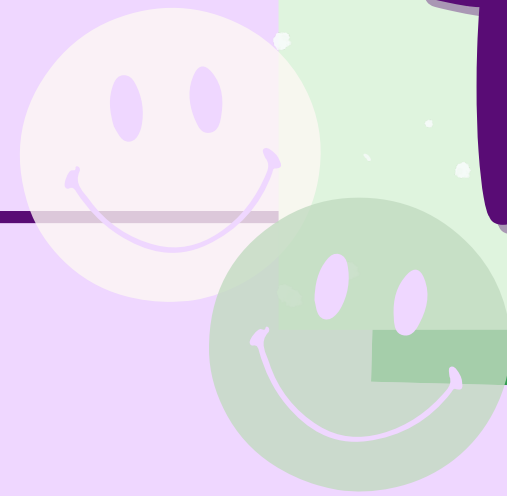
Q19

Cocaine is a depressant.





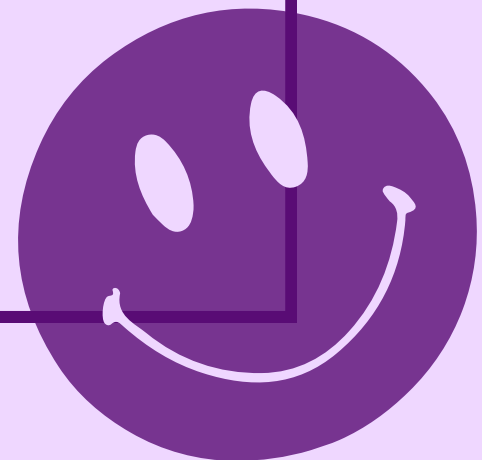
Cocaine is a stimulant, meaning that it speeds up messages travelling between the brain and body.



True or False?

Q20

Ecstasy use affects serotonin, a brain chemical responsible for feeling happiness and pleasure. Repeated ecstasy use can deplete serotonin in the brain and cause mood problems.



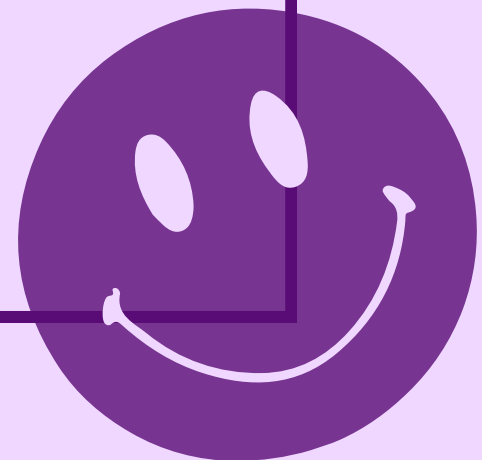




True or false?

Q21

Anyone who uses substances daily has a substance use disorder.





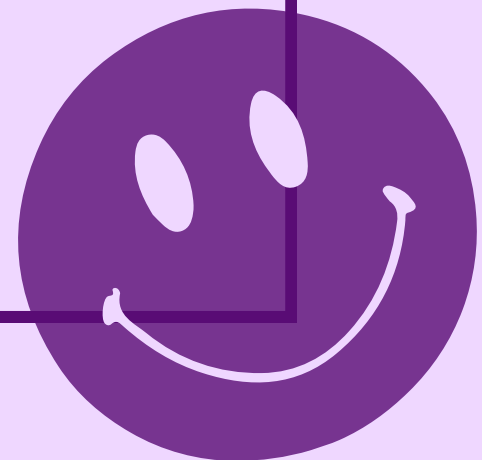
Many people are prescribed medications by their doctors and take these daily. Others use substances like caffeine or over-the-counter medicines daily. Not everyone who uses substances daily has a substance use disorder.



True or false?

Q22

Cannabis use has no long-term effects on brain health.





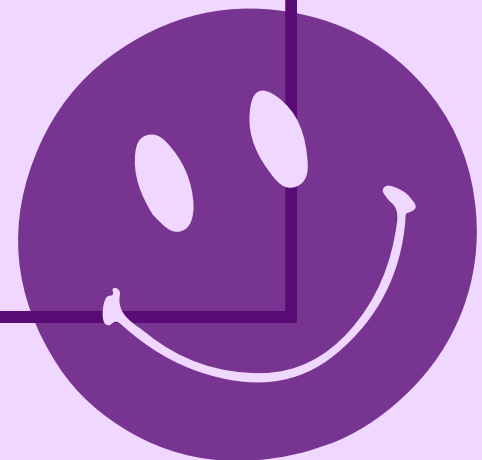
Cannabis use can cause cognitive and memory problems, and mood changes can worsen mental health concerns.



True or false?

Q23

Cocaine use can cause unwanted mental effects such as hallucinations, paranoia and psychosis.



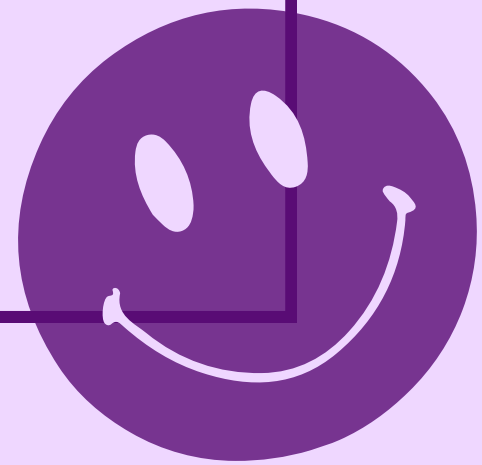




True or false?

Q24

During withdrawal from methamphetamine, people may experience intense depression, anxiety and irritability.



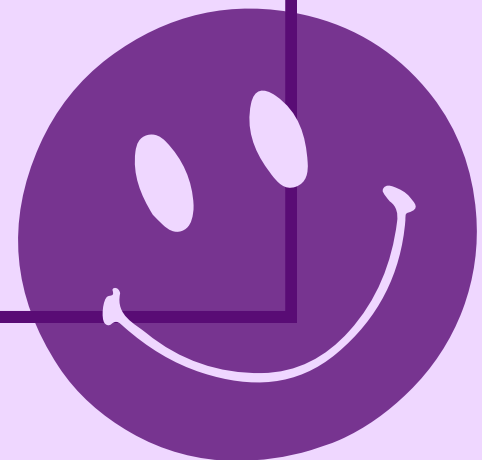




True or false?

Q25

People with a substance use disorder can usually recover on their own.





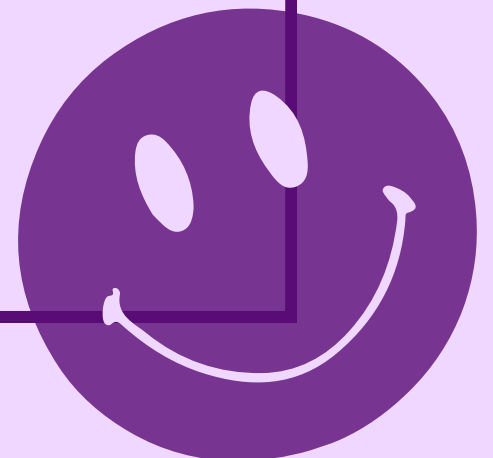
Like many medical conditions, substance use disorder may require medical treatment.



True or false?

Q26

Cannabis is safe for young teens to consume because it is natural.





Just because cannabis is natural doesn't mean it's safe. The teen brain is still developing, and cannabis use can harm memory, learning, and decision-making, increase the risk of mental health issues, and lead to dependence.