



Grade 9, Lesson 1:
Substance Use Spectrum
Learning Activity 3: Lower Risk Use

**TRUE
OR
FALSE?**



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With your table group:



- 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

Drinking a small amount of alcohol can be beneficial to our health.





Drinking even a small amount of alcohol can have negative effects on your health. The safest option for your health is to avoid alcohol entirely.



True or false

Q2

Some people are prescribed cannabis by a healthcare professional.





Cannabis products may be prescribed to treat several concerns including chronic pain and digestive problems. This type of cannabis use can be beneficial to health.

True or false

Q3

You can overdose on nicotine by vaping.



The risk of nicotine overdose can be reduced by limiting the amount of times you vape daily and using vaping products with lower nicotine.



True or false

Q4

Most substances are easily recognizable by their appearance.





Many substances are hard to identify from one another. For example, a white powder could contain any number of substances (e.g., cocaine, methamphetamine, heroin, or fentanyl).

Avoid touching unknown substances as they may be harmful to your health.

True or false

Q5

Cocaine use can lead to serious heart problems.



Cocaine use can lead to an irregular heartbeat and an increased risk of heart disease and heart attack.



True or False

Q6

Health Canada states that both women and men (19 years or older) should limit their alcohol consumption to 3 or fewer standard drinks per day.



FALSE

Health Canada defines low risk drinking as consuming at most 2 standard drinks per week.

1 to 2 standard drinks per week

You will likely avoid alcohol-related consequences for yourself and others.

Low
risk

1



2



Drinking more than 2 standard drinks increases your risk of experiencing health issues.



True or false

Q7

Using substances alone increases your risk.





If you think you might use a substance, have a friend with you in case you need help and plan a safe ride home ahead of time.



True or false

Q8

It is recommended that people refrain from driving for 3 hours after inhaling (smoking or vaping) cannabis.





It is recommended that people refrain from driving for at minimum 6 hours after smoking or vaping cannabis.

There is zero tolerance, meaning no amount of cannabis is allowed to be in your system, for drivers under age 22 and novice drivers.



True or false

Q9

Taking medications as prescribed by a healthcare professional can benefit our health.





It is important that you only take medications that are prescribed to you and take them as instructed by your healthcare provider.



True or false?

Q10

**Consuming too much cannabis can
result in acute psychosis.**





The risk of developing cannabis-induced psychosis is higher for those with a family or personal history of psychosis or schizophrenia.



True or false?

Q11

It is safe to let someone sleep off the effects of alcohol after drinking too much.





Alcohol poisoning can be fatal.

**If someone is showing signs of alcohol poisoning
(vomiting, confusion, unconsciousness, slowed breathing),
call 911 immediately!**

**While waiting for help to arrive, put the person in the
recovery position.**



True or false

Q12

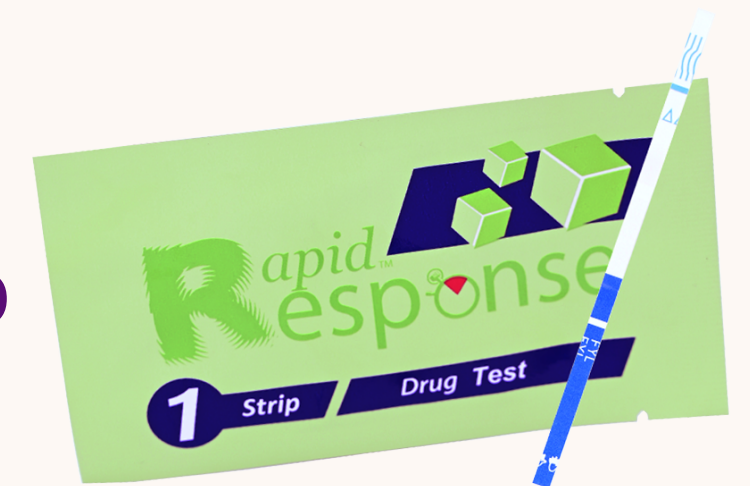
Substances like ecstasy and cocaine may be laced with fentanyl.





People may ingest fentanyl unintentionally when taking another substance that is laced with fentanyl, causing overdose or death.

To lower risk, testing strips can be used to check substances for fentanyl before use.





True or false

Q13

Calling 911 when witnessing an overdose may result in legal troubles if you are in possession of substances.





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.



True or false

Q14

Early initiation of cannabis use can negatively affect brain development.





It is best to avoid cannabis entirely until your brain is fully developed (around age 25).



True or false

Q15

Nicotine pouches are safe because they do not contain tobacco.





Nicotine pouches can cause heart problems, mouth and gum damage, and can affect mental functioning and brain development.

Just like other nicotine products, nicotine pouches are highly addictive!



True or false

Q16

Mixing substances increases health risks.





Mixing substances can increase impairment, put more stress on the body, and make it harder to keep track of how much you have taken. Using certain substances together can increase the risk of overdose.

To reduce health risks, it is best to avoid mixing substances.



True or false

Q17

Nicotine pouches contain more nicotine than cigarettes.





**Authorized nicotine pouches in Canada contain 4mg of nicotine.
This is the same amount of nicotine as smoking 4 cigarettes.**

**Some unregulated nicotine pouches can contain as much as
50mg of nicotine. This is equivalent to the amount of nicotine in
50 cigarettes!**



True or false

Q18

Using e-cigarettes (vapes) with higher levels of nicotine increases your risk of addiction.





If you vape, choose products with lower nicotine and reduce your frequency of use.



True or false

Q19

Methamphetamine use can have unwanted and harmful effects on mental health.





Methamphetamine use can cause paranoia (intense anxiety/fear and mistrust toward others) and psychosis (disconnect from reality), which can lead people to engage in risky behaviours.



True or false

Q20

Drinking a higher number of standard alcoholic drinks per week increases your risk of developing certain diseases.





Drinking 3 to 6 standard alcoholic drinks per week increases your risk of developing several different types of cancer.

Drinking 7 or more standard alcoholic drinks weekly increases your risk of heart disease and stroke.



True or false

Q21

**Administering Naloxone to someone who
hasn't consumed opioids could be
dangerous.**



You won't hurt someone by giving them Naloxone when they haven't consumed opioids.



True or false

Q22

**Food can affect how your body absorbs
alcohol.**





Eating food while drinking can help slow down your overall consumption and slow the absorption of alcohol.



True or false

Q23

Using alcohol during adolescence can lead to worse health outcomes in the future.





To protect your health, it is best to delay initiation of alcohol use until adulthood.



True or false

Q24

Ecstasy use can lead to extreme dehydration, which can be fatal in extreme cases.





**People who use ecstasy can reduce the risk of dehydration
by drinking water at regular intervals.**



True or false

Q25

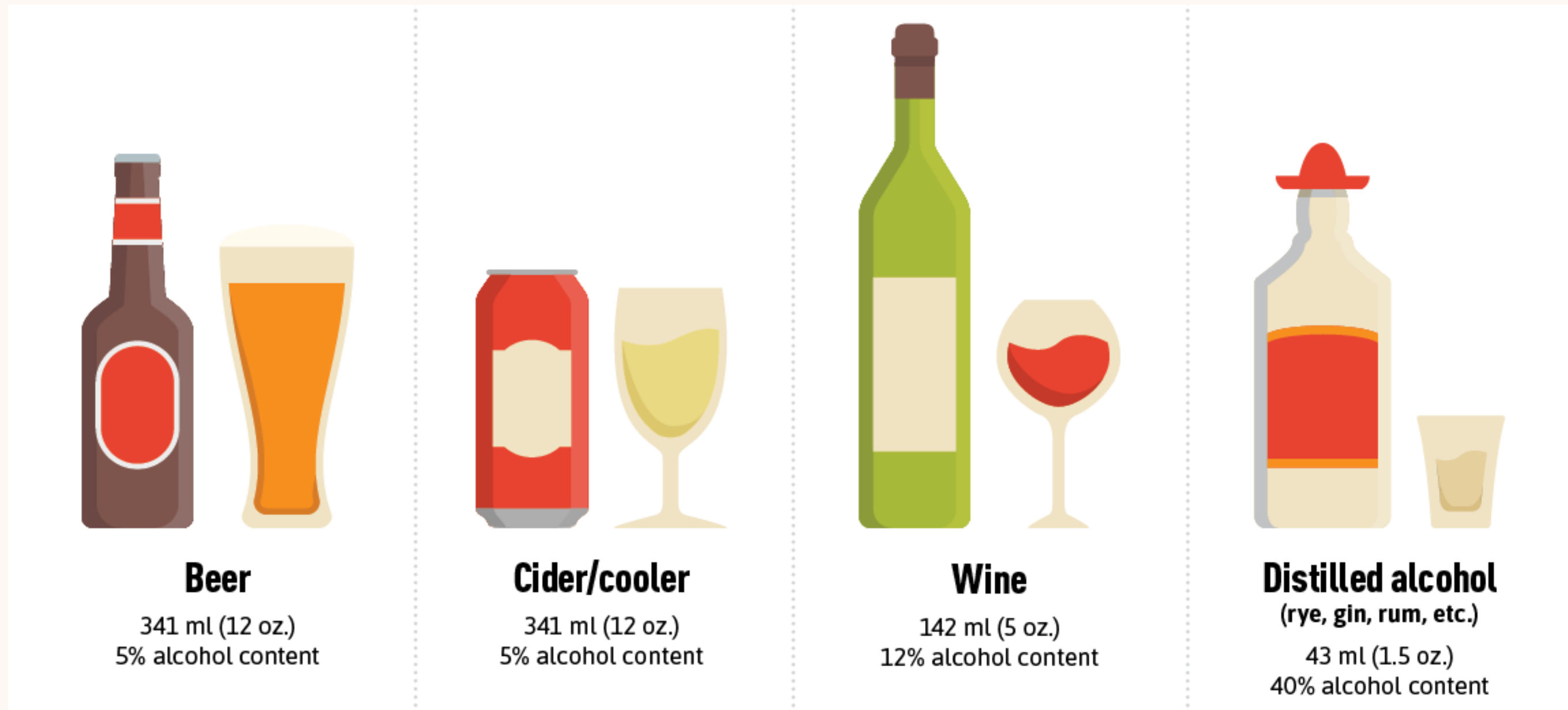
**All alcoholic drinks contain the same
amount of alcohol.**





**Different types of alcohol vary greatly in strength.
So what counts as one drink?**

Health Canada has the following guidelines:



Choosing lower-alcohol beverages can reduce risk.