

## Kahoot Question Sheet

\*Note: The correct answers are written in red

1. Smoking cannabis is not harmful to lung health because it's just a plant.
  - a) True
  - b) **False**
  
2. What is the legal age to consume, grow, and possess cannabis in Ontario?
  - a) 18 years old
  - b) **19 years old**
  - c) 21 years old
  - d) 16 years old with parental consent
  
3. For people of legal age, smoking cannabis is prohibited in which locations?
  - a) Any enclosed public space
  - b) In a school's "smoke pit" on school property
  - c) 20 meters from the entrance/ exit of the school
  - d) **All of the above**
  
4. All types of cannabis have the same levels of THC and CBD.
  - a) True
  - b) **False**  
  - a) What respiratory effects can be triggered from smoking cannabis?
    - a) Coughing
    - b) Wheezing & chest tightness
    - c) Increased lung capacity
    - d) **A & B**
  
5. Your brain is still developing until the age of
  - a) 16 years old
  - b) 19 years old
  - c) **25 years old**
  - d) 21 years old
  
6. Which of the following is true about mixing cannabis with tobacco?
  - a) The nicotine in tobacco reduces the "high" from cannabis
  - b) **It can be more harmful than smoking cannabis alone**

- c) Consuming them together reduces the addictiveness
  - d) All of the above
7. Higher strength cannabis products (eg. "shatter" & "dabs") carry greater risk of harm.
- a) **True**
  - b) False
8. Which of the following is TRUE about driving under the influence of cannabis?
- a) It helps with concentration
  - b) It is safer than driving under the influence of alcohol
  - c) It is safe to drive 2 hours after consuming cannabis
  - d) **There is zero tolerance for young and new drivers**
- 10) What is the component in cannabis that causes psychoactive effects when consumed?
- a) **THC**
  - b) CBD
  - c) Dopamine
  - d) All of the above
- 11) Select all the methods in which cannabis can be consumed:
- a) Injection
  - b) **Vaping**
  - c) **Smoking**
  - d) **Edibles (Oil, food products)**
- 12) Which of the following is true about the impairing effects of cannabis?
- a) They Last less than 2 hours
  - b) The impairing effects depend on how the cannabis is consumed
  - c) The effects depend on the amount of cannabis consumed
  - d) **B & C**
- 13) Select the correct possible short term effects of cannabis:
- a) **Feelings of anxiety/ panic**
  - b) **Increased heart rate**
  - c) **Increased appetite**
  - d) **Difficulty making decisions**
- 14) Cannabis does NOT affect youth's school performance.
- a) True
  - b) **False**

15) Why do youth use cannabis? Select all that are true:

- a) To improve/ intensify mood
- b) To cope with stress
- c) To be social
- d) To try something new

16) Teens that start using cannabis regularly early in life are more likely to experience:

- a) Psychosis
- b) Anxiety and depression
- c) Schizophrenia
- d) All of the above

17) What percentage of Niagara secondary students admit to using cannabis in the past 12 months?

- a) 35%
- b) 60%
- c) 15%
- d) 5%

18) About one in six teens (12-17 years old) who start using cannabis will develop an addiction.

- a) True
- b) False

19) Those addicted to cannabis can experience which of the following withdrawal symptoms:

- a) Difficulty sleeping
- b) Depressed mood
- c) There are no withdrawal symptoms associated with cannabis
- d) Increased anxiety

20) It is safe to use a friend or family member's medically prescribed cannabis.

- a) True
- b) False