

# Question

Name two drugs.

# Answer

Tobacco (cigarette), alcohol, medications etc...

# Question

What is a drug?

# Answer

A drug is any substance that affects the way you think, act and/or feel.

# Question

What does having an addiction mean?

# Answer

A person addicted to a substance feels that he/she cannot do without the substance.

## Question

What drug is in cigarettes that makes them highly addictive?

## Answer

Nicotine. As well as nicotine, there are over 7,000 other chemicals in cigarettes with approximately 70 known to cause cancer.

# Question

At what age can someone  
legally buy cigarettes?

# Answer

19 years of age.

# Question

Name two negative consequences of smoking cigarettes.

## Answer

- Yellow teeth
- Bad breath
- Cough
- Cost a lot of money
- Some friends don't want to hang out with you
- Decreases exercise tolerance because of the decreased oxygen to the body (one cannot do sports as easily)
- Lung damage
- Increased risk of heart attack, stroke, and addiction

## Question

Why is alcohol considered a drug?

## Answer

Alcohol is a drug because it affects the mind and body and can be addictive.

# Question

Name two drinks that contain alcohol.

# Answer

Beer, wine, vodka, whiskey, scotch, gin.



## Question

Does alcohol make you feel more tired or awake?

## Answer

Alcohol is a depressant and slows down the mind and body so it makes a person feel more tired.

# Question

Why do the people in beer commercials look happy and successful?

# Answer

Beer companies want TV viewers to associate beer with happiness, health, wealth, and popularity so you buy more of the product.

## Question

Can you tell from a person's behaviour that she/he has been drinking alcohol?

## Answer

No, not always. Some people may not seem to be affected by alcohol. However, it slows down the activity of the mind and body even though this may not be obvious to an observer.

## Question

What is the legal age to drink any alcohol beverage?

## Answer

19 years of age.

## Question

You're at Ray's house. He makes fun of you because you don't want to drink beer with him. What do you do?

## Answer

- Say no
- Leave
- Give reasons (i.e., training for track and field)

## Question

What will take away the effects of alcohol?

## Answer

Only time will take away the effect of alcohol. Coffee and cold showers will not make you sober or shorten the time it takes to become sober.

# Question

What happens to a person who drinks too much in a short period?

# Answer

Drinking too much in a short time period is known as binge drinking. Vomiting, passing out, difficulty waking up and slow shallow breathing are all signs of alcohol poisoning. Alcohol poisoning can result in coma or death.

## Question

What are the signs of alcohol poisoning?

## Answer

Vomiting, passing out, difficulty waking up and slow shallow breathing are all signs. It can result in coma or death.



## Question

Why do some people choose to use drugs when they know that these drugs are harmful?

## Answer

People think that taking drugs will help them cope, feel cool, belong to a peer group, rebel and satisfy their curiosity.

## Question

Why is it dangerous to mix alcohol and other drugs?

## Answer

Combinations of drugs can intensify effects that can even be fatal including mixing alcohol with medication prescribed by a doctor or mixing energy drinks with alcohol.

## Question

Name two things that people should NOT do after drinking alcohol.

## Answer

Drive a car, ride a bicycle, swim, drive an ATV.

## Question

Is cannabis, better known as marijuana, a drug?

## Answer

Yes, it contains a mind altering ingredient called THC.

## Question

What are the common effects of cannabis on school work?

## Answer

Cannabis affects memory, causes poor concentration and grades, and causes a lazy tired feeling resulting in more absenteeism.

## Question

What is the legal age to use cannabis, usually known as marijuana?

## Answer

19 years of age and older.

# Question

What is a good friend?

# Answer

A good friend is someone who accepts you as you are, accepts your decisions, and watches out for you.

# Question

Why do some teens choose not to do drugs?

## Answer

- Want to stay in control
- Parental influence
- Religious/cultural reasons
- Personal goals/ambitions  
e.g. sports, good grades
- Self-confidence
- Concern for health
- Concern about legal consequences



# Question

What is peer pressure?

# Answer

Feeling like you have to get along with your friends even though you feel uncertain about it.

## Question

Your favourite cousin says to you, “I had a few drinks but I can still drive you home.” What would you do?

## Answer

Call home for a ride.  
Talk your cousin out of driving, etc...