

Know the facts about drugs

Read the following questions and circle the correct response.

- 1) Using tobacco causes negative effects, including:
 - a. Lung damage
 - b. Increased risk of heart attack
 - c. Increased risk of stroke
 - d. All of the above**

- 2) Drugs are:
 - a. Always illegal substances.
 - b. Harmless if you only try them once.
 - c. Substances that affect how you think, act, and/or feel.**
 - d. Always safe if they came from a pharmacy.

- 3) Consuming alcohol affects:
 - a. Everyone the same way.
 - b. Your brain, central nervous system, heart rate, and breathing rate.
 - c. Your judgment, increasing your risk of making bad choices.
 - d. All of the above.
 - e. b and c**

Complete the following statements using the word bank.

[Word bank: addicted, impaired, nicotine, binge drinking, alcohol poisoning, cannabis]

- 1) It becomes very difficult for someone to quit drugs when they become **addicted**.
- 2) It is very dangerous to operate a vehicle after taking drugs or drinking alcohol. This is called **impaired** driving.
- 3) The drug in tobacco that is addictive is called **nicotine**.
- 4) Having 5 or more alcoholic drinks (males) or 4 or more drinks (females) in one sitting is called **binge drinking**.
- 5) Having too much to drink in too short of time can result in **alcohol poisoning**.
- 6) In Canada, you must be 19 years or older to use, buy, possess or grow **cannabis**.

Read the following statements and circle whether the answer is true (T) or false (F).

- 1) Cannabis is not addictive. (T / **F**)
- 2) Smoking cannabis is harmful to the lungs and the heart. (**T** / F)
- 3) Cannabis has negative effects on short term memory and concentration. (**T** / F)
- 4) When they are not used properly, prescription drugs may become classified as illegal (**T** / F)
- 5) Caffeine or a cold shower can help make a drinker sober. (T / **F**)
- 6) Drugs and alcohol make it unsafe to ride a bike, drive, or walk. (**T** / F)

Write a short answer to each of the following questions.

1) What should you do if a friend drinks too much alcohol?

Do not leave them alone. Turn them on their side and call 9-1-1

2) What is one way to respond when a friend offers you drugs, alcohol, or tobacco?

- **Walk away**
- **Give a reason or excuse (I'm training for track and field)**
- **Suggest an alternative**
- **Say "please respect my decision"**

3) Who are two trusted adults you can ask about drugs, alcohol, and tobacco?

Parent, teaching, nurse, doctor, coach, etc.