

### *Show what you know about substance misuse*

Read the following questions and circle the correct response.

- 1) 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.
  - e. Not connected to mental illness.
  
- 2) 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
  
- 3) Addiction is described as the presence of the 4 Cs. Which of the following is **NOT** one of the 4 Cs of addiction?
  - a. Craving
  - b. Loss of control of amount or frequency of use
  - c. Feeling free to choose whether and when to use
  - d. Compulsion to use
  - e. Use despite consequences
  
- 4) Stimulants are a category of drugs that:
  - a. Make the user feel more relaxed.
  - b. Slow the user's heart rate.
  - c. Can increase the risk of heart attack and stroke.
  - d. Are unlikely to become addictive.
  - e. Includes only illegal substances.
  
- 5) Alcohol is:
  - a. A stimulant that makes the user feel more alert.

- b. Safer than other drugs because it is legal.
- c. Harmless as long as you only have 1 or 2 drinks at a time.
- d. A depressant that slows down brain functions.
- e. Less harmful to teenagers than it is to adults.

**Complete the following statements using the word bank.**

addicted

impaired

heart attack

binge drinking

alcohol poisoning

substance abuse

- 6) It becomes very difficult for someone to quit drugs when they become \_\_\_\_\_.
- 7) It is very dangerous to operate a vehicle after taking drugs or drinking alcohol. This is called \_\_\_\_\_ driving.
- 8) Cannabis use leads to increased risk of \_\_\_\_\_.
- 9) Having 5 or more alcoholic drinks (males) or 4 or more drinks (females) in one sitting is called \_\_\_\_\_.
- 10) Having too much to drink in too short of time can result in a medical emergency called, \_\_\_\_\_.
- 11) Changes in behaviour, withdrawal from social circles, and loss of interest in normal activities are all warning signs of \_\_\_\_\_.

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

- 12) Cannabis is not addictive. (T / F)
- 13) Caffeine is a drug. (T / F)
- 14) Hallucinogens are drugs that may cause an individual to see, hear, or feel things that are not really there. (T / F)
- 15) When they are not used properly, prescription drugs may become classified as illegal (T / F).

- 16) Caffeine or a cold shower can help make a drinker sober. (T / F)
- 17) 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.**

18) What should you do if a friend passes out from alcohol poisoning?

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

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20) Where can you go for help relating to drugs and alcohol? (Name at least 2 people or resources.)

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