

QUESTION 1

What is a drug?

ANSWER:

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

QUESTION 2

What does having an addiction mean?

ANSWER:

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

QUESTION 3

Why is alcohol considered a drug?

ANSWER:

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

QUESTION 4

Does alcohol make a person feel more tired or more awake?

ANSWER:

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

QUESTION 5

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 6

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 7

What is the legal age to drink any alcohol beverage?

ANSWER:

19 years of age.

QUESTION 8

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 (e.g. training for track and field).

QUESTION 9

What will take away the effects of alcohol?

ANSWER:

A9: 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 10

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 11

What are the signs of alcohol poisoning?

ANSWER:

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 12

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 13

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 14

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

ANSWER:

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

QUESTION 15

Is cannabis, better known as marijuana a drug?

ANSWER:

Yes, it contains a mind altering ingredient called THC.

QUESTION 16

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 17

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

ANSWER:

19 years of age or older.

QUESTION 18

Why do some teens choose not to do drugs?

ANSWER:

They 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 19

What is peer pressure?

ANSWER:

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

QUESTION 20

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.

QUESTION 21

What are the warning signs of substance abuse?

ANSWER:

Changes in behaviour; gradual withdrawal from social circles; drop in grades; loss of interest in normal activities.

QUESTION 22

What are stimulants?

ANSWER:

Stimulants are drugs that speed up the functions of the central nervous system and make the user more aware of the environment. Some examples include Caffeine, nicotine, and methamphetamine.

QUESTION 23

What are the side effects of stimulants?

ANSWER:

Short term effects include: increased blood pressure, heart rate, breathing, and body temperature. They can decrease appetite and desire to sleep. Stimulants can also cause changes in behaviour, restlessness, and dizziness.

QUESTION 24

What are depressants?

ANSWER:

Depressants are drugs that slow down the functions of the central nervous system and make the user less aware of the environment. Some examples include alcohol, sleeping pills (sedative hypnotics), and pain killers (narcotic analgesics).

QUESTION 25

What are the side effects of depressants?

ANSWER:

Depressants have a relaxing effect and can slow brain function and physical function, such as breathing.

QUESTION 26

What are the effects of alcohol on the body?

ANSWER:

Alcohol enters the blood stream and affects the brain function. It can also slow reaction time, increase risk taking, and cause blurred vision and slurred speech. Long term effects of alcohol include damage to organs such as the brain, liver, pancreas, and stomach, as well as increased risk of cancer.

QUESTION 27

What should you do when someone has alcohol poisoning?

ANSWER:

If someone passes out, try to wake them. If they don't wake up, check for a pulse and make sure they are breathing. Use the Bacchus Maneuver. Call 9-1-1. Notify parents/guardian. Do not leave them alone. Give nothing by mouth.

QUESTION 28

What are hallucinogens?

ANSWER:

They are drugs that distort the user's awareness and perception, causing the person to see or hear things that are not there. Some examples include LSD, solvents (gasoline, glue), ecstasy (MDMA), and mushrooms.

QUESTION 29

What are the dangers of taking hallucinogens?

ANSWER:

Hallucinogens hinder a person's ability to think rationally, communicate, or recognize reality which can cause bizarre and dangerous behaviour, increasing risk of injury. The effects of hallucinogens are unpredictable – while one may have pleasant sensations and heightened awareness, others may experience a “bad trip”, with terrifying thoughts, anxiety, and/or paranoia. The same person can have different experiences with each use.

QUESTION 30

What does cannabis do to your body?

ANSWER:

Increased appetite (munchies); loss of coordination; decreased concentration; hallucinations; memory loss; lung disease; addiction.

QUESTION 31

What are designer drugs?

ANSWER:

They are man-made, illegal drugs that are not regulated, so you don't ever know what is in them. They can be used as a rape drug so you should never leave your drink unattended. Some examples include Ecstasy, Rohypnol (roofies), LSD, and Ketamine.

QUESTION 32

Are prescription drugs always safe and legal?

ANSWER:

No. When you take drugs that are prescribed to you properly, following doctor's orders, they are safe and legal. But when you take drugs prescribed to someone else or take them in a way that was not intended, they can be unsafe and they become illegal.

QUESTION 33

What are some of the effects of prescription drugs?

ANSWER:

Prescription drugs, just like other drugs have potentially dangerous effects, such as decreased breathing and addiction.

QUESTION 34

What effects do drugs and alcohol have on athletic performance?

ANSWER:

Decreased athletic performance due to extra weight, decreased motor skills (hand, eye, brain, coordination), hangovers, and delayed reaction time.

QUESTION 35

What are some of the ways that drugs and alcohol are connected to sexual assault?

ANSWER:

Someone won't take 'no' for an answer or hear 'no'; passing out.

QUESTION 36

What are some ways that drugs and alcohol can increase risk of injury?

ANSWER:

Increased injuries due to decreased coordination, impaired judgment and increased risk-taking, and impaired vision. Drugs and alcohol can increase injuries relating to railroads, pools, and falls. Impairment is also one of the main reasons for vehicle crashes.

QUESTION 37

What is the connection between mental health and substance abuse?

ANSWER:

Mental illness can contribute to substance abuse or long-term drug use can lead to the development of mental illnesses. Some examples of mental illnesses connected with substance misuse include: depression, eating disorders, anxiety disorders, bipolar disorder, and schizophrenia.

QUESTION 38

What are some of the resources (“resiliency resources”) you can count on to help prevent or address substance misuse?

ANSWER:

Social supports such as parents/guardians, teacher, coach, good friends, siblings. Interests, including sports, hobbies, and academics. Community resources, such as Kids Help Phone, Mental Health Helpline, Pathstone, Al-Anon, Community Addictions Services of Niagara (CASON), etc.