

ACTIVITY 2A

DID YOU KNOW?

DID YOU KNOW? TOBACCO

TOBACCO 10

QUESTION

Name three different types of tobacco products.

TOBACCO 40

QUESTION

True or False. Electronic cigarettes contain nicotine.

TOBACCO 20

QUESTION

Name at least two things that smoking does to a person besides causing health-related problems.

TOBACCO 50

QUESTION

What is third-hand smoke?

TOBACCO 30

QUESTION

What is the main active chemical ingredient found in tobacco products?

TOBACCO 60

QUESTION

True or False.
4 out of 10 middle school youth are currently smoking.

Tobacco

10

Tobacco

40

Tobacco

20

Tobacco

50

Tobacco

30

Tobacco

60

DID YOU KNOW? ALCOHOL

ALCOHOL 10

QUESTION

What is the legal drinking age?

ALCOHOL 40

QUESTION

True or False.
It is okay for parents to let youth drink alcohol when they are at home.

ALCOHOL 20

QUESTION

Name two things that might happen to you if you drink too much.

ALCOHOL 50

QUESTION

True or False.
At least four out of ten 8th graders use alcohol.

ALCOHOL 30

QUESTION

What does binge drinking mean?

ALCOHOL 60

QUESTION

Which of the following can cause a person to get “drunk”?

- A. Eyeball shots
- B. Rectal shots
- C. Eating candy soaked in alcohol
- D. All of the above

Alcohol

10

Alcohol

40

Alcohol

20

Alcohol

50

Alcohol

30

Alcohol

60

DID YOU KNOW? MARIJUANA & INHALANTS

MARIJUANA & INHALANTS 10

QUESTION

When someone says they are sniffing, snorting, bagging, or huffing, what are they doing?

MARIJUANA & INHALANTS 40

QUESTION

True or False.
Sniffing common household products can starve the body of oxygen, cause breathing to stop, and cause death.

MARIJUANA & INHALANTS 20

QUESTION

True or False.
Smoking synthetic marijuana is the same as using natural marijuana.

MARIJUANA & INHALANTS 50

QUESTION

Which of these common household products might be used as an inhalant?

- Whipped cream dispensers
- Cooking spray
- Spray paint
- All of the above

MARIJUANA & INHALANTS 30

QUESTION

What are two street names for marijuana?

MARIJUANA & INHALANTS 60

QUESTION

What is the main active chemical in marijuana?

Marijuana & Inhalants

10

Marijuana & Inhalants

40

Marijuana & Inhalants

20

Marijuana & Inhalants

50

Marijuana & Inhalants

30

Marijuana & Inhalants

60

DID YOU KNOW? Rx & OTC MEDICINES

Rx & OTC MEDICINES 10

QUESTION

True or False.
Using someone else's prescription medications for reasons other than which they were prescribed is illegal.

Rx & OTC MEDICINES 40

QUESTION

How many 8th graders are using over-the-counter medications to get high?

- A. 1 in 100
- B. 1 in 50
- C. 1 in 25
- D. 1 in 10

Rx & OTC MEDICINES 20

QUESTION

Which of these over-the-counter medicines are used to get high?

- A. Cold & cough medicines with a cough suppressant
- B. Antacids
- C. Aspirin
- D. Calcium supplement

Rx & OTC MEDICINES 50

QUESTION

True or False.
Oxycontin® and Ibuprofen are prescription drugs that are often abused.

Rx & OTC MEDICINES 30

QUESTION

True or False.
Mixing over-the-counter (OTC) cold medicine with soda pop does not make it less dangerous.

Rx & OTC MEDICINES 60

QUESTION

Why is mixing medications together or mixing them with alcohol dangerous?

RX & OTC Medicines

10

RX & OTC Medicines

40

RX & OTC Medicines

20

RX & OTC Medicines

50

RX & OTC Medicines

30

RX & OTC Medicines

60

DID YOU KNOW? OTHER DRUGS

OTHER DRUGS 10

QUESTION

True or False.
Molly is short for molecule and is considered MDMA in its pure form.

OTHER DRUGS 40

QUESTION

Effects of bath salts include:

- A. Paranoia
- B. Confusion
- C. Violent behavior
- D. Hallucinations

OTHER DRUGS 20

QUESTION

True or False.
Opioids are used for medical purposes as prescription medication and for non-medical purposes?

OTHER DRUGS 50

QUESTION

Which drug is made in labs in homes, car trunks, or super labs?

- A. Heroin
- B. Cocaine
- C. Methamphetamine
- D. Mescaline

OTHER DRUGS 30

QUESTION

What drug claims to enhance or improve an athlete's performance?

OTHER DRUGS 60

QUESTION

Name a hallucinogen and what side effects may occur from taking a hallucinogen.

Other Drugs

10

Other Drugs

40

Other Drugs

20

Other Drugs

50

Other Drugs

30

Other Drugs

60

DID YOU KNOW? OTHER DRUG INFORMATION

OTHER DRUG INFORMATION 10

QUESTION

True or False.
Using any drug just one time won't hurt you.

OTHER DRUG INFORMATION 40

QUESTION

What is the single most avoidable cause of disease, disability, and death in the United States?

OTHER DRUG INFORMATION 20

QUESTION

Once you are addicted to a substance, is it easy or hard to get over the addiction?

OTHER DRUG INFORMATION 50

QUESTION

True or False.
Many songs, movies, and TV shows reference drug, alcohol, and tobacco use.

OTHER DRUG INFORMATION 30

QUESTION

Among eighth grade youth during the past year, about how many students were vaping?

- A. One in 5
- B. One in 10
- C. One in 50
- D. One in 100

OTHER DRUG INFORMATION 60

QUESTION

What is a "gateway" drug?

Other Drug Information

10

Other Drug Information

40

Other Drug Information

20

Other Drug Information

50

Other Drug Information

30

Other Drug Information

60

DID YOU KNOW? ANSWER KEY

TOBACCO ANSWERS

- 10 Different tobacco products include cigarettes, cigars, pipe tobacco, chewing tobacco, e-cigarettes, and dissolvable tobacco.
- 20 Smoking makes your teeth and fingers yellow, clothes and hair smell bad, and breath really bad.
- 30 Nicotine. It is one of over 4,000 chemicals found in tobacco smoke. Over 250 of the chemicals are toxic and may cause cancer.
- 40 True. Electronic cigarettes, or e-cigarettes, can contain nicotine in a liquid form. The liquid is vaporized and then inhaled by the user.
- 50 Third-hand smoke is the nicotine residue left on surfaces from cigarette, pipe, or cigar smoke. It can be even more harmful than second-hand smoke because the carcinogens never leave.
- 60 False. Only one out of every ten 8th graders currently use tobacco products.

ALCOHOL ANSWERS

- 10 The legal drinking age in the United States is 21 years of age.
- 20 You may get sick, lose friends, get in trouble with parents and possibly the law, and/or get in trouble at school.
- 30 Binge drinking means heavy use of alcohol over a short period of time. Some researchers say it is having five or more drinks in a row by men OR four or more drinks in a row by women in a short time period.
- 40 False. The legal drinking age is 21, so it is illegal - plus it is bad for your health and can cause permanent brain damage.
- 50 False. Nine out of 10 8th graders DO NOT use alcohol.
- 60 D. All of these are methods young people are using to get drunk. Not only can these methods increase chances of alcohol poisoning, but can cause permanent damage to sensitive body parts.

MARIJUANA & INHALANTS ANSWERS

- 10** They are using inhalants to get high by sniffing or snorting fumes from containers, spraying aerosols directly into the mouth or nose, bagging by inhaling a substance inside a paper or plastic bag, or huffing from an inhalant-soaked rag.
- 20** False. The effects of synthetic marijuana are similar to natural marijuana, but the ingredients in synthetic marijuana can vary greatly and are often unknown by users. Users of synthetic marijuana may experience severe reactions ranging from kidney failure to strokes, and even death.
- 30** Common street names for marijuana include pot, weed, grass, dope, reefer, and Mary Jane.
- 40** True. Most inhalants cause a rapid high similar to alcohol intoxication. In highly concentrated amounts, inhalants cause oxygen to be displaced in the lungs, and then in the central nervous system which causes breathing to stop.
- 50** D. All of the above. Whipped cream dispensers, cooking spray, and spray paint - all can be used as inhalants. Other products might include nail polish remover, hair spray, aerosol deodorant, rubber cement, gasoline, paint thinner, air freshener, and more - all can be very dangerous.
- 60** THC is the main active chemical in marijuana. Marijuana is the most widely used illegal drug among youth. Its strength is 10 times stronger than in the 1970s making it more dangerous.

PRESCRIPTION & OVER-THE-COUNTER MEDICINES ANSWERS

- 10** True. Doctors prescribe medications for specific persons and their specific conditions. Use of medications for purposes other than intended can be very dangerous.
- 20** A. Over-the-counter cold and cough medications contain DXM (dextromethorphan). At recommended doses, these drugs are safe and effective. At much higher doses, they become dangerous.
- 30** True. Mixing OTC cold and cough medications, prescription drugs, or any drug with soda is still very dangerous. It can cause vomiting, brain damage, seizures, strokes, and even death.
- 40** B. About one out of every 50 eighth graders are using over-the-counter cold and cough medications containing DXM to get high. Not all 8th graders are using drugs as a way to have fun.
- 50** False. Oxycontin® and Vicodin® are the two most abused prescription pain relievers. Both of these prescription pain relievers are opioids. When abused, Oxycontin® is taken as a heroin substitute, while Vicodin® has a pain-relieving effect similar to morphine.
- 60** Mixing medications and/or alcohol can cause very serious drug interactions. Medications are safe and effective when used appropriately. Labels on the original medication bottles will typically list things to avoid while taking the medicine.

OTHER DRUGS ANSWERS

- 10** True. Molly is the powder or crystal form of MDMA, which is the chemical used in Ecstasy. Ecstasy typically contains other ingredients such as caffeine or meth, while Molly does not.
- 20** True. Opioids can be prescribed medicines most often for extreme pain. Opioids are also used for non-medical purposes because they cause someone to feel relaxed and “high”. Heroin is the most dangerous opioid which is why it is never used as a medication.
- 30** Steroids. Abuse of steroids can cause liver tumors, high blood pressure, severe acne and some permanent serious health problems. Teenagers’ growth may be permanently stopped before reaching maturity.
- 40** Paranoia, confusion, violent behavior, and hallucinations are all possible side effects of using bath salts. These are NOT bath salts you use in the bathtub, but are very powerful, highly addictive, illegal drugs.
- 50** C. Methamphetamine is made from fairly common, easily obtained ingredients. It can be made in home labs, car trunks, motel rooms, but more often in super labs. Most of the ingredients are very harmful to the human body.
- 60** Common hallucinogens include: LSD, mushrooms, PCP, Peyote. Hallucinogens distort the way you see real life. Users may see, feel, and hear things that don’t really exist, making it hard to communicate and think clearly. They can also cause intense mood swings.

OTHER DRUG INFORMATION ANSWERS

- 10** False. Using any drug just one time can lead to very bad consequences. A one-time use may lead to occasional use, then to regular use, and then to abusing a drug or uncontrollable use.
- 20** Hard. Addiction occurs as a progression of different steps. These steps go from experimenting, to using socially, to using on a more regular basis, to being unable to control use of the substance.
- 30** Just over one in ten 8th grade youth reported that they had vaped over the past year. (2017) Youth reported vaping nicotine, flavoring or marijuana/hash oil in their e-cigarette or other device. (*Monitoring the Future* study, 2017)
- 40** Tobacco use. It causes lung cancer, heart disease, emphysema, and other diseases. Second-hand smoke can cause disease in nonsmokers. It increases medical costs, insurance rates, death.
- 50** True. More and more singers, TV, and movie stars reference drugs in their songs, shows, and movies. These, along with advertising, magazines and newspapers influence youth.
- 60** Gateway drugs are those that provide entry into substance use. These are tobacco and alcohol, but marijuana can also be a gateway drug. Youth using these drugs are more likely to use another drug.