

Show what you know about substance misuse worksheet [ANSWER KEY]:

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 addicted.
- 7) It is very dangerous to operate a vehicle after taking drugs or drinking alcohol. This is called impaired driving.
- 8) Cannabis use leads to increased risk of heart attack.
- 9) Having 5 or more alcoholic drinks (males) or 4 or more drinks (females) in one sitting is called binge drinking.
- 10) Having too much to drink in too short of time can result in a medical emergency called, alcohol poisoning.
- 11) Changes in behaviour, withdrawal from social circles, and loss of interest in normal activities are all warning signs of substance abuse.

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?

Do not leave them alone. Use the Bacchus Maneuver. Call 9-1-1. Notify the person's parents/guardians.

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

Make an excuse. Say no. Ask the friend to respect your decision. Suggest an alternative. Walk away.

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

Parent. Teacher. Coach. Kids Help Phone. Doctor. Nurse. Counsellor. Pathstone. Community Addictions Services of Niagara. Alateen. Mental Health Helpline. Child and Youth Worker.