

## Cannabis Trivia Sheet

1. Smoking cannabis is not harmful to lung health
  - a) True
  - b) **False**
2. What is the legal age to consume, grow, and possess cannabis in Ontario?
  - a) 18 years old
  - b) **19 years old**
  - c) 21 years old
  - d) 16 years old with parental consent
3. For people of legal age, where are you not allowed to smoke?
  - a) Any enclosed public space
  - b) In a school's "smoke pit" on school property
  - c) 20 meters from the entrance/ exit of the school
  - d) **All of the above**
4. All types of cannabis have the same levels of THC and CBD.
  - a) True
  - b) **False**
5. Which of the following is true about mixing cannabis with tobacco?
  - a) The nicotine in tobacco reduces the "high" from cannabis
  - b) **It can be more harmful than smoking cannabis alone**
  - c) Using them together makes it less harmful
  - d) All of the above
6. Products with higher levels of THC can carry greater health risks
  - a) **True**
  - b) False
7. Which of the following is TRUE about driving under the influence of cannabis?
  - a) It helps with concentration
  - b) It is safer than driving under the influence of alcohol
  - c) It is safe to drive 2 hours after consuming cannabis
  - d) **There is zero tolerance for young and new drivers**

8. **Select all the methods in which cannabis can be consumed:**
- a) Injection
  - b) Vaping
  - c) Smoking
  - d) Edibles (Oil, food products)
  - e) A, B and C
  - f) B, C and D**
9. **Which of the following is true about the impacts of cannabis?**
- a) They can last for several hours
  - b) The impairing effects depend on how the cannabis is consumed
  - c) The effects depend on the amount of cannabis consumed
  - d) All of the above**
10. **Select the correct possible short term effects of cannabis:**
- a) Feelings of anxiety/ panic
  - b) Increased heart rate
  - c) Increased appetite
  - d) Difficulty making decisions
  - e) All of the above**
11. **Cannabis does NOT affect youth's school performance.**
- a) True
  - b) False**
12. **Why do youth use cannabis?**
- a) To improve/ intensify mood
  - b) To cope with stress
  - c) To be social
  - d) To try something new
  - e) All of the above**
13. **Teens that start using cannabis regularly early in life are more likely to experience:**
- a) Psychosis
  - b) Anxiety and depression
  - c) Schizophrenia
  - d) All of the above**

14. About one in six teens (12-17 years old) who start using cannabis will develop an addiction.
- a) **True**
  - b) False
15. Those addicted to cannabis can experience which of the following symptoms when they stop using:
- a) Difficulty sleeping
  - b) Depressed mood
  - c) There are no withdrawal symptoms associated with cannabis
  - d) Increased anxiety
  - e) A and B
  - f) **A, B, and D**
16. It is safe to use a friend or family member's medically prescribed cannabis.
- a) True
  - b) **False**
17. Cannabis is just a plant, so there are no harmful effects
- a) True
  - b) **False**
18. Cannabis can be purchased at the grocery store
- a) True
  - b) **False**

### Bonus Questions

19. What does CBD stand for? (**Cannabidiol**)
20. What does THC stand for? (**Tetrahydrocannabinol**)
21. Consuming cannabis has long-term health risks. Name one of them. (**Psychosis, lung problems**)
22. Which chemical in cannabis has medicinal properties? (**CBD**)
23. What is the difference between marijuana and cannabis? (**There is no difference, they are different words for the same thing**)
24. Why are cannabis and alcohol not sold in the same place in Ontario? (**It is dangerous to mix drugs**)
25. If a friend lets his underage friend (under 19 years old) take a puff of a joint could he get in trouble? (**yes**)