

Substance use trivia

and Jenga game

Set-up

- Jenga Game
- Colour Coded Stickers
- Substance Use Questions

How to play:

1. Stick either a blue, green, black, or red sticker on to each block (already completed).
2. Mix the blocks.
3. Set up and straighten out the tower.
4. Depending on the size of the group, play as a class, allowing each student to have a turn.
5. When students remove a block from the Jenga tower they must answer a corresponding substance use question:
 - **Blue** - [Tobacco Questions](#)
 - **Green** - [Cannabis Questions](#)
 - **Black** - [Vaping/Electronic Cigarettes Questions](#)
 - **Red** - [Alcohol Questions](#)
 - **Purple** - [Prevention/Support](#)
6. The player that pulled the block puts it back on top of the tower to continue the pattern of layering-by-threes.
7. Educators can choose to answer questions as a class or allow the student to attempt answering if they feel comfortable.
8. Educators can have the answers available to facilitate group discussion.
9. **Disclaimer:** Prior to beginning the activities, allow students to self-reflect. Explain that these activities are intended to empower them in making healthy decisions, even they do not completely align with their personal values and choices.

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Substance use questions

Tobacco

Questions	Answer	Rational
1. True or False? Tobacco is the leading cause of preventable disease and death in Canada.	True False	Tobacco continues to be the number one cause of preventable disease and death in Canada (https://www.lung.ca/lung-health/smoking-and-tobacco). An estimated 48,000 Canadians die each year as a result of smoking. Countless others live with chronic diseases. Despite public health education and prevention efforts, approximately 15% of Canadians currently smoke. Tobacco use and exposure to tobacco smoke have been linked to cancer, heart disease, and several other diseases.
2. True or False? In Ontario it is legal to smoke on patios and around food concession stands.	True False	Under the <i>Smoke-Free Ontario Act, 2017</i> , https://www.ontario.ca/laws/statute/17s26 , it is illegal to smoke on and within 9-metres of patios and near food concession stands.
3. It is illegal to smoke within ____ metres of any public playground, or sports field.	A. 15 B. 50 C. 10 D. 20	Playgrounds, sporting areas, or sport fields and spectator areas must be smoke-free, including within a 20-metre radius from its perimeter.
4. Fines for smoking in a prohibited place range from \$250- ____?	A. \$500 B. \$5,000 C. \$1,000 D. \$800	In Ontario, if you smoke or vape where it is not allowed, you may be charged with an offence and subject to a fine (up to \$5,000) if convicted.

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<p>5. Why is it so difficult to quit smoking/using tobacco products?</p>	<p>A. It's not. Quitting is very easy to do. B. Tobacco products contain nicotine, which is very addictive. C. Most tobacco users don't want to quit. D. It's just a habit like any other.</p>	<p>Nicotine is a highly addictive substance, which is found in cigarettes and acts quickly in the bloodstream. Just as quickly as its effects are felt, they disappear. Nicotine acts on the brain, causing a release of dopamine and a small rush of adrenaline, which speeds up the heart rate. These effects wear off in a few minutes, until the next hit of nicotine enters the body. The body adapts to nicotine, making the user need to increase the amount and frequency they use to get the same effects.</p>
<p>6. Who/where is the most common source from which students obtain cigarettes?</p>	<p>A. Corner store B. Friends C. Family member D. Online</p>	<p>According to the 2023 Ontario Student Drug and Health Student Survey (OSDUHS), Friends are reported to be the most common source for obtaining cigarettes.</p>
<p>7. True or False? Smoke from tobacco products contain over 7,000 chemicals, of which, 250 are known to be harmful, and 69 of these can cause cancer.</p>	<p>True False</p>	<p>According to Canadian Cancer Society tobacco products contain over 7,000 chemicals, at least 250 are known to be harmful and 69 of these can cause cancer.</p>
<p>8. True or False? Second hand smoke stays contained to where the smoking occurs. Therefore, if I only smoke in one room of the house everyone else is safe.</p>	<p>True False</p>	<p>Only some of the smoke from a cigarette is inhaled by the smoker. The majority of the smoke enters the air around the smoker. Smoke can travel many ways between rooms in a home or units in a building, such as through vents, doorways, and fixtures, like outlets, plumbing, and ceiling fans. Second-hand smoke is not removed by the following: air purifiers and filters, opening windows, turning on a fan, closing doors or using air fresheners. Some of these may remove the odour, but not the harmful effects.</p>

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<p>9. True or False? The earlier youth begin smoking, the more difficult it will be to quit.</p>	<p>True False</p>	<p>The decision to start smoking has been linked to several key factors including individual characteristics such as age and sex, the immediate social environment (particularly friends and family), and the broader social environment such as school and community. Research shows that the younger a person starts smoking, the more difficult it will be to quit later in life.</p>
<p>10. True or False? Plain packaging for cigarettes reduces the appeal and attractiveness of cigarettes.</p>	<p>True False</p>	<p>Research has shown that plain and standardized packaging reduces the appeal and attractiveness of tobacco products, especially to youth. This effect has been demonstrated in research conducted on both non-smokers and smokers in numerous countries, including Canada.</p>
<p>11. True or False? Most people who experiment with a cigarette will become addicted.</p>	<p>True False</p>	<p>According to Canadian Lung Association three out of five people who experiment with a cigarette will become addicted.</p>
<p>12. True or False? Children or teenagers can start craving nicotine just 3 months after their first cigarette.</p>	<p>True False</p>	<p>Children or teenagers can start craving nicotine just 3 months after their first cigarette. Teens can experience withdrawal symptoms (physical or emotional symptoms that happen when a person with regular use of a substance stops using it) after smoking less than 100 cigarettes (4–5 packs).</p>
<p>13. Cigarette smoking can cause:</p>	<p>A. Chronic obstructive pulmonary disease (COPD) B. Stroke C. Heart disease D. Lung cancer E. All of the above.</p>	<p>In Canada, smoking causes about 80% of chronic obstructive pulmonary disease (COPD). Smoking is a major cause of cardiovascular disease. Lung cancer is also the leading cause of cancer. It is estimated that 85% of all lung cancers are related to smoking.</p>

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14. True or False? Tobacco kills more people in Canada than all deaths caused by traffic accidents, suicides, murders, and substance use combined.	True False	Tobacco kills more people in Canada than all deaths caused by traffic accidents, suicides, and substance use combined.
15. True or False? A non-smoker will likely live 10 years longer than someone who smokes.	True False	The average person who smokes may live 10 years less than a non-smoker.

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Cannabis

Question	Answer	Rational
1. The effects of Cannabis include: _____.	<p>A. Excitement, relaxation, changes in perception, deficit in attention span.</p> <p>B. Impaired motor function, body tremors, difficulty with memory.</p> <p>C. Improved motor function and concentration.</p> <p>D. A and B</p>	<ul style="list-style-type: none"> • Cannabis comes from the dried flower buds and leaves of the cannabis plant (Cannabis Sativa). • “The effects of cannabis include euphoria and relaxation, changes in perception, time distortion, deficits in attention span and memory, body tremors, and impaired motor functioning.” (Beirness & Porath Waller, 2015).
2. True or False? Tetrahydrocannabinol (THC) is the active mind-altering chemical that gives those who use cannabis a “high”.	<p>True</p> <p>False</p>	Cannabis contains both THC (Tetrahydrocannabinol) and CBD (cannabidiol). CBD is the non psychoactive compound and does not produce the “high” associated with THC.
3. How can cannabis be consumed?	<p>A. Smoked in a cigarette.</p> <p>B. Smoked in a water pipe (bong) or dry pipe.</p> <p>C. Vaped with an e-cigarette.</p> <p>D. Mixed in with foods and eaten.</p> <p>E. All of the above.</p>	Cannabis can be consumed in all the ways listed. Cannabis products come in a variety of strengths, and therefore there is no way to “dose” how much cannabis someone is using, especially with the use of vapour products and when mixing cannabis with foods (edibles).
4. True or False? Cannabis now contains more THC than in the 1970’s.	<p>True</p> <p>False</p>	<ul style="list-style-type: none"> • 1969- late 70’s: cannabis contained roughly 1%THC. • In 2018, cannabis contains 15–30% THC.

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<p>5. Recreational cannabis is used the most in which age group?</p>	<p>A. 16–19 B. 20–24 C. 60–65 D. 40–45</p>	<p>According to the 2021 Canadian Cannabis Survey, in the past 12 months cannabis use was reported to be:</p> <ul style="list-style-type: none"> • 49% reported in 20–24 year olds • 37% reported in 16–19 year olds • 22% reported in 25+ years.
<p>6. True or False? Cannabis is natural. It comes from a plant; therefore, it must be safe.</p>	<p>True False</p>	<p>Cannabis smoke has cancer causing toxins that can cause damage to the lungs. Remember tobacco also comes from a plant.</p>
<p>7. True or False? Cannabis can cause a decrease in concentration and memory.</p>	<p>True False</p>	<p>Long term use increases risk for addictions, and it can harm memory, and ability to think and make decisions. These effects are worse if you start using in early adolescence and use frequently over a long period of time.</p>
<p>8. Drivers are ____ times more likely to have motor vehicle accidents while driving impaired.</p>	<p>A. 5x B. 2x C. No more at risk D. Same likelihood if they were texting.</p>	<p>Cannabis use significantly impairs judgement, decision making, coordination and reaction time. Driving while high puts you, your passengers, and the public in danger. Among young drivers, driving after using cannabis is more prevalent than driving after drinking. After alcohol, cannabis is the most commonly detected substance among drivers who die in traffic crashes.</p>
<p>9. Your brain develops until you are_____.</p>	<p>A. 15 B. 21 C. 25 D. 30</p>	<p>Youth are at the greatest risk of the negative health effects of cannabis because the brain continues to develop until age 25. Teens are still developing the parts of their brain that help with reasoning and decision making, as well as strengthening their synapses. When they use cannabis, they affect this development.</p>

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<p>10. True or False? Cannabis use during your teens improves mental health.</p>	<p>True False</p>	<p>Teens who use cannabis are at an increased risk for depression and anxiety disorders. There is a connection between cannabis use and schizophrenia.</p>
<p>11. True or False? You cannot get addicted to cannabis.</p>	<p>True False</p>	<p>1 in 6 people who use cannabis during their teens will develop a cannabis use disorder. Continued use will build tolerance leading to the need for a stronger drug to achieve the same high.</p>
<p>12. Medical cannabis is sometimes used to treat _____.</p>	<p>A. Chronic pain in adults. B. Nausea and vomiting for chemotherapy patients. C. Schizophrenia D. Both A and B</p>	<p>Medicinal cannabis is prescribed by a medical doctor. Some evidence has shown that cannabis or cannabinoids can be effective:</p> <ul style="list-style-type: none"> • For the treatment for chronic pain in adults (cannabis) • Used in the treatment of chemotherapy-induced nausea and vomiting (oral cannabinoids) • For improving patient-reported multiple sclerosis symptoms (oral cannabinoids).
<p>13. The most commonly used drug(s) among students in grades 7–12 are:</p>	<p>A. Prescription Opioid pain relievers (non-medical use) B. Alcohol C. Cannabis D. All of the above.</p>	<p>As per findings from 2023 OSDUSS Survey, the most commonly used drugs among grade 7-12 students are:</p> <ul style="list-style-type: none"> - Alcohol 35.6% - Prescription Opioid Pain Relievers (NM) 21.8% - Cannabis 17.6%
<p>14. True or False? Canadian youth have one of the highest rates of cannabis use worldwide.</p>	<p>True False</p>	<p>Canadian youth continue to have the highest rates of cannabis use worldwide. In 2018, the World Health Organization compared lifetime cannabis use among youth aged 15 across 40 countries and found that use by Canadian youth was the third highest, 23% boys and 21% of girls.</p>

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Vaping/electronic cigarettes

Question	Answers	Rational
1. What is considered an e-cigarette?	A. Vape Pens B. Mods C. E-cigs/e-hookahs D. All of the above.	All of these are considered an e-cigarette. They come in many shapes and sizes and can look like other items.
2. True or False? Vaping products have the same product standards as tobacco products?	True False	Currently quality control and manufacturing standards are lacking for e-cigarettes and e-juice for the facilities where they are made. There is no consistency with the mechanisms themselves and the chemicals that go into the products.
3. True or False? E-cigarettes are approved in Canada to help people quit smoking.	True False	E-cigarettes are not approved by Health Canada as a tobacco cessation aid. More studies have shown individuals who use e-cigarettes as a smoking cessation aid revert back to smoking or become dual users.
4. True or False? E-cigarette advertisements are targeted specifically to youth.	True False	E-cigarette advertising is only possible in specialty vape stores where a minimum age of 19 is necessary to enter. Vape companies are using strategies to appeal to youth and young adults via product placement, online advertisements, and via social media influencers to appeal to youth.
5. In Ontario, what percentage of people who identify as male in grades 7–12 are using vaping products?	A. 13% B. 5% C. 2% D. 26%	13% of people who identify as male use vaping products, compared to 18% of those identified as females. Peak use is 27.7% in grade 11 and 12.

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<p>6. What % of students from grade 7–12 reported using just a few puffs of e-cigarettes in their lifetime?</p>	<p>A. 47.6% B. 26% C. 5% D. 70.2%</p>	<p>The Ontario Student Drug Use and Health Survey (OSDUHS) 2023 reported that about 5% students Grade 7-12 have smoked a few puffs or one whole cigarette in their lifetime.</p>
<p>7. True or False? Most youth believe e-cigarettes are less harmful than cigarettes and safe to use.</p>	<p>True False</p>	<p>73% of youth felt that e-cigarettes were less harmful than cigarettes and 47.1% believed they were less addictive than cigarettes. Less harmful does not mean harmless.</p>
<p>8. True or False? It is illegal to sell or supply e-cigarettes to anyone under the age of 19.</p>	<p>True False</p>	<p><i>Under the Smoke-Free Ontario Act, 2017</i>, it is illegal to: sell or supply e-cigarettes to anyone under the age of 19. Even if caught sharing an e-cigarette with a friend who is under 19 is illegal and can be charged as supplying to a minor.</p>
<p>9. Nicotine can</p>	<p>A. alter teen brain development. B. negatively affect memory, concentration, and mood. C. increase anxiety and stress. D. increase heart rate and blood pressure. E. train your brain to be more easily addicted to other drugs. F. All of the above.</p>	<p>Reference: https://tinyurl.com/yuv83dba</p>
<p>10. True or False? Most vapour products used by youth contain nicotine which can lead to dependence.</p>	<p>True False</p>	<p>As per findings from the 2023 Ontario Student Drug Use and Health survey, of youth who vape: 87.4% report vaping products with nicotine, 6.4% were not and 6.2% did not know if their products had nicotine in them.</p>

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<p>11. Which of the following are reasons why youth start vaping?</p>	<p>A. They like the flavours. B. Their friends vape. C. Curiosity/boredom. D. Better than smoking. E. To deal with stress. F. All of the above.</p>	<p>As per the Quash app, reasons youth say they started vaping:</p> <ul style="list-style-type: none"> • They like the flavours (e.g. fruit, candy, mint) • For the nicotine • To help me deal with stress • My friends vape • I was curious • I was bored, this gives me something to do • It's harmless • It's better than smoking cigarette • I can vape anywhere • It's fun doing vape cloud tricks • To cut down on smoking tobacco
<p>12. Which of the following are myths about vaping?</p>	<p>A. Vaping is just harmless water vapor. B. Most vapes contain nicotine. C. You can get addicted to vapour products. D. Vaping will help me quit smoking. E. A and D F. B and C</p>	<p>Reference: Not an experiment: https://tinyurl.com/uk9542sv</p>
<p>13. The vapour created by an e-cigarette contains the following:</p>	<p>A. Toxic chemicals B. Heavy metals C. Nicotine D. All of the above.</p>	<p>More than 80 chemicals have been found in e-juices that are linked to health problems. When the e-juice is heated up, there are chemical reactions that change the compounds. They may be harmful when inhaled.</p>

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14. Which organs in the body does nicotine affect?	E. Heart F. Lungs G. Brain H. All of the above.	Reference: Harmful effects of nicotine: PMC (nih.gov) https://tinyurl.com/yc4j76c6
15. Why might young people choose not to vape?	A. Better for health B. To avoid addiction C. To save money D. All the above.	These are just a few reasons young people might choose not to vape. Can you think of any other reasons?

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Alcohol

Questions	Answers	Rational
1. True or False? Alcohol affects people of the same height and weight in the same way.	True False	Effects of alcohol can vary and can be dependent on: <ul style="list-style-type: none"> • How much you drink. • How strong the drink is. • If you've eaten or exercised • How you are feeling (well or unwell). • Gender: Males and females metabolize alcohol at a different rate.
2. True or False? Vomiting is a sign of alcohol poisoning.	True False	One of the body's ways of dealing with alcohol poisoning is eliminating the un-absorbed alcohol from the stomach via vomiting.
3. Which contains the most amount of alcohol?	A. A standard (12oz) glass of beer (5%). B. A standard (1.5 oz.) shot of whiskey. C. Both contain the same amount of alcohol.	Both contain the same amount of alcohol. They both contain 1 unit of alcohol: <ul style="list-style-type: none"> • A standard beer/cider cooler is 12 flu oz. (341 mL of 5%) • A shot of hard liquor 43mL or 1.5 oz. • A glass of 12% wine 142mL (5 oz).
4. If someone has two drinks per hour between 9 p.m. and 1 a.m. on Friday night, then must work Saturday at 9am. What time would it be ok to drive?	A. 5 a.m. Saturday morning. B. Whenever you don't feel drunk. C. Whenever you need to leave for work. D. You shouldn't drive until at least 11 am.	You shouldn't drive until at least until 11 a.m. It takes an average of 1 hour per drink to clear alcohol from your system. Just because you "don't feel drunk" doesn't mean your blood alcohol level will be 0.

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<p>5. Short term effects of alcohol include: _____.</p>	<p>A. Nausea and vomiting, dizziness, impaired judgement and behaviour</p> <p>B. Risky sexual behaviours, cancer, loss of friends.</p> <p>C. Unintentional injuries, diarrhea, bed wetting.</p> <p>D. Violence, risky sexual behaviour, headaches.</p>	<p>Too much alcohol on a single occasion (binge drinking) can result in short-term effects such as:</p> <ul style="list-style-type: none"> • impulsive behavior • impaired attention, concentration, and judgement • drowsiness • aggressiveness and violent behavior • slowed reaction time • slurred speech • double or blurred vision • flushed skin • nausea and vomiting • frequent urination • impaired memory or loss of memory <p>Long-term health consequences are harms that happen over a long period of time and do not arise immediately. Frequent heavy drinking increases long-term health risks. Reference: https://tinyurl.com/3fcx5jep</p>
<p>6. What type of drug is alcohol?</p>	<p>A. A depressant</p> <p>B. A stimulant</p> <p>C. An opioid</p>	<p>Alcohol is a depressant meaning it reduces functioning of your central nervous system.</p>
<p>7. True or False? Drinking alcohol reduces the risk of cancer.</p>	<p>True False</p>	<p>There is strong evidence that alcohol consumption can increase your risk for cancer. New 2023 Canada Lower-Risk Alcohol Guidelines recommend a maximum 2 drinks per week to lower negative alcohol health consequences.</p>

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<p>8. True or False? You can mix alcohol and other drugs as long as you keep the amounts small.</p>	<p>True False</p>	<p>Alcohol interacts with other drugs in a lot of different ways. Even small amounts of alcohol taken with other depressant drugs (cannabis, cold medicine, allergy medicine) can seriously impair a person's ability to drive a car. And some prescription drugs can react with alcohol and cause serious health problems.</p>
<p>9. True or False? Some people drive better after a few drinks.</p>	<p>True False</p>	<p>Alcohol may relax you, but it makes you less able to make responsible decisions. Alcohol is likely to make you less cautious, impair your judgment, affect your vision, make you less patient, impair your muscle co-ordination, impair your senses of touch and hearing, make you less alert, and slow down your reaction time. Alcohol can also impair your memory, may give you false confidence, and may make you more aggressive.</p>
<p>10. If someone is drinking alcohol to lower their risk of harm, they should drink the following amount per week:</p>	<p>A. 2 standard drinks or less. B. 3–6 standards drinks. C. 7–10 standard drinks. D. 11–15 standard drinks.</p>	<p>According to Canada's Guidance on Alcohol and Health-Drinking Less is Better (https://tinyurl.com/bdf26ruw), research has shown that no amount of alcohol is good for your health. Not drinking has benefits, such as better health, and better sleep. Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.</p>
<p>11. In Ontario, what percentage of students in grade 7–12 reported using alcohol?</p>	<p>A. 35.6% B. 45% C. 15% D. 5%</p>	<p>As per findings from 2023 Ontario Student Drug Use and Health Survey, percentage of Grade 7-12 students reporting past drug use :</p> <ul style="list-style-type: none"> • - Alcohol : 35.6% • -Prescription opioids pain relievers (NM) : 21.8% • -Cannabis : 17.6% • - Vapes/Electronic cigarettes : 13.4 %

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<p>12. True or False? Teens who drink heavily are three times more likely to try and hurt themselves (self-harm, attempt suicide etc.) than those who do not.</p>	<p>True False</p>	<p>Teens who drink heavily are three times more likely to try and hurt themselves (self-harm, attempt suicide etc.) than those who don't.</p>
<p>13. True or False? Alcohol is the most used substance in Ontario.</p>	<p>True False</p>	<p>Alcohol is the most used substance in Ontario.</p> <ul style="list-style-type: none"> • 83% of grade 12 Ontario students admit to using alcohol. • 49% of Ontario grade 12 students admit to binge drinking. • Among Ontario grade 11 drinkers, 13 years was the average age of first exposure, and 14 years was the average age for first intoxication experience.
<p>14. Alcohol can cause:</p>	<p>A. Liver damage B. Addiction C. Irritation in the stomach. D. Increased chances of heart disease and cancer. E. Damage the developing brain in teens. F. All of the above.</p>	<p>Young people are at greater risk of alcohol-related harm than adults. As the brain keeps developing into the mid-twenties, drinking alcohol as a teenager can greatly increase the risk of damage to the developing brain. It can also lead to problems with alcohol later in life. Alcoholism is known to cause:</p> <ul style="list-style-type: none"> • inflammation of the liver • raise blood pressure, increasing chances of heart disease, stroke, and high blood pressure • irritation of the stomach lining • inflammation of the pancreas (pancreatitis) • increased risk of cancers of the mouth, throat, larynx, and esophagus • sexual dysfunction in men.

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<p>15. True or False? You can drink as much as you want if you eat a lot.</p>	<p>True False</p>	<p>Alcohol gets into your bloodstream more slowly if there is food in your stomach. If you are full, you'll still get drunk, but it will just take a little longer, than if you had an empty stomach.</p>
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Prevention/support

Questions	Answers	Rational
<p>1. True or False? Peer pressure is when your friend pressures you into doing something you do not want to do.</p>	<p>True False</p>	<p>It is an attempt to get someone in their own age group to act a certain way. Pressure occurs when a person feels forced to do something they do not want to do.</p>
<p>2. If you are being offered a vape or any substance, how would you refuse? What is the best answer?</p>	<p>A. Scream loudly at the person and say no. B. Say no while feeling guilty and end up trying just once. C. Ignore the person and change the subject. D. Bring another friend that could vape instead of you.</p>	<p>Ignore the person like you did not hear them and when possible, try to change the focus and offer an alternative activity such as: "I'm hungry, let's go get something to eat."</p>
<p>3. Yes or No? Can you use humour to say no when being offered a vape?</p>	<p>Yes No</p>	<p>Humour is a great way to alleviate stress. When offered to do or try something you do not want to, find a joke that can help excuse you from the situation. For example:</p> <ul style="list-style-type: none"> • "I need all the brain cells I can get. No thanks." • "No thanks, this stuff stunts my growth. I want to be tall to play basketball."

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<p>4. Name 2–3 qualities of a good friend.</p>	<p>Answers:</p> <ul style="list-style-type: none">• Someone who accepts you as you are, accepts your decisions, and watches out for you.• Someone who does not pressure you into doing something you do not want to do.• Is a positive peer influence.• Someone who does not use drugs and can keep you from using drugs.• Someone who wants to help you and recommends people or community resources that can provide support when dealing with choices or situations involving substance use and addictive behaviours.	<p>Reference: Making friends: How to build friendships - Kids Help Phone: https://tinyurl.com/4hepd58r</p>
<p>5. True or False? The following are symptoms of addiction:</p> <ul style="list-style-type: none">• Experiencing withdrawal or feeling like you really need to vape.• Doing anything to get nicotine.	<p>True False</p>	<ul style="list-style-type: none">• If you or someone you know is struggling with nicotine addiction, talk with a trusted adult to get support and connected to resources which can support quitting.• Quitting can be more successful if a treatment plan is followed to address the physical and behavioural aspects of nicotine dependence.

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<ul style="list-style-type: none">• Feeling anxious or irritable when you want to vape (but cannot).• Trying to quit and relapsing repeatedly.• Continuing to use nicotine because you have trouble quitting.		
6. True or False? There are youth resources available to support quitting nicotine?	True False	<ul style="list-style-type: none">• Talk with a trusted adult• Reach out to a counsellor at school• https://youthbygg.com/• Quash App for phone, https://www.quashapp.com/why-quit, app that you can download. Provides tools to support the quit process: customized goals, design a plan, use quit tools built into the app to track your progress (ex. how much money saved).

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References:

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Where you can't smoke or vape in Ontario | ontario.ca: <https://tinyurl.com/zaetbndx>
Cigarettes-the hard truth | Canadian Cancer Society: <https://tinyurl.com/32d7eaz9>
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Alcohol Abuse Facts — Teen Challenge Canada: <https://tinyurl.com/4xu5umpd>
Brise Illusion.com: www.droptheillusion.com

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School health promotion team

705.522.9200, ext. 393 | 1.866.522.9200

schoolhealthteam@phsd.ca | phsd.ca

  @PublicHealthSD

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Public Health
Santé publique
SUDBURY & DISTRICTS