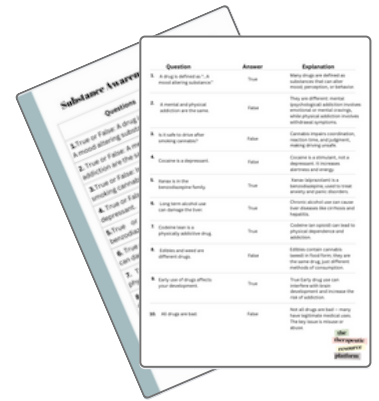


Substance Awareness: True or False?

Instruction page



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Activity Type

Age: 10-18+

Participation Style:
1-1 activity

Group activity

Group play - solo points

Theme:
Educational, awareness

Challenge Level
EASY

2

General Activity Info

Substance Awareness: True or False?

This true-or-false quiz is designed to test and expand knowledge about drugs, their effects, and misconceptions surrounding substance use. It covers key topics such as drug definitions, addiction types, the effects of substances like cannabis, cocaine, and Xanax, and the risks of long-term alcohol use. The quiz also addresses issues like the impact of early drug use on development and whether all drugs should be considered harmful. By providing factual information, this activity aims to improve awareness and encourage informed decision-making regarding substance use.

True or False Activity

Our True or False activity is an engaging way for you to share knowledge with participants. It can be done in a one-to-one setting or within a group. Simply print the worksheet, distribute it, and have participants answer the questions. Once they're finished or after 15 minutes, go through the answers together and discuss them in more detail. Alternatively, you can ask the questions verbally and have participants show True or False flashcards in response. Flashcard templates are available on our website.

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Materials Needed

- A printed copy of the resource OR Flashcards.
- Pens.
- A dry-erase marker if you plan to laminate the sheet making it reusable.

4

Step by Step Instructions

1. Print out the true or false quiz sheet **OR** print out our flashcards if you plan on asking the questions verbally.
2. Give participants time to answer the questions. Then go through each question and their answers.

Top Tip: You could laminate the sheet and use a whiteboard pen to mark off completed tasks, making it a reusable tool for future weeks.

Substance Awareness: True or False?

Questions	True	False
1.True or False: A drug is defined as “... A mood altering substance.”		
2. True or False: A mental and physical addiction are the same.		
3.True or False: Is it safe to drive after smoking cannabis?		
4. True or False: Cocaine is a depressant.		
5.True or False: Xanax is in the benzodiazepine family		
6. True or False: Long term alcohol use can damage the liver.		
7. True or False: Codeine lean is a physically addictive drug.		
8. True or False: Edibles and weed are different drugs.		
9. True or False: Early use of drugs affects your development.		
10.True or False: All drugs are bad.		

Question	Answer	Explanation
1. A drug is defined as “...A mood altering substance.”	True	Many drugs are defined as substances that can alter mood, perception, or behavior.
2. A mental and physical addiction are the same.	False	They are different: mental (psychological) addiction involves emotional or mental cravings, while physical addiction involves withdrawal symptoms.
3. Is it safe to drive after smoking cannabis?	False	Cannabis impairs coordination, reaction time, and judgment, making driving unsafe.
4. Cocaine is a depressant.	False	Cocaine is a stimulant, not a depressant. It increases alertness and energy.
5. Xanax is in the benzodiazepine family.	True	Xanax (alprazolam) is a benzodiazepine, used to treat anxiety and panic disorders.
6. Long term alcohol use can damage the liver.	True	Chronic alcohol use can cause liver diseases like cirrhosis and hepatitis.
7. Codeine lean is a physically addictive drug.	True	Codeine (an opioid) can lead to physical dependence and addiction.
8. Edibles and weed are different drugs.	False	Edibles contain cannabis (weed) in food form; they are the same drug, just different methods of consumption.
9. Early use of drugs affects your development.	True	True Early drug use can interfere with brain development and increase the risk of addiction.
10. All drugs are bad.	False	Not all drugs are bad — many have legitimate medical uses. The key issue is misuse or abuse.