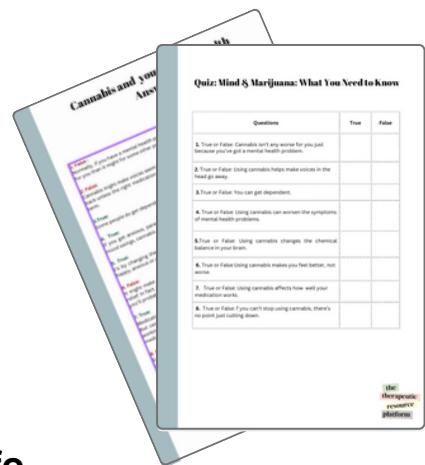


# Quiz: Mind & Marijuana: What You Need to Know

## Instruction page



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### Activity Type

**Age:** 10-18+

**Participation Style:**

1-1 activity

Group activity

Group play - solo points

**Theme:**

Mindful, reflective

**Challenge Level**  
**EASY**

**Resource Format:**

Quiz/Game  
PDF worksheet

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### General Activity Info

#### Mind & Marijuana: What You Need to Know

This activity is a true-or-false quiz designed to raise awareness about the relationship between cannabis use and mental health. It explores common misconceptions and facts, such as the potential for dependence, the effects on brain chemistry, and the impact on mental health symptoms. The quiz also highlights how cannabis use can interfere with medication and whether it truly alleviates symptoms like auditory hallucinations. Additionally, it addresses the idea of harm reduction for those struggling to quit. The goal of this activity is to provide factual information and encourage informed decision-making regarding cannabis and mental health.

#### 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.

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### 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.

# Quiz: Mind & Marijuana: What You Need to Know

Questions	True	False
1. True or False: Cannabis isn't any worse for you just because you've got a mental health problem.		
2. True or False: Using cannabis helps make voices in the head go away.		
3. True or False: You can get dependent.		
4. True or False: Using cannabis can worsen the symptoms of mental health problems.		
5. True or False: Using cannabis changes the chemical balance in your brain.		
6. True or False: Using cannabis makes you feel better, not worse.		
7. True or False: Using cannabis affects how well your medication works.		
8. True or False: If you can't stop using cannabis, there's no point just cutting down.		

# Cannabis and your mental health

## Answers

### **1. False :**

Normally, if you have a mental health problem, cannabis will have more serious side effects for you than it might for some other people.

### **2. False:**

Cannabis might make voices seem less troublesome for a bit, but they are likely to keep coming back unless the right medication is taken. Cannabis can actually make them worse in the long term.

### **3. True:**

Some people do get dependent on cannabis so it can be hard for them to stop using it.

### **4. True:**

If you get anxious, paranoid or depressed, or if you see or hear things, sleep badly or have mood swings, cannabis can make all of these worse.

### **5. True:**

It's by changing the chemical balance in your brain that cannabis makes you feel relaxed or happy, anxious or paranoid.

### **6. False:**

It might make you feel more calm or less stressed for a while but it can't provide long-term relief. In fact, rather than helping with your mental health problems, by using cannabis you'll probably make yourself feel bad for longer.

### **7. True:**

Medication is often aimed at stabilising the chemicals in your brain that affect how you feel. But cannabis can affect those chemicals in all sorts of ways, and can stop your medication working properly. And because you're stoned, you can easily get out of the habit of taking your medication when you need to.

### **8. False:**

Even if you find it too hard to give up altogether, cutting down your cannabis use and avoiding inhaling large amounts, particularly the strong types of cannabis like 'skunk', will help you.

If you got more than six right...You've got the facts straight. Now you can make an informed

decision about what's best for you. Don't forget to get some help if you think you may need it.

Have a look at the leaflet Cannabis and your mental health to find out about ways of stopping or getting help. If you got less than six right...Before you make up your mind about using cannabis, shouldn't you find out its pros and cons? Have a look at the leaflet Cannabis and your mental health to find out more about how cannabis affects you.