# **Drug Trivia Game**

## Goal:

• To have fun while educating and reinforcing information learned about various substances and harm reduction practices.

#### Have Ready:

- Drug Trivia questions and answers.
- Drug Trivia game board pieces.
- Prize(s) for winning team (optional).

#### Instructions:

- Divide the group into two teams and have them choose team names.
- Decide which team will go first. One way to decide is by getting them to guess a randomly chosen number between 1 and 10 that you have in mind.
- The teams will take turns choosing a category and points value, and answering a question.
- Keep score on a chalk/white board.
- Encourage each team to huddle and work together to come up with the correct answer. To encourage team work, we let them know that if one person shouts-out an incorrect answer, the other team can "steal" if they know the correct answer.
- There is no need to ask every question, the game can be as brief or extended as needed.
- At Teen Talk we try to play a final "Bonus Round" where each team chooses an amount of points to wager. See "Playing It Safer" for an example bonus question.
- Note: Some group may need to be reminded that the game is just for fun and it is important to not get too worked up.

Playing It Safer (Harm reduction)

### 100 "Name two places to go for information and help around substance use."

 Addictions Foundation of Manitoba, guidance counselor, AA, doctor, elder, older or more informed friend/brother/sister/parent...

### 200 "What can you do to help if someone is having a 'bad trip'?"

- Take the person to quiet surroundings where they feel comfortable
  - Find a friend who can reassure them
  - Stay with them/find someone else who can
  - Validate their panic, let them know that their panic will wear off in a few hours (or sooner)

# 300 "Name five ways to stay safer if drinking." \*Good final question for the game\*

 Know your tolerance, drink water, eat first, always watch your drink, have a buddy, alternate alcoholic drinks with non-alcoholic ones, bring condoms, have a safe way home (riding or walking may not be safe—sometimes it's better to stay where you are until you feel better),etc.

## Drug Effects

## 100 "What are three side effects of using ecstasy?"

- Jaw clenching, teeth grinding, nausea, tightened muscles, sweating, chills, increased heart rate, increased blood pressure and body temperature, shaking, next-day sleepiness...
- 100 "Name three signs of alcohol overdose."
  - Vomiting, blacking out, passing out, cold/clammy skin, death, slurring, lack of muscle coordination, etc.
- 200 "What types of things will affect how many drinks it takes a person to get drunk?"
  - Amount of sleep, whether you have eaten, tolerance, atmosphere, body weight and composition.
- 300 "Why do people feel depressed after using stimulants such as ecstasy or crystal meth?"
  - Because uppers/stimulants trigger a big dose of the "feel good" chemical (like, dopamine), the body can stop producing them. After the drug is out of the system, it takes a while for the body to start making and releasing chemicals on its own again.

## True or false

- 100 "True or false: an overdose of caffeine may include restlessness, dizziness, nausea, tense muscles, sleep disturbances, irregular heart beat."
  - True: caffeine has an effect on the body that may have undesired effects (just like anything else someone might use)
- 100 "True or false: you or your friends can tell if a drug (like rohypnol, roofies, or GHB) has been slipped into your drink."
  - False: they are mostly odorless, colourless and tasteless. (FYI: Some may make a drink cloudy or darker, but it's not reliable to count on that.)
- 200 "True or false: if you want to use someone else's needle, cleaning it with bleach makes it totally safe."
  - False: Hep C lives up to 2 years in a needle or 2 weeks outside a needle. Though bleaching is a form of harm reduction (it's safer than doing nothing), using your own needle is much safer.
- 300 "True or false: alcohol warms the body up."
  - False: it slows down the heart rate and dilates blood vessels, which can make you feel warmer but increases risk of hypothermia.

#### Wild cards

- 100 "Name a risk of sharing drug works like straws or pipes."
  - Infection with Hep C or HIV. Like needles, blood can be passed.
- 200 "What two substances account for the majority of deaths in the western world?"
  - Alcohol and tobacco
  - (FYI: people sometimes assume that illegal drugs are the most dangerous substances, yet because of their wide use and harmful effects, these two legal substances are obviously unsafe.)
- 300 "Why is it more dangerous to drink alcohol and use cannabis (marijuana) together than using either one alone?"
  - Cannabis reduces nausea, so people can drink more without getting sick, which can result in alcohol poisoning.
- 300 "What can happen if you use ecstasy and ventolin (asthma inhaler)?
  - o Dangerously high blood pressure, because they are both uppers.

## **Bonus Question:**

## "Describe the recovery position and tell when you would use it."

• On side, leaning on arm, propped up with knee and other arm. Keeps their airway open, prevents choking on vomit.

# DRUG TRIVIA GAME

<i>Playing It</i> Safer	True or False	Drug Effects	Wild Cards
100		100	100
200	200	200	200
300	300	300	300