

# DRUG TALK

BODY . MIND . FUTURE .

## WHAT DO YOU KNOW OR WANT TO KNOW MORE ABOUT?

### QUIZ

#### SUGGESTED USES FOR THE QUIZ

This quiz has been devised to assist teachers to develop a snapshot of their students' current understanding about alcohol and other drugs. It is not meant to be a comprehensive 'test' of this knowledge, just a mechanism for developing a picture of basic content knowledge across the cohort. Topics in the quiz include:

- drugs and the effects of drug use
- skills and strategies to reduce the harms of drug use
- what to do and who to seek help from in drug-related situations.

The quiz also asks students what drugs and drug-related information they would like to know more about. Using an interest-based approach is suggested as a way of engaging students in a planned and relevant alcohol and other drugs program.

The following are ways in which the quiz could be used in your alcohol and other drugs program.

1. Use the quiz as a way of determining students' pre-existing knowledge. Use this knowledge to then plan your student-centric program which draws on their current knowledge and interests.



**If during the program students demonstrate a lack of awareness that was not identified from the quiz results, select and deliver one or two targeted activities from the most relevant component of Drug Talk to fill that gap.**

2. Use the quiz as a pre- and post-knowledge mechanism. This may assist in identifying what advances have been achieved in knowledge and understandings.

# DRUG TALK

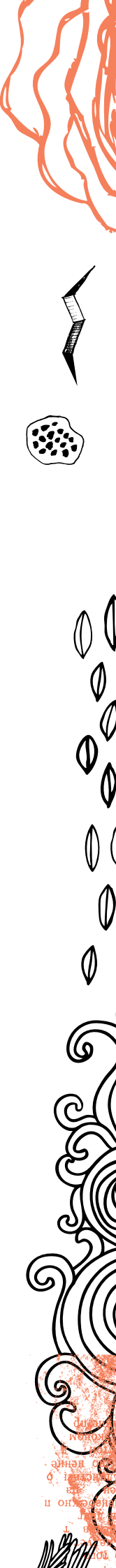
BODY . MIND . FUTURE .

## WHAT DO YOU KNOW OR WANT TO KNOW MORE ABOUT?

### QUIZ

#### DRUGS – TYPES AND EFFECTS

1. A psychoactive drug affects the central nervous system or CNS and alters your mood, thinking and behavior.
  - True
  - False
2. Which of the following drugs increase the body's state of arousal by increasing the activity of the brain:
  - caffeine
  - cannabis
  - alcohol
  - analgesic
3. A depressant drug:
  - slows down the musculoskeletal system
  - decreases alertness by slowing down the activity of the central nervous system
  - increases the activity of the brain
  - always makes you feel depressed
4. Polydrug use:
  - is safe if you are careful
  - is when you mix two or more drugs at the same time or near the same time
  - doesn't increase the risk of using either drug
  - is when you binge on the drug you have used
5. The experience you will have when you take a drug will depend on the following:
  - you – your mood, size, previous experiences, personality, food you have eaten etc
  - drug – the amount used, its purity and how you took it
  - environment – the setting you took the drug in eg alone, with friends, before driving, at the beach etc.
  - all of the above
6. Which drug is the most commonly used legal drug in Australia and the drug that causes the most harm to young people?
  - tobacco
  - alcohol
  - methamphetamine
  - cannabis
7. Alcohol under the age of 18 years is not recommended because:
  - it affects the development of two crucial parts of the brain – the prefrontal lobe and the hippocampus
  - it can cause irreversible brain changes that can impact on decision making, personality, memory and learning
  - you can become sexually vulnerable if under the influence of alcohol, including having unsafe or unwanted sex
  - all of the above
8. Over-the-counter and prescription drugs are safer to use than other drugs because they are legal and prescribed by a doctor, or can be purchased from a pharmacy or supermarket.
  - True
  - False
9. Cannabis is potentially less harmful for you than drugs that are made from chemicals.
  - True
  - False



## DRUGS — MANAGING YOU

10. Caffeine:
- is a legal drug and there is no risk in using it. Love my coffee!
  - is a stimulant drug and can affect the growing brain by disrupting the formation of key connections in the brain that occur during your sleep
  - doesn't cause any side effects when you stop using it
  - is naturally occurring in leaves, seeds, nuts of fruit of around 60 plants so has no risks associated with its use

11. NPS stands for:
- New Psychoactive Synthetics
  - New Psychology Substances
  - New Psychoactive Substances
  - New Psychotropic Synthetics

12. Tobacco:
- contains the stimulant drug nicotine
  - contains more than 4,000 chemicals
  - use, when combined with the use of the contraceptive pill, increases the chance of blood clots forming, speeds up your heart rate and increases your blood pressure
  - all of the above

13. The risks of using performance and image enhancing drugs (or PIEDs) by young people is particularly high and the effects experienced may be irreversible.
- True
  - False

14. Methamphetamine use:
- in the short-term can cause irregular breathing, panic attacks, rapid or irregular heart beat and feelings of being powerful or superior
  - can increase the risk of mental health problems, especially in people with an existing mental health condition or those with a vulnerability to mental health problems.
  - can cause a brain lesion or brain scarring
  - all of the above

15. A drug is any substance that, when taken or administered into the body, has a physiological effect.
- True
  - False

16. You may find yourself in situations where you are inclined or pressured to take drugs. In these situations, you would feel most comfortable:
- making an excuse
  - walking away
  - being assertive
  - trying to avoid the situation
  - any/all of the above

17. If you are concerned about your drug use or a friend's drug use, one of the best strategies is to:
- try to work it out yourself
  - just stop using
  - talk to somebody and get help if needed
  - do nothing and hope the issue will go away

18. The best thing to do if your mate has had too much to drink is:
- don't know
  - leave them to sleep it off alone
  - put them in the recovery position and watch them carefully
  - give them lots of water

## SEEKING MORE KNOWLEDGE

19. I would like to know more about:
- drugs and the law
  - the effects of drugs on the body
  - where to go for help
  - other

20. I would like to know more about the following drugs: (order the drugs 1 = most)
- Alcohol
  - Caffeine
  - E-cigarettes
  - Cannabis
  - Synthetic cannabis
  - Performance and image enhancing drugs (including steroids)
  - Amphetamines (including methamphetamines and ecstasy)
  - New Psychoactive Substances
  - Prescription drugs and over the counter medications
  - Opioids



# QUIZ MARKING KEY & SUGGESTIONS FOR PLANNING

QUESTION/ANSWER	PLANNING IDEAS
<b>DRUGS – TYPES AND EFFECTS</b>	
1. A psychoactive drug affects the central nervous system or CNS and alters your mood, thinking and behavior. <input checked="" type="checkbox"/> True <input type="checkbox"/> False	<ul style="list-style-type: none"> <li>• Watch the video – <i>Drugs and what you need to know</i></li> <li>• Each interactive drug video will also discuss that specific drug in terms of its drug classification</li> </ul>
2. Which of the following drugs increase the body’s state of arousal by increasing the activity of the brain: <input checked="" type="checkbox"/> caffeine <input type="checkbox"/> cannabis <input type="checkbox"/> alcohol <input type="checkbox"/> analgesic	<ul style="list-style-type: none"> <li>• Watch the video – <i>Caffeine</i></li> </ul>
3. A depressant drug: <input type="checkbox"/> slows down the musculoskeletal system <input checked="" type="checkbox"/> decreases alertness by slowing down the activity of the central nervous system <input type="checkbox"/> increases the activity of the brain <input type="checkbox"/> always makes you feel depressed	<ul style="list-style-type: none"> <li>• Watch the video – <i>Drugs and what you need to know</i></li> <li>• Any of the depressant drug interactive videos eg alcohol will explain the effect of a depressant drug</li> </ul>
4. Polydrug use: <input type="checkbox"/> is safe if you are careful <input checked="" type="checkbox"/> is when you mix two or more drugs at the same time or near the same time <input type="checkbox"/> doesn’t increase the risk of using either drug <input type="checkbox"/> is when you binge on the drug you have used	<ul style="list-style-type: none"> <li>• Polydrug use is included in most of the interactive drug videos where the use of one or more drugs and the potential effects are highlighted</li> </ul>
5. The experience you will have when you take a drug will depend on the following: <input type="checkbox"/> you – your mood, size, previous experiences, personality, food you have eaten etc <input type="checkbox"/> drug – the amount used, its purity and how you took it <input type="checkbox"/> environment – the setting you took the drug in eg alone, with friends, before driving, at the beach etc. <input checked="" type="checkbox"/> all of the above	<ul style="list-style-type: none"> <li>• Watch the video – <i>Drugs and what you need to know</i></li> <li>• Specific interactive drug videos will explore the drug use experience eg alcohol</li> </ul>
6. Which drug is the most commonly used legal drug in Australia and the drug that causes the most harm to young people? <input type="checkbox"/> tobacco <input checked="" type="checkbox"/> alcohol <input type="checkbox"/> methamphetamine <input type="checkbox"/> cannabis	<ul style="list-style-type: none"> <li>• Watch the video – <i>Alcohol</i></li> <li>• Watch the interview <i>Alcohol and the brain</i> by Professor Daniel Fatovich in the <i>Interviews</i> section of the <i>Drug Talk</i> student portal</li> </ul>



QUESTION/ANSWER	PLANNING IDEAS
<p>7. Alcohol under the age of 18 years is not recommended because:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> it affects the development of two crucial parts of the brain – the prefrontal lobe and the hippocampus</li> <li><input type="checkbox"/> it can cause irreversible brain changes that can impact on decision making, personality, memory and learning</li> <li><input type="checkbox"/> you can become sexually vulnerable if under the influence of alcohol, including having unsafe or unwanted sex</li> <li><input checked="" type="checkbox"/> all of the above</li> </ul>	<ul style="list-style-type: none"> <li>• Watch the video – <i>Alcohol</i></li> <li>• Watch the interview <i>Alcohol and the brain</i> by Professor Daniel Fatovich in the <i>Interviews</i> section of the <i>Drug Talk</i> student portal</li> </ul>
<p>8. Over-the-counter and prescription drugs are safer to use than other drugs because they are legal and prescribed by a doctor, or can be purchased from a pharmacy or supermarket.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> True</li> <li><input checked="" type="checkbox"/> False</li> </ul>	<ul style="list-style-type: none"> <li>• Watch the video – <i>Over-the-counter and prescription drugs</i></li> </ul>
<p>9. Cannabis is potentially less harmful for you than drugs that are made from chemicals.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> True</li> <li><input checked="" type="checkbox"/> False</li> </ul>	<ul style="list-style-type: none"> <li>• Watch the videos – <i>Cannabis and Synthetic cannabis</i></li> </ul>
<p>10. Caffeine:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> is a legal drug and there is no risk in using it. Love my coffee!</li> <li><input checked="" type="checkbox"/> is a stimulant drug and can affect the growing brain by disrupting the formation of key connections in the brain that occur during your sleep</li> <li><input type="checkbox"/> doesn't cause any side effects when you stop using it</li> <li><input type="checkbox"/> is naturally occurring in leaves, seeds, nuts of fruit of around 60 plants so has no risks associated with its use</li> </ul>	<ul style="list-style-type: none"> <li>• Watch the video – <i>Caffeine</i></li> </ul>
<p>11. NPS stands for:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> New Psychoactive Synthetics</li> <li><input type="checkbox"/> New Psychology Substances</li> <li><input checked="" type="checkbox"/> New Psychoactive Substances</li> <li><input type="checkbox"/> New Psychotropic Synthetics</li> </ul>	<ul style="list-style-type: none"> <li>• Watch the video – <i>New Psychoactive Substances</i></li> </ul>
<p>12. Tobacco:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> contains the stimulant drug nicotine</li> <li><input type="checkbox"/> contains more than 4,000 chemicals</li> <li><input type="checkbox"/> use, when combined with the use of the contraceptive pill increases the chance of blood clots forming, speeds up your heart rate and increases your blood pressure</li> <li><input checked="" type="checkbox"/> all of the above</li> </ul>	<ul style="list-style-type: none"> <li>• Watch the videos – <i>Tobacco and E-cigarettes</i></li> </ul>
<p>13. The risks of using performance and image enhancing drugs (or PIEDs) by young people is particularly high and the effects experienced may be irreversible.</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> True</li> <li><input type="checkbox"/> False</li> </ul>	<ul style="list-style-type: none"> <li>• Watch the video – <i>Performance and image enhancing drugs</i></li> </ul>
<p>14. Methamphetamine use:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> in the short-term can cause irregular breathing, panic attacks, rapid or irregular heart beat and feelings of being powerful or superior</li> <li><input type="checkbox"/> can increase the risk of mental health problems, especially in people with an existing mental health condition or those with a vulnerability to mental health problems.</li> <li><input type="checkbox"/> can cause a brain lesion or brain scarring</li> <li><input checked="" type="checkbox"/> all of the above</li> </ul>	<ul style="list-style-type: none"> <li>• Watch the video – <i>Methamphetamine</i></li> </ul>



QUESTION/ANSWER	PLANNING IDEAS
15. A drug is any substance other than food and water that, when taken or administered into the body, has a physiological effect. <input checked="" type="checkbox"/> True <input type="checkbox"/> False	<ul style="list-style-type: none"> <li>• Watch the video – <i>Drugs and what you need to know</i></li> </ul>
<b>MANAGING YOU</b>	
16. You may find yourself in situations where you are inclined or pressured to take drugs. In these situations, you would feel most comfortable: <input type="checkbox"/> make an excuse <input type="checkbox"/> walk away <input type="checkbox"/> be assertive <input type="checkbox"/> try to avoid the situation <input checked="" type="checkbox"/> any/all of the above	<ul style="list-style-type: none"> <li>• Explore the teaching and learning activities in the <i>Risk-taking and Body. Mind. Future.</i> sections</li> </ul>
17. If you are concerned about your drug use or a friend's drug use, one of the best strategies is to: <input type="checkbox"/> try to work it out yourself <input type="checkbox"/> just stop using <input checked="" type="checkbox"/> talk to somebody and get help if needed <input type="checkbox"/> do nothing and hope the issue will go away	<ul style="list-style-type: none"> <li>• Explore the teaching and learning activities in the <i>Help-seeking</i> section</li> </ul>
18. The best thing to do if your mate has had too much to drink is: <input type="checkbox"/> don't know <input type="checkbox"/> leave them to sleep it off alone <input checked="" type="checkbox"/> put them in the recovery position and watch them carefully <input type="checkbox"/> give them lots of water	<ul style="list-style-type: none"> <li>• Explore the teaching and learning activities in the <i>Risk-taking and Body. Mind. Future.</i> sections</li> </ul>
<b>SEEKING MORE KNOWLEDGE</b>	
19. I would like to know more about: <input type="checkbox"/> drugs and the law <input type="checkbox"/> the effects of drugs on the body <input type="checkbox"/> where to go for help <input type="checkbox"/> other _____	<ul style="list-style-type: none"> <li>• Use this information in planning your alcohol and other drugs program</li> </ul>
20. I would like to know more about the following drugs: (order the drugs 1 = most ) <input type="checkbox"/> Alcohol <input type="checkbox"/> Caffeine <input type="checkbox"/> E-cigarettes <input type="checkbox"/> Cannabis <input type="checkbox"/> Synthetic cannabis <input type="checkbox"/> Performance and image enhancing drugs (including steroids) <input type="checkbox"/> Amphetamines (including methamphetamines and ecstasy) <input type="checkbox"/> New Psychoactive Substances <input type="checkbox"/> Prescription drugs and over the counter medications <input type="checkbox"/> Opioids	<ul style="list-style-type: none"> <li>• Use this information in planning your alcohol and other drugs program</li> </ul>

