

Kahoot Answer Key & Talking Points

1. What percentage of 12th graders have NOT used cannabis, alcohol, or vaped in the past month?

- a. **Answer:** 63%
 - i. Incorrect options:
 - 1. 25%
 - 2. 12%
 - 3. 55%
- b. **Talking Point:** While it might seem like many people are using these substances regularly, more folks are NOT using them regularly.

2. What percentage of folks ages 12-20 have NOT used alcohol in their lifetime?

- a. **Answer:** 66%
 - i. Incorrect options:
 - 1. 5%
 - 2. 27%
 - 3. 43%
- b. **Talking Point:** So, over half of 12th graders have consumed alcohol. This doesn't mean they're doing it regularly or often, though. There's another statistic that says that only 9% of all 12- to 17-year-olds used alcohol in the last month. So while many high schoolers have tried alcohol, it's good to remember that not "everyone" is drinking every weekend.

3. Can you develop a nicotine addiction from vaping an e-cigarette?

- a. **Answer:** Yes
 - i. Incorrect options:
 - 1. No
 - 2. Not sure
- b. **Talking Point:** E-cigarettes do contain nicotine and can be highly addictive, plus there can be other harmful effects, such as lung damage and adolescent brain development, of vaping or using a JUUL

4. Is all alcohol and drug use equally unsafe for teens?

- a. **Answer:** No. There's risk with any substance use, but there are ways to be safer
 - i. Incorrect options:
 - 1. Yes, it's equally unsafe no matter what you do
 - 2. No, drinking is way safer than drug use
 - ii. **Talking point:** The risks of substance use depend on many things, such as the type of substance, the quantity, the frequency of use, and if any precautions were taken. What kinds of messages have you received about alcohol and drug use in the past? Have you ever been given strategies for being safer, or have you usually heard the “just say no” approach?

5. Approaches to teen substance use that focus only on “just say no” or total avoidance have reduced teen substance use

- a. **Answer:** False
 - i. Incorrect options:
 - 1. True
- b. **Talking Point:** There have been a lot of studies on old programs, like D.A.R.E, that have shown there were no significant reductions in teen substance use from scare tactics or “just say no” approaches. What thoughts do you have about this?

6. What is harm reduction?

- a. **Answer:** strategies on how to be safer if you choose to use drugs & alcohol
 - i. Incorrect options:
 - 1. something that encourages you to use drugs and alcohol
 - 2. a tactic that scares teens about drug & alcohol use without all the facts
 - 3. a how-to guide on getting drunk and high
- b. **Talking Point:** Some people get nervous about harm reduction approaches because they think it will increase teen substance use by “teaching teens how to get drunk and high.” But harm reduction acknowledges that the only truly safe thing to do is abstain from drinking and drugs, but that just isn’t the reality for a lot of teens. So, for teens who do choose to engage in substance use, harm reduction aims to encourage the use of strategies to make it safer.

7. What is the most abused substance amongst teens?

- a. **Answer:** alcohol
 - i. Incorrect options:
 - 1. opioids
 - 2. cannabis
 - 3. heroin
- b. **Talking Point:** A lot of people don’t consider alcohol when talking about substance use and addiction, but it can be just as dangerous as a lot of drugs.

8. What is a form of harm reduction to make drinking alcohol safer?

- a. **Answer:** Drinking water in between alcoholic drinks & slowing down
 - i. Incorrect options:
 - 1. Only taking shots with no sugary chasers
 - 2. Having a coffee in between alcoholic drinks or mixing them together
 - 3. Drinking as much as you can in one hour
- b. **Talking Point:** Shots can dangerously increase alcohol intake, caffeine is not a good substance to mix with alcohol, and drinking as fast as you can makes things much more dangerous and truthfully, can ruin the party. Drinking water, pacing yourself, and trying to cut back on alcohol intake to minimize risk of alcohol poisoning are all ways to make drinking safer.

9. What is a form of harm reduction to make drug use safer?

- a. **Answer:** Testing for laced substances
 - i. Incorrect options:
 - 1. Taking drugs alone
 - 2. Sharing drugs with friends
 - 3. Mixing drugs with alcohol
- b. **Talking Point:** Testing for laced substances, like fentanyl, in drugs that you might choose to use, can reduce the risk of overdose or death by drug use. While tests may not pick up on all analogs of Fentanyl and therefore it isn't 100% fail proof, it's still so important to always test your drugs. Know what you're taking, test it whenever you can, and NEVER accept a drug from someone you don't trust or when you don't know what it is.

10. Signs of alcohol poisoning include...

a. **Answer:** all of the above

i. Incorrect options:

1. clammy skin
2. passing out & unable to wake
3. excessive vomiting

b. **Talking Point:** when someone demonstrates these signs or symptoms, call 911 and get them to help. Because of medical amnesty, you won't get in trouble with the law, and keeping your friend alive is more important than avoiding getting in trouble with your parents or guardians.

11. What does Narcan or naloxone do?

a. **Answer:** Reverses an opioid overdose

i. Incorrect options:

1. Stop alcohol poisoning from getting worse
2. Causes an opioid overdose
3. Reduce pain

b. **Talking Point:** Narcan training is accessible, and a short training offered in the community to help save lives, and I can share some ways to find them, and Narcan itself, after this activity. Please note that Narcan does not prevent overdoses.

12. A sign of opioid overdose is...

a. **Answer:** all of the above

i. Incorrect options:

1. loss of consciousness, limp body
2. slowed breathing or choking
3. pale, blue, gray, ashen, or cold skin

b. **Talking Point:** when someone demonstrates these signs, administer Narcan (if you have it) and call 911 immediately to make sure they get the help they need

13. If you're going to use drugs at a party, it's safest to...

- a. **Answer:** Let someone you trust know what you're taking and when
 - i. Incorrect options:
 - 1. Do it alone in the bathroom so you don't ruin the vibes
 - 2. Convince a friend to do it with you so that you're in it together
 - 3. Drink a beer after to dilute the effects
- b. **Talking Point:** Never take drugs alone. This doesn't mean convincing someone else to take them with you, but instead letting someone know what you're taking and when. If something goes wrong and no one knows what you took, when, or even where you are, the likelihood of them being able to help you goes down significantly

14. Popular festival drug Molly, or MDMA, increases the risk of dehydration, especially when paired with alcohol.

- a. **Answer:** True
 - i. Incorrect options:
 - 1. False
- b. **Talking Point:** Molly can increase the risk of dehydration and overheating, and since it's often taken at outdoor festivals or raves, this can be deadly. Drink lots of water if you choose to take Molly (but not more than 2 standard bottles per hour).

15. Only drugs like heroin or meth can be contaminated with fentanyl, which is highly lethal.

- a. **Answer:** False
 - i. Incorrect options:
 - 1. True
- b. **Talking Point:** more and more "party" drugs, such as cocaine, are being laced or cross-contaminated with fentanyl lately so it's important to test whatever you're taking

16. The "buddy system" doesn't help make anyone safer at a party or when drinking/using drugs.

a. **Answer:** False

i. Incorrect options:

1. True

b. **Talking Point:** Having at least one trusted friend that you won't leave the party without, and where you're both keeping an eye on one another and holding each other accountable to making safer choices, can reduce the likelihood of many different dangerous situations, including running into issues with drug and alcohol overuse. Keep each other safer!

i. If both friends are choosing to drink or use and become heavily impaired, it can reduce the likelihood that your "buddy" will be able to help in a crisis. However, using the buddy system is a great tool for making safer decisions together (like mixing in water in between drinks) and knowing someone has your back and knows where you are.

Sources:

- <https://drugabusestatistics.org/teen-drug-use/>
- <https://www.cdc.gov>
- <https://narcan.com/frequently-asked-questions>
- [Drugpolicy.org](https://www.drugpolicy.org)
- [Niaaa.nih.gov](https://niaaa.nih.gov)
- [Healio.com](https://www.healio.com)