

**our minds
matter**

be for real

THE WHOLE TRUTH ABOUT DRUGS & ALCOHOL

**what percentage of 12th graders have
NOT used cannabis, alcohol, or vaped
in the past month?**

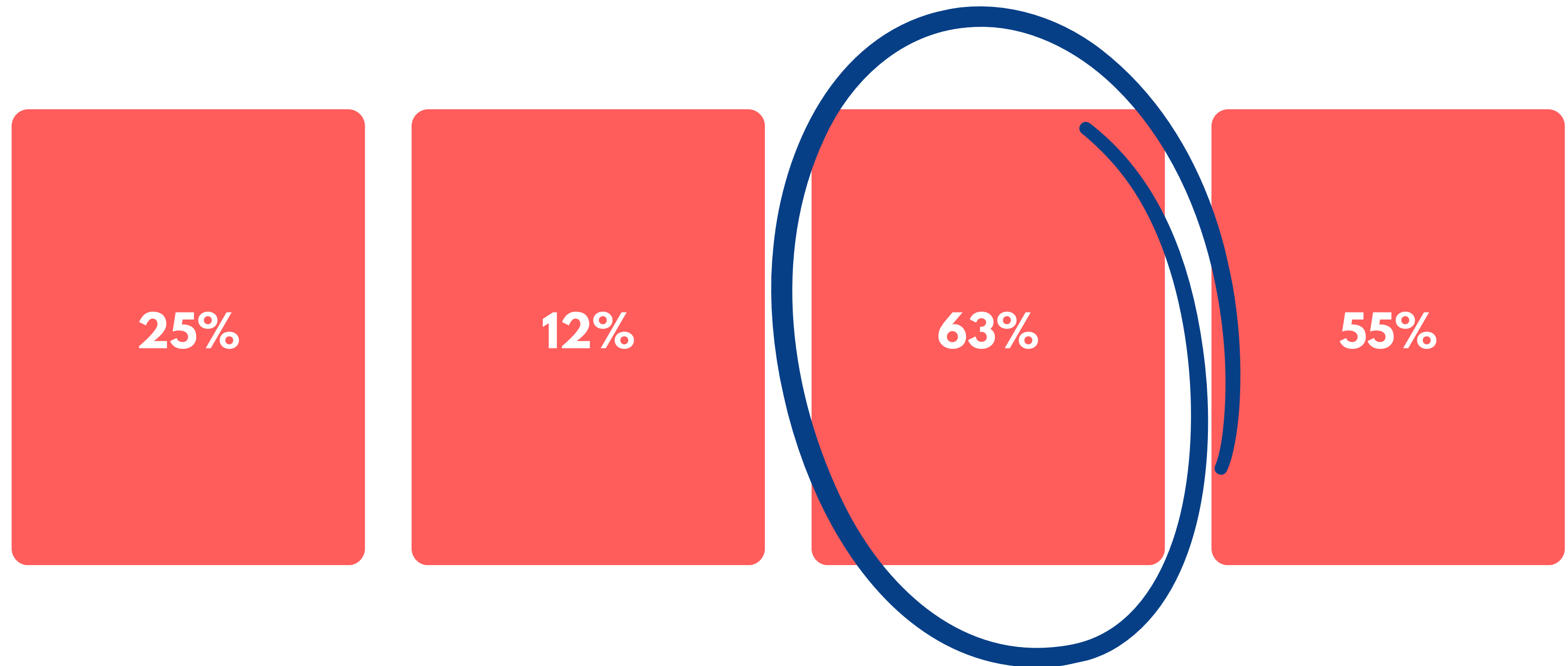
25%

12%

63%

55%

**what percentage of 12th graders have
NOT used cannabis, alcohol, or vaped
in the past month?**



**what percentage of folks ages 12-20
have NOT used alcohol in their
lifetime?**

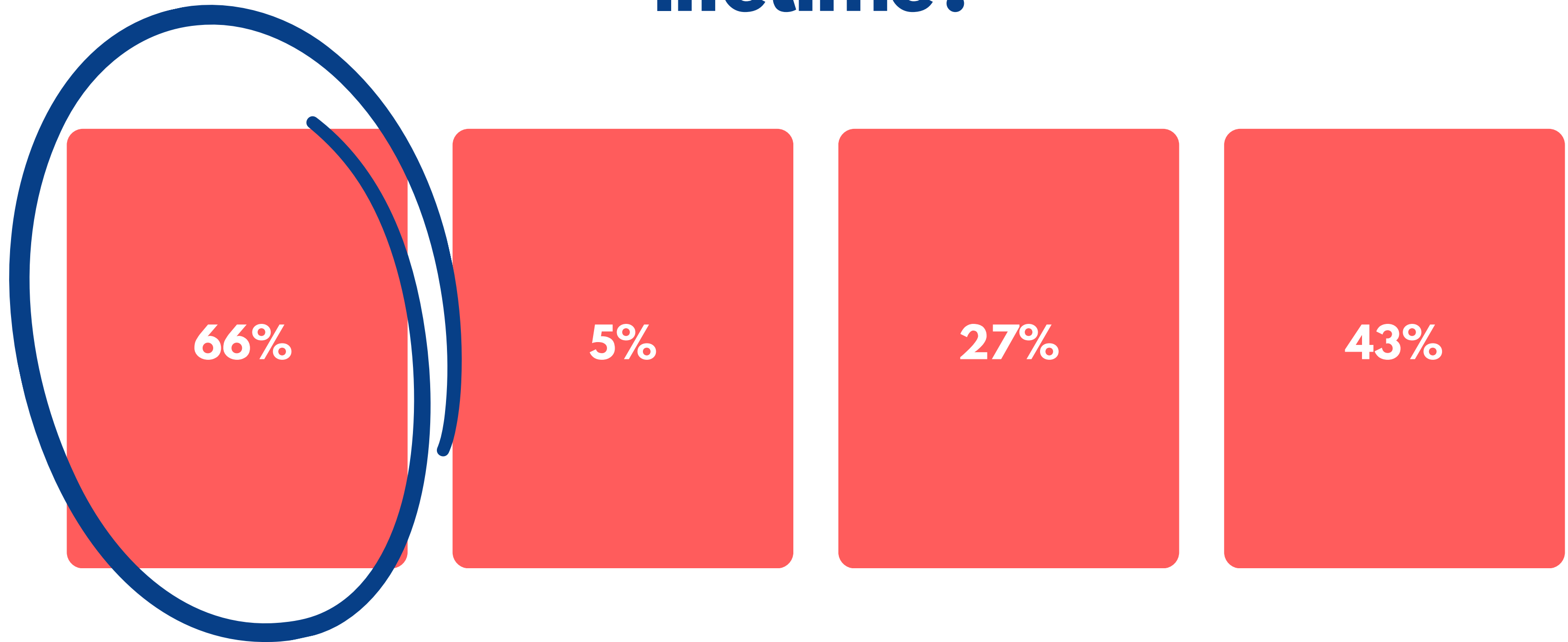
66%

5%

27%

43%

**what percentage of folks ages 12-20
have NOT used alcohol in their
lifetime?**



**can you develop a nicotine addiction
from vaping an e-cigarette?**

yes

no

not sure

**can you develop a nicotine addiction
from vaping an e-cigarette?**

yes

no

not sure

is all alcohol and drug use equally unsafe for teens?

yes, it's equally unsafe no matter what you do

no, drinking is way safer than drug use

no. there's risk with any substance use, but there are ways to be safer

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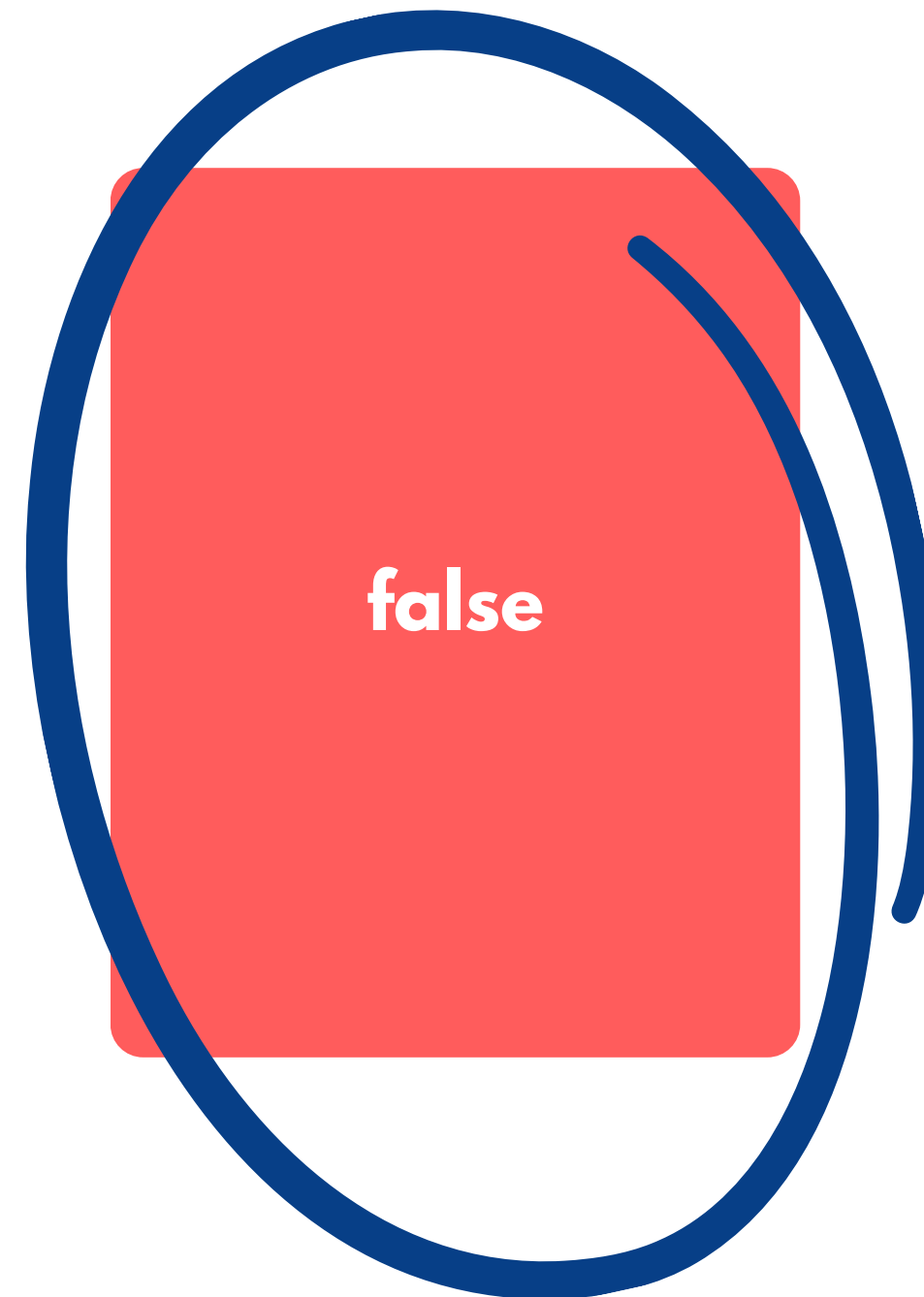
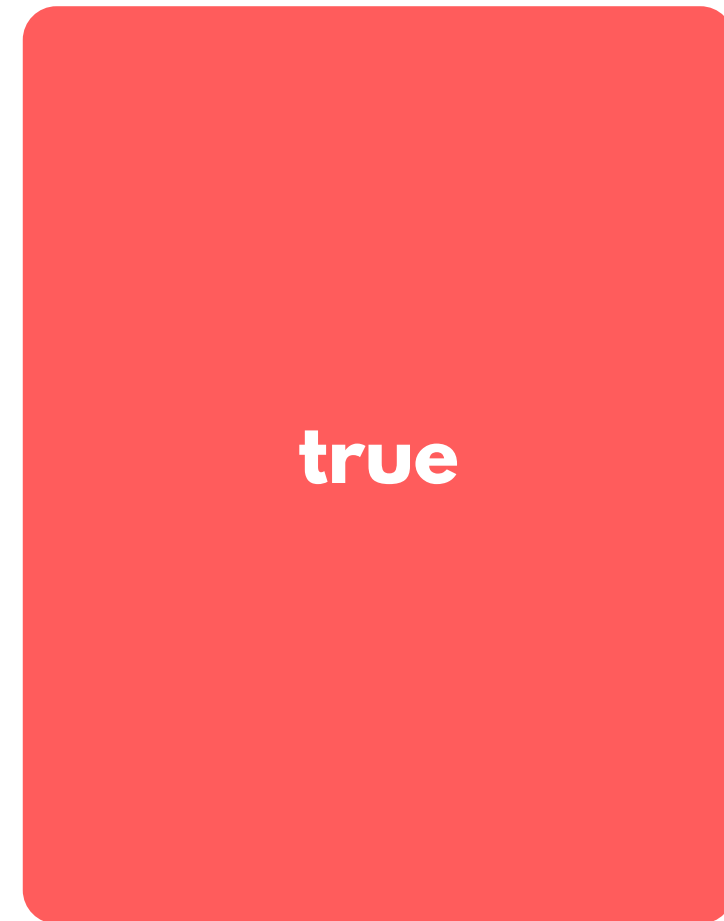
no. there's risk with any substance use, but there are ways to be safer

approaches to teen substance use that focus only on "just say no" or total avoidance have reduced teen substance use

true

false

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what is harm reduction?

strategies on
how to be safer
if you choose to
use drugs &
alcohol

strategies on
how to be safer
if you choose to
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alcohol

a tactic that
scares teens
about drug &
alcohol use
without all the
facts

a how-to
guide on
getting drunk
and high

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**a how-to
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**what is the most abused substance
amongst teens?**

opioids

cannabis

heroin

alcohol

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alcohol



what is a form of harm reduction to make drinking alcohol safer?

**only taking
shots with no
sugary chasers**

**having a coffee
in between
alcoholic drinks
or mixing them
together**

**drinking water
in between
alcoholic drinks
& slowing
down**

**drinking as
much as you
can in one
hour**

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hour

what is a form of harm reduction to make drug use safer?

**taking drugs
alone**

**sharing drugs
with friends**

**mixing drugs
with alcohol**

**testing drugs
for laced
substances**

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taking drugs
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signs of alcohol poisoning include...

clammy skin

**passing out &
unable to wake**

**excessive
vomiting**

**all of the
above**

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clammy skin

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all of the
above



what does Narcan or naloxone do?

**stop alcohol
poisoning from
getting worse**

**reverses an
opioid
overdose**

**causes an
opioid
overdose**

reduce pain

what does Narcan or naloxone do?

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reverses an
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reduce pain



a sign of opioid overdose is...

**loss of
consciousness,
limp body**

**slowed
breathing or
choking**

**pale, blue, or
cold skin**

**all of the
above**

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

**do it alone in
the bathroom
so you don't
ruin the vibes**

**convince a
friend to do it
with you so
that you're in it
together**

**let someone
you trust know
what you're
taking and
when**

**drink a beer
after to dilute
the effects**

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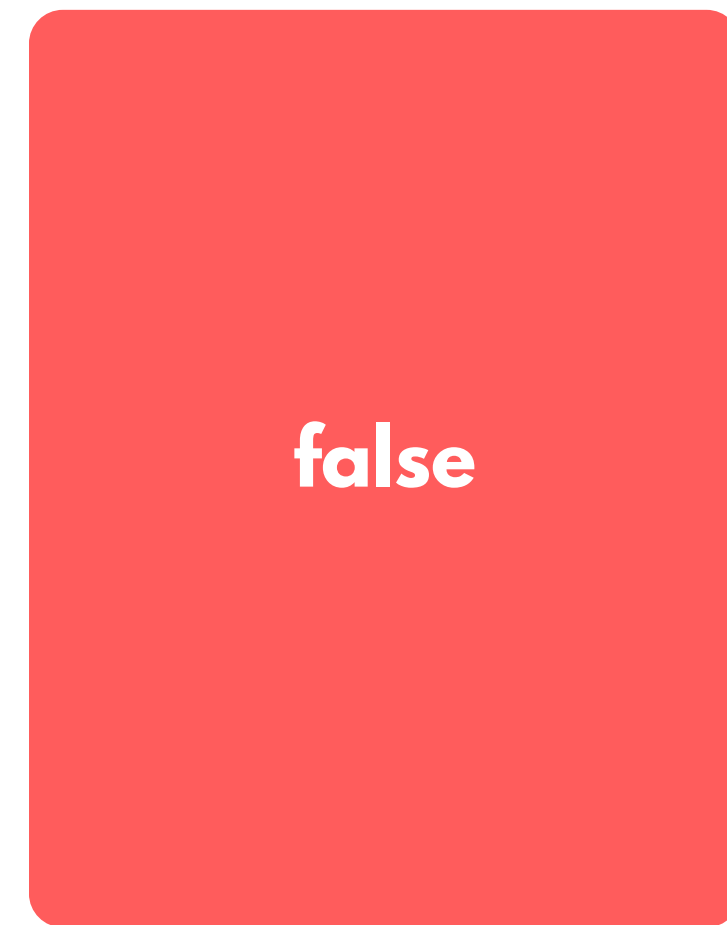
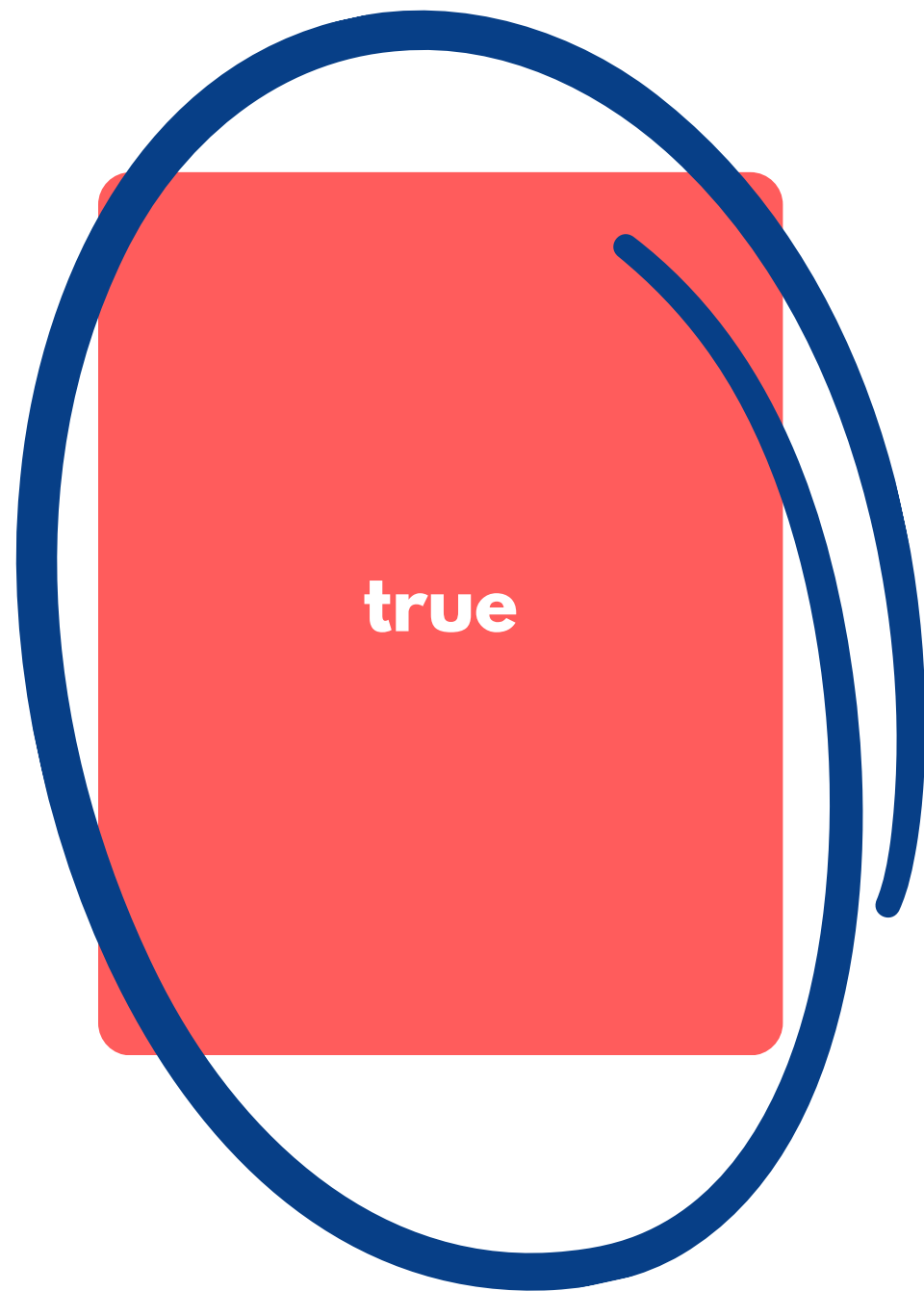
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**popular festival drug Molly, or MDMA,
increases the risk of dehydration,
especially when paired with alcohol.**

true

false

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

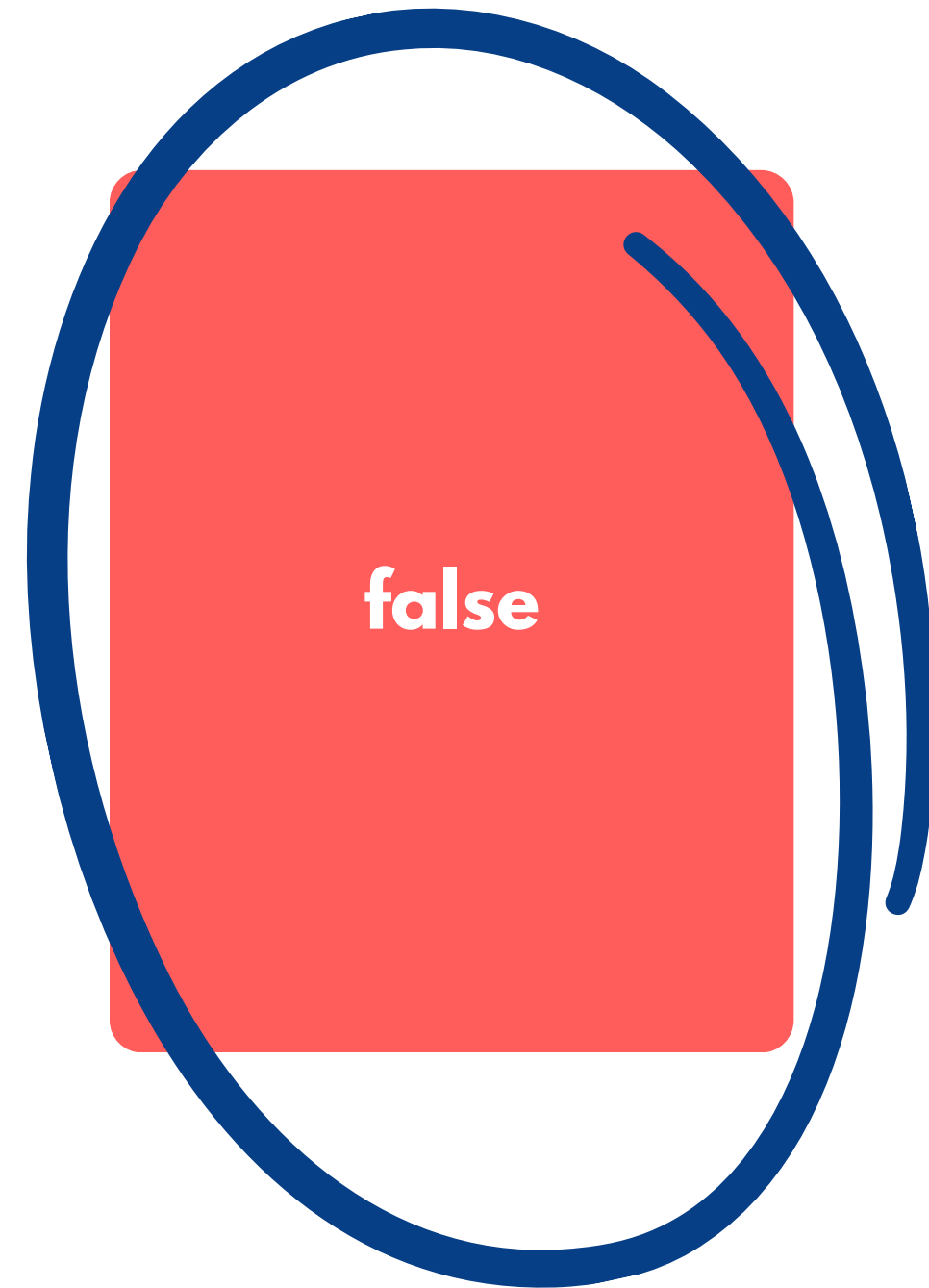
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false

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

true

false

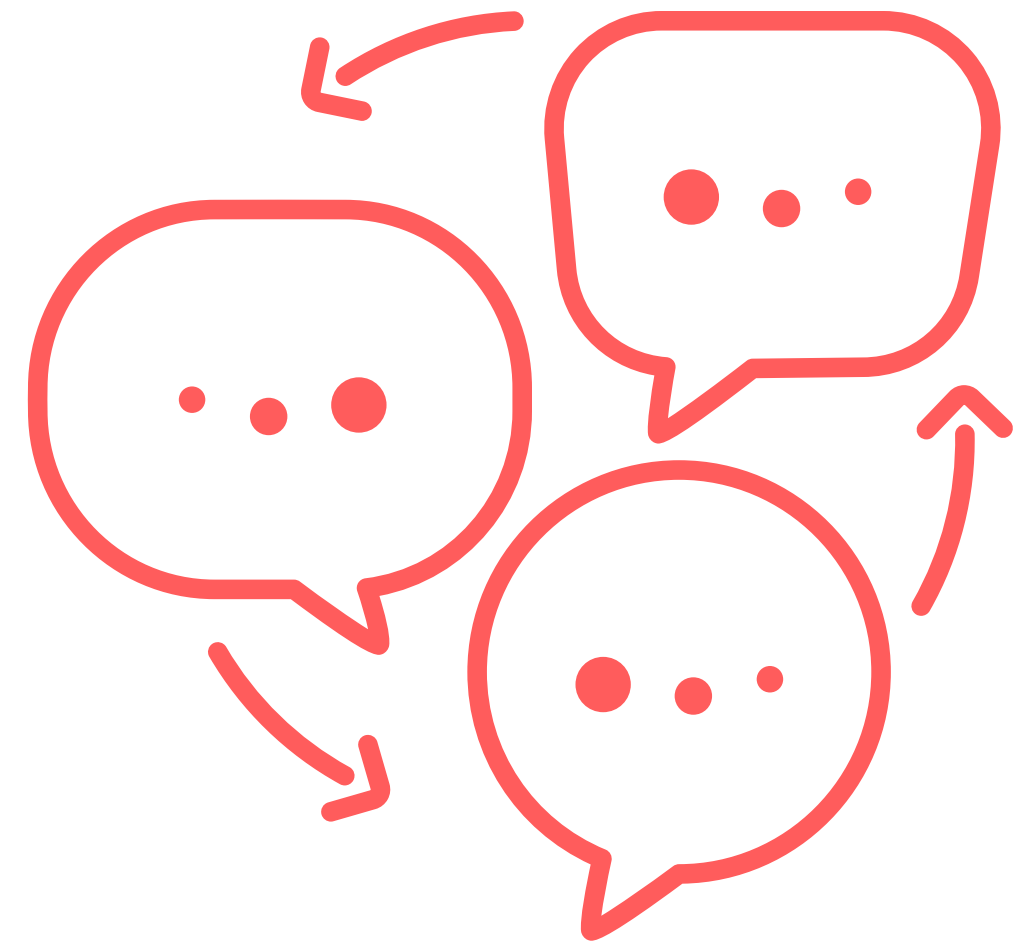
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anyone safer at a party or when
drinking/using drugs.**

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false

discussion

1. Were you surprised by anything you learned? Why?
2. When you think about the messages you've received around substance use and compare that to what you saw in the Kahoot game, what reactions do you have?
3. What kind of information do you think would be most helpful for teens to have about substance use so they could make safer choices?



ASKING
— for —
HELP
is OK

resources



1-800-662-4357, SAMHSA
National Substance Use Helpline



startyourrecovery.org/



drugpolicy.org/resources/