

1 Drugs affect people of the same height and weight in much the same way.

TRUE FALSE

2 Drugs bought on the street are mostly reliable as long as they are packaged properly.

TRUE FALSE

3 Children with ADHD (Attention Deficit Hyperactive Disorder) who are given *Ritalin* as a form of medication often become addicted to the drug.

TRUE FALSE

4 You can become dependent on marijuana.

TRUE FALSE

5 It is safe to drive your car or operate machinery after smoking marijuana.

TRUE FALSE

6 Unlike other drugs, marijuana is a naturally growing substance.

TRUE FALSE

7 Cyanide is the poisonous substance that makes cigarettes so addictive.

TRUE FALSE

8 Most adolescents try cigarettes at least once.

TRUE FALSE

9 Vomiting is a sign of alcohol poisoning.

TRUE FALSE

10 Drinking alcohol reduces the risk of cancer.

TRUE FALSE

11 An equal amount of alcohol affects a woman less than a man of the same height and weight.

TRUE FALSE

12 Caffeine poses a risk to children and adolescents.

TRUE FALSE

13 Crystal Meth (crystallized methamphetamine) can cause irreversible nerve damage.

TRUE FALSE

14 Prescription pain-relievers are the 4th most common drug used by adolescents to get high.

TRUE FALSE

15 If a drug is used for medical purposes, it is completely safe.

TRUE FALSE

Answers

1. FALSE - Height and body weight are just two of the factors which determine how a person is affected by any particular drug, at any particular time.

Some of the other factors that affect how you will react to that drug include:

- how much you take and how strong the drug is
- whether you have used the drug before and for how long
- the environment you are in
- how you are feeling at the time
- what other drugs you may have taken.

2. FALSE - Both in terms of purity and strength, drugs that are bought on the street are unpredictable. Some drugs may be sold in packaging but this should not be mistaken as a sign of quality.

3. FALSE - Research shows that when children use Ritalin and other stimulant medication according to a doctor's prescription they do not become addicted.

4. TRUE - There is evidence that people who use marijuana very frequently can become dependent on it.

When they stop using the drug they may experience physical symptoms (discomfort, sleep problems) and/or psychological symptoms (e.g. craving its use or needing it to feel "normal").

5. FALSE - Marijuana affects the ability to judge distances, slows reaction time and impacts judgment, coordination and concentration.

A recent study found that smoking marijuana before driving nearly doubles the risk of a car crash.

6. FALSE - Many drugs are derived from plants and then are processed in a particular manner before the product is used or sold. This is the case with tobacco and cocaine, as well as opium and heroin.

Marijuana today is typically grown from carefully selected seeds and grown in controlled environments often with the use of pesticides.

7. FALSE - Nicotine is the component in tobacco that is highly addictive. It is also extremely toxic. Hydrogen cyanide is one of a long list of other poisonous chemicals in cigarette smoke that includes carbon monoxide and formaldehyde.

8. FALSE - The 2010-11 Youth Smoking Survey found that 74% of Canadian youth from grade 6 up to grade 12 had never tried a cigarette – not even a puff.

9. TRUE - Vomiting is one of the body's ways of dealing with poisoning by eliminating unabsorbed alcohol from the stomach before it gets into the blood supply. If you are sleeping (passed out) you may choke on your own vomit.

10. FALSE - There is strong evidence of a relationship between alcohol consumption and cancers of the esophagus, larynx and oral cavity. Research also shows a link between drinking alcohol and breast cancer, so that as little as two drinks a day increase a woman's risk for developing breast cancer in the future.

11. FALSE - Women can actually be more susceptible to the effects of alcohol more than men because they have a higher percentage of body fat to body water.

Alcohol is water-soluble, so less water in women's bodies means they have a higher blood alcohol concentration.

12. FALSE - Children and adolescents are at an increased risk of experiencing the effects of caffeine. The high caffeine content of energy drinks, in particular, can be harmful because of the amount of caffeine they contain along with other ingredients that also act as stimulants. In a 2011 study, one in five students reported having had an energy drink in the past week.

13. TRUE - Long-term use of methamphetamine destroys nerve cells associated with memory, thinking and movement. This can result in slower motor functions, impaired memory and other symptoms similar to those of Parkinson's disease.

14. TRUE - In a 2011 study, 14% of Ontario students reported using opioid "pain relief pills", such as Percodan, Tylenol #3, and codeine, which were not prescribed to them.

The majority reported that they got these drugs from home.

15. FALSE - A drug which is prescribed for specific purposes may have risks or dangerous effects when used in other circumstances. Even prescribed or over-the-counter medication such as headache or other pain medicine, can be toxic if too much is taken or used in combination with other drugs.

How well did you do?

Got **15** correct? Great! How about sharing that information.

Got **11 - 15** correct? Not bad at all. Hope you learned something new.

Got **under 11**? Not a problem. Now you know much more.

For other resources, contact:

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TRUE or FALSE...

Take this quiz from
Parent Action on Drugs
and learn the facts about
tobacco, alcohol and
other drugs.

Leading the way to stronger youth and families