

Substance Use and Addiction Quiz and Answer Key



1. When youth use substances, they use illegal drugs more than alcohol or marijuana.

Answer:



FALSE. Alcohol and marijuana are the most widely-used substances by youth, and they are the most likely to be abused. Very few adolescents use illegal drugs on a regular basis.

Question:



What kinds of alcohol and marijuana use do you see at your school or in your community?

2. Intoxication from alcohol affects your judgment and your behaviour.

Answer:



TRUE. When people become intoxicated, their judgment becomes impaired. They may behave differently, and their coordination is affected.

Intoxication can cause people to be more reckless and to do things they would not do when they are sober.

Question:



What are some of the reckless things people do under the influence of alcohol?

Possible answers could include:

- driving under the influence;
- fighting with friends;
- engaging in violence or crime; and
- impaired coordination leading to physical safety risks such as stumbling into traffic, falling, or being stranded outside in freezing temperatures.



3. Driving a motor vehicle after smoking marijuana is not as dangerous as driving after drinking alcohol.

Answer:



FALSE. Driving a motor vehicle after using any type of drug is dangerous. Driving while under the influence of marijuana is classified as impaired driving and is penalized in the same way as drinking and driving.

4. Vaping is harmful to your health.

Answer:



TRUE. Even though vaping may be less harmful than cigarettes, vaping can expose a person to harmful chemicals. Vaping with nicotine can alter a teenager's brain development in the same way that cigarettes can.

Vaping may also introduce youth to smoking who might otherwise never have tried it, and in turn, cause them to become addicted to nicotine.

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5. Binge drinking is harmless fun.

Answer:



FALSE. Binge drinking causes many safety and health problems. Binge drinking is defined as having four or more alcoholic drinks in one sitting. Too much alcohol in one sitting can damage your stomach, liver, and brain, and even cause death due to alcohol poisoning. Binge drinking can increase your risk of injury, and you are more likely to take part in dangerous activities. You are also at a greater risk of developing an addiction to alcohol when you binge drink.

Question:



What should you do if someone you know passes out from binge drinking?

Answer:



If someone passes out from binge drinking, turn them onto their side, and tilt their head back to keep their mouth open. This helps to reduce the risk of a person choking on their own vomit. Do not leave the person alone. Call for help if the person cannot wake up.

6. Mixing alcohol and drugs is not more dangerous than using them separately.

Answer:



FALSE. Taking more than one drug at a time is always more dangerous. Drinking before smoking marijuana can cause severe illness and vomiting.

7. A young brain is more susceptible to the effects of drugs and alcohol than an adult brain.

Answer:



TRUE. Brains do not finish developing until about age 25, so using drugs and alcohol before age 25 can permanently impact the development of your physical coordination, emotional control, motivation, judgment, reasoning, and impulse control.

The biggest interference is that drugs and alcohol send too many “feel good” signals to the brain so that the body quits producing as many “feel good” signals naturally to balance. Then, when someone is not using drugs or alcohol, they may feel very low or sad. It can take a couple of weeks of not using drugs and alcohol for the body to once again start producing the “feel good” chemical called dopamine on its own.

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8. Substance use becomes “abuse” when drugs or alcohol start to have a negative effect on a person’s life and interfere with their mental and physical well-being.

Answer:



TRUE. Addiction or substance abuse describes the use of substances over time that causes negative effects on a person’s life. Substance abuse can impact a person’s ability to function while at school or work, or while doing sports or other activities. Substance abuse can also put stress on their relationships; cause conflict with parents / caregivers; cause anxiety, depression, and psychosis; and increase the risk of injury and death.

9. Inhalants give you a short-term high, so they are less dangerous than other drugs.

Answer:



FALSE. Although the high from inhalants usually lasts just a few short seconds, people often try to make it last by continuing to inhale over and over again for hours.

The long-term effects of inhalants include:

- liver and kidney damage;
- hearing loss;
- bone marrow damage;
- loss of coordination;
- muscle spasms; and
- brain damage.

Inhalants are highly concentrated, and they contain a lot of chemicals. Sniffing these can cause the heart to stop, resulting in death.

10. Substance use is a good way to let go and cope with stress when things get too big to handle.

Answer:



FALSE. Using substances to cope with stress—including relationship problems, violence in the home, or anxiety—is a negative coping strategy. The effects of substances can stimulate the brain to feel good, but this feeling is temporary. Alcohol and drugs can be more harmful when you are stressed or when you have experienced a crisis. Your body is already stressed and is trying to calm down. Alcohol and drugs can elevate that stress, and coming off them can lead to anxiety and depression.