

①	Alcohol	How much wine equals one ounce of alcohol?
②	Tobacco & Marijuana	What is another term for chewing tobacco?
③	Types of Drugs	Name the type of narcotic that is very addictive and is injected into the bloodstream, snorted or smoked
④	Performance Enhancing Drugs	Is steroid use allowed in any sports?
⑤	Drug Consequences	Give the term for a legal drug that is intended to prevent, treat or cure symptoms of disease
⑥	Substance abuse & Addiction	Name a common 12-step programme.

- 1. Alcohol** – 5 ounces
2. Tobacco & Marijuana – Smokeless tobacco
3. Types of Drugs – Heroin
4. Performance Enhancing Drugs – No
5. Drug Consequences – Medicine
6. Substance Abuse & Addiction – Alcoholics Anonymous (AA), Cocaine Anonymous (CA)
 Marijuana Anonymous (MA) Narcotics Anonymous (NA)

①	Alcohol	What is the term for the uncomfortable physical effects caused by drinking alcohol?
②	Tobacco & Marijuana	True or False: Marijuana is NOT a gateway drug
③	Types of Drugs	Name the legal drug used to kill bacteria and other germs
④	Performance Enhancing Drugs	How can a person increase their muscle strength and improve athletic ability without using illegal drugs?
⑤	Drug Consequences	True or False: An overdose of depressants can cause brain damage, coma and death
⑥	Substance abuse & Addiction	What is a protective factor?

- 1. Alcohol** – Hangover
2. Tobacco & Marijuana – False, it is a gateway drug
3. Types of Drugs – Antibiotic
4. Performance Enhancing Drugs – Eat a healthy diet, increase exercise, strength training, practice harder
5. Drug Consequences – True
6. Substance Abuse & Addiction – A reason that prevents a person from participating in harmful behaviour

①	Alcohol	What does alcohol do to your reaction time?
②	Tobacco & Marijuana	True or False: Smoking is responsible for the most deaths in the USA each year.
③	Types of Drugs	Name two types of household chemical inhalants?
④	Performance Enhancing Drugs	Name a prohormone?
⑤	Drug Consequences	True or False: You can die from using an inhalant on your first try.
⑥	Substance abuse & Addiction	Name two social factors that may make a person more likely to become addicted.

- 1. **Alcohol** – it slows down
- 2. **Tobacco & Marijuana** – True, approximately every 13 seconds someone dies from the effects of tobacco use
- 3. **Types of Drugs** – Gasoline, shoe polish, household cleaners, lighter fluid, spray paint, glues, fingernail polish
- 4. **Performance Enhancing Drugs** –Androstenedione (andro)
- 5. **Drug Consequences** – True
- 6. **Substance Abuse & Addiction** – Peer pressure, substances are easily available, lonely, poor role models, depression, boredom

①	Alcohol	After heavy drinking, how long can it take for the brain to return to normal?
②	Tobacco & Marijuana	List two immediate effects a person experiences from smoking tobacco.
③	Types of Drugs	What is the common nickname for amphetamines?
④	Performance Enhancing Drugs	List a danger of using human growth hormone(HGH)
⑤	Drug Consequences	Drugs can cause this organ to work too fast, too slow or in an irregular pattern that can cause death.
⑥	Substance abuse & Addiction	What is the term for a person who is free from alcohol or other drugs?

- 1. **Alcohol** – 48 hours
- 2. **Tobacco & Marijuana** – Nausea, dizziness, smell like smoke, bad breath
- 3. **Types of Drugs** – Speed
- 4. **Performance Enhancing Drugs** –Heart disease, cancer, diabetes, enlargement of face, hands and feet.
- 5. **Drug Consequences** - Heart
- 6. **Substance Abuse & Addiction** – Sober

①	Alcohol	How much liquor equals one ounce of alcohol?
②	Tobacco & Marijuana	Name two health problems caused by using smokeless tobacco.
③	Types of Drugs	What is a slang term for heroin?
④	Performance Enhancing Drugs	How are anabolic steroids detected in athletes?
⑤	Drug Consequences	This is an overreaction of a person's immune system that is caused by a foreign substance.
⑥	Substance abuse & Addiction	What is the term for the negative effects that a person goes through when they stop using alcohol or other drugs?
<p style="text-align: center;"> 1. Alcohol – 1.5 ounces 2. Tobacco & Marijuana –Bad breath, yellow teeth, bleeding gums, mouth sores, mouth cancer 3. Types of Drugs – Smack, mud, skag, junk, horse, dope, brown sugar 4. Performance Enhancing Drugs – Urine analysis 5. Drug Consequences – allergy 6. Substance Abuse & Addiction – Withdrawal </p>		

①	Alcohol	What is the liver disease that can occur with long term alcohol use and is deadly?
②	Tobacco & Marijuana	What is another name for second hand smoke?
③	Types of Drugs	How is a date rape drug often given so that the person doesn't know they are taking it?
④	Performance Enhancing Drugs	Why are steroids illegal?
⑤	Drug Consequences	What is the term for when a drug's effects happen again, sometimes years after taking it?
⑥	Substance abuse & Addiction	What is a side effect?
<p style="text-align: center;"> 1. Alcohol – Cirrhosis 2. Tobacco & Marijuana –Passive smoke 3. Types of Drugs – It is slipped into a person's drink 4. Performance Enhancing Drugs –They are dangerous and cause unfair strength advantages in body building and sports 5. Drug Consequences – flashback 6. Substance Abuse & Addiction – An unwanted physical or mental effect caused by a drug </p>		

①	Alcohol	True or False: Alcohol use causes a person to feel invincible because it leads to the loss of inhibitions.
②	Tobacco & Marijuana	Name the drug that is made from mixing marijuana with PCP (angel dust)
③	Types of Drugs	What is the name for a legal medication that can be purchased without a prescription ?
④	Performance Enhancing Drugs	Name one legal, medical use for anabolic steroids
⑤	Drug Consequences	True or False: Caffeine is a depressant drug.
⑥	Substance abuse & Addiction	List two protective factors that will reduce a person's chances for abusing drugs.

- 1. Alcohol** – True, which can lead to dangerous situations
2. Tobacco & Marijuana – super grass
3. Types of Drugs – other the counter
4. Performance Enhancing Drugs – used for treating wasting diseases like HIV/AIDS, anaemia, and cancer to build and strengthen muscles, used to increase growth in boys pituitary problems
5. Drug Consequences – False, it is a stimulant
6. Substance Abuse & Addiction – Healthy family relationships, supportive friends, want to succeed, consistent parental roles.

①	Alcohol	This type of dependency causes a person to think they need alcohol or other drugs to feel normal
②	Tobacco & Marijuana	What is the poisonous gas that a burning cigarette gives off?
③	Types of Drugs	Give the narcotic type of drug that is made from the poppy flower and includes heroin.
④	Performance Enhancing Drugs	What is the term for increased aggression caused by using steroids?
⑤	Drug Consequences	Name the term for taking too much of a drug in hopes of getting a better, stronger “high”
⑥	Substance abuse & Addiction	How might a person change socially if they are addicted to drugs? List two changes

- 1. Alcohol** – Psychological
2. Tobacco & Marijuana – Carbon monoxide
3. Types of Drugs – Opiates
4. Performance Enhancing Drugs – Roid Rage
5. Drug Consequences – overdosing
6. Substance Abuse & Addiction – Change friends, withdraw from normal activities, poor grades, depressed, not care about anything, emotions are dull

①	Alcohol	True or False: Alcohol poisoning can be fatal.
②	Tobacco & Marijuana	What is the term for drugs that can lead to using other more potent drugs.
③	Types of Drugs	What is the popular designer drug that is made from methamphetamine and can cause death after just one use.
④	Performance Enhancing Drugs	Name two complications of an overdose of steroids
⑤	Drug Consequences	List three common side effects of stimulants
⑥	Substance abuse & Addiction	List two costs to society of drug use and addiction

- 1. **Alcohol** – True
- 2. **Tobacco & Marijuana** – Gateway drugs
- 3. **Types of Drugs** – Ecstasy (MDMA)
- 4. **Performance Enhancing Drugs** – increase in blood pressure, convulsions, collapse, coma, sudden death
- 5. **Drug Consequences** – Fell more awake and alert, increased heart rate and breathing, irritability, hyperactivity.
- 6. **Substance Abuse & Addiction** – Health costs, deaths and injuries caused by addicts, increased crime, loss of work productivity

①	Alcohol	True or False: Drinking coffee will decrease the amount of time it takes to sober up
②	Tobacco & Marijuana	Name the chemical in marijuana that stays in the body for weeks and shows up in blood and urine tests.
③	Types of Drugs	Name the type of illegal drugs that copy the effects of existing drugs and are usually stronger.
④	Performance Enhancing Drugs	Name two withdrawal symptoms that a person may experience when they stop taking steroids.
⑤	Drug Consequences	True or False: it is easy to clean up and detoxify a meth lab.
⑥	Substance abuse & Addiction	Why might a teen choose to try drugs? List two reasons

- 1. **Alcohol** – False, only time will remove alcohol from the body
- 2. **Tobacco & Marijuana** – THC (Tetrahydrocannabinol)
- 3. **Types of Drugs** – designer or club drugs
- 4. **Performance Enhancing Drugs** – Muscle collapse or reduction, less strength and stamina, irritability, depression, anxiety
- 5. **Drug Consequences** – False, some labs are never able to be cleaned, can use caner and remain dangerous.
- 6. **Substance Abuse & Addiction** – Peer pressure. Parents use, easily available, looks like fun, low self esteem, stress, boredom

①	Alcohol	True or False: Alcohol is a stimulant
②	Tobacco & Marijuana	Name three cancers caused by tobacco
③	Types of Drugs	Name the term for the type of drugs that speed up the nervous system
④	Performance Enhancing Drugs	Name two complications from an overdose of steroids
⑤	Drug Consequences	Located in every body organ, these can be damaged by the toxins in alcohol, other drugs and tobacco
⑥	Substance abuse & Addiction	What is the term for the process of removing drugs from the body

1. Alcohol – false, it is depressant
2. Tobacco & Marijuana –Lung, mouth, lips, throat, larynx, bladder, pancreas, kidney and stomach
3. Types of Drugs – Stimulants
4. Performance Enhancing Drugs – Increase in body temperature and blood pressure, collapse, convulsions, coma and sudden death
5. Drug Consequences – Cells
6. Substance Abuse & Addiction – Detoxification

①	Alcohol	How much beer equals one ounce of alcohol?
②	Tobacco & Marijuana	True or False: Nicotine is a depressant
③	Types of Drugs	Besides heroin, name two common narcotic drugs
④	Performance Enhancing Drugs	Name the term for when steroid users mix different types of steroids to improve results
⑤	Drug Consequences	If a person is caught using drugs in this area near a school or park they will usually face double normal penalties for drug use
⑥	Substance abuse & Addiction	What is the name for the support groups that provide principles for addicts to follow for recovering from addiction.

1. Alcohol – 12 ounces
2. Tobacco & Marijuana – False, it is a stimulant
3. Types of Drugs – Morphine, codeine, oxycodone, hydrocodone, Oxycontin, Percocet, Vicodin
4. Performance Enhancing Drugs – Stacking
5. Drug Consequences – Drug-free zone.
6. Substance Abuse & Addiction – 12-step programme

①	Alcohol	Name the term for a person who has a chemical need for alcohol.
②	Tobacco & Marijuana	What is the name for the smoke that comes from a burning cigarette?
③	Types of Drugs	What depressant drug is legally used to medically treat seizures and sleep disorders?
④	Performance Enhancing Drugs	Name two negative side effects for males using steroids
⑤	Drug Consequences	This happens when taking a drug does not create the desired effects resulting in an increase of drug use
⑥	Substance abuse & Addiction	How might a person physically change if they are abusing drugs, list two changes

- 1. Alcohol** – Alcoholic
2. Tobacco & Marijuana – Sidestream smoke
3. Types of Drugs – Barbiturates
4. Performance Enhancing Drugs – Baldness, infertility, shrunken testicles, prominent breasts
5. Drug Consequences – Plateauing effect
6. Substance Abuse & Addiction – Poor coordination, change in appetite, slurred speech, confusion, red eyes, weight gain or loss, loss of interest in appearance

①	Alcohol	True or False: it is ok for a designated driver to have one alcoholic drink during the outing.
②	Tobacco & Marijuana	Name a harmful effect to an unborn baby if the mother smokes while pregnant?
③	Types of Drugs	This is a strong synthetic stimulant produced illegally in labs and is highly addictive
④	Performance Enhancing Drugs	Besides steroids, name another drug that an athlete might take to improve performance and build muscle
⑤	Drug Consequences	This type of chemical dependency is the body's actual need for a drug.
⑥	Substance abuse & Addiction	Name two support groups for families or friends of addicts.

- 1. Alcohol** – False, the designated driver must stay drug free
2. Tobacco & Marijuana – Low birth weight and premature birth
3. Types of Drugs – Methamphetamine
4. Performance Enhancing Drugs – Human growth hormone (HGH) ephedra, androstenedione (Andro) erythropoietin (EPO) clenbuterol, tetrahydrogestrone
5. Drug Consequences – Physical
6. Substance Abuse & Addiction – Al-Anon, Alateen, Co-Anon, Nar-Anon

①	Alcohol	What is reaction time?
②	Tobacco & Marijuana	True or False: Since pipe tobacco and cigar smoke are not always inhaled, they are safer and less addictive
③	Types of Drugs	Name the category of drugs that are sniffed in order to get high.
④	Performance Enhancing Drugs	What are prohormones?
⑤	Drug Consequences	True or False: Club drugs that are bought from a trustworthy source are safe to use.
⑥	Substance abuse & Addiction	Name a family risk factor that may make a person more likely to become addicted.

1. **Alcohol** – The time it takes for your brain to react to an outside stimulant
2. **Tobacco & Marijuana** – False, nicotine still enters the body through the mouth
3. **Types of Drugs** – Inhalants
4. **Performance Enhancing Drugs** – Natural supplements that change into testosterone
5. **Drug Consequences** – False, you still don't know who made the drugs
6. **Substance Abuse & Addiction** – Family history of using, poor family relationships, loss of parent, divorce.

①	Alcohol	List two health problems for babies born with Foetal Alcohol Syndrome (FAS)
②	Tobacco & Marijuana	What type of drug is marijuana?
③	Types of Drugs	What is the hallucinogen that comes in pills, gelatine squares or is liked off blotter paper and can cause instant terror
④	Performance Enhancing Drugs	Name two dangers of using creatine.
⑤	Drug Consequences	Name two effects of drug use on a foetus during pregnancy
⑥	Substance abuse & Addiction	How might family members feel towards an addict?

1. **Alcohol** – Cleft palate, mental retardation, hip dislocation, slow growth
2. **Tobacco & Marijuana** – depressant and stimulant
3. **Types of Drugs** – LSD
4. **Performance Enhancing Drugs** – Muscle cramping, dizziness, diarrhoea, possible kidney problems
5. **Drug Consequences** – addiction at birth, death, premature birth, low birth weight, physical and mental defects
6. **Substance Abuse & Addiction** – Resentment, distrust, dislike, guilt, fear, anger, shame, disappointment

①	Alcohol	What blood alcohol concentration (BAC) causes most people to have some impairment?
②	Tobacco & Marijuana	What type of smoke does a smoker exhale?
③	Types of Drugs	What kind of depressant drug is used medically to calm a nervous patient?
④	Performance Enhancing Drugs	What is the main age-related concern for teens using steroids?
⑤	Drug Consequences	Name the fear that someone is going to get you
⑥	Substance abuse & Addiction	How might a person's actions change if they are abusing drugs? Give two changes.

- 1. **Alcohol** – .04 to .05
- 2. **Tobacco & Marijuana** – Mainstream smoke
- 3. **Types of Drugs** – Tranquilizers, also called CNS (Central Nervous system) depressants
- 4. **Performance Enhancing Drugs** – Stunted growth that might prevent a teen from reaching their full adult height
- 5. **Drug Consequences** – Paranoia
- 6. **Substance Abuse & Addiction** – Personality or attitude changes, lie, cheat, deny the problem, steal

①	Alcohol	In most states, what blood alcohol concentration (BAC) is considered driving under the influence (DUI)
②	Tobacco & Marijuana	Name the chemical produced from a burning cigarette that causes breathing difficulties and cancer?
③	Types of Drugs	Name the category of depressant drugs that are legally used as pain killers.
④	Performance Enhancing Drugs	Name two negative side effects for female's using steroids
⑤	Drug Consequences	What is the term for the side effects that can be caused by taking several drugs together?
⑥	Substance abuse & Addiction	What is the term for when a person cannot function properly without taking a drug?

- 1. **Alcohol** – .08
- 2. **Tobacco & Marijuana** – Tar
- 3. **Types of Drugs** – Narcotics
- 4. **Performance Enhancing Drugs** – Increased body hair, baldness, an enlarged clitoris and a deeper voice
- 5. **Drug Consequences** – Drug interaction.
- 6. **Substance Abuse & Addiction** – Dependence

①	Alcohol	How much do you have to drink to have a .05 blood alcohol concentration, causing some impairment?
②	Tobacco & Marijuana	What is the disease caused by smoking that destroys the elasticity of the air sacs in the lungs and causes death?
③	Types of Drugs	Name the type of stimulants that are medically used to fight depression and lesson the appetite when dieting.
④	Performance Enhancing Drugs	What is the term for using an illegal performance enhancing drug?
⑤	Drug Consequences	These control physical coordination and muscles in the body, and can be hindered by using alcohol and other drugs.
⑥	Substance abuse & Addiction	How long does it take for a body to get rid of a drug?

1. **Alcohol** – 1 or 2 drinks in an hour, depending on your weight
2. **Tobacco & Marijuana** –Emphysema
3. **Types of Drugs** – Amphetamines
4. **Performance Enhancing Drugs** – Doping
5. **Drug Consequences** – motor skills
6. **Substance Abuse & Addiction** – About 3 to 14 days, depending on the drug. Marijuana shows up in blood tests 30 days after smoking.

①	Alcohol	Name the three types of alcohol
②	Tobacco & Marijuana	Name the addictive chemical in cigarettes
③	Types of Drugs	Name the type of drug that slows body functions
④	Performance Enhancing Drugs	What is the term for chemicals that act like testosterone, a male hormone
⑤	Drug Consequences	What is the deadly disease that can be contracted by sharing needles while injecting heroin and other drugs?
⑥	Substance abuse & Addiction	What is the term for when a person needs to take a larger amount of a drug just to get the original effect?

1. **Alcohol** – Beer, wine, liquor
2. **Tobacco & Marijuana** – Nicotine
3. **Types of Drugs** – Depressant
4. **Performance Enhancing Drugs** – Steroids
5. **Drug Consequences** – HIV/AIDS and hepatitis
6. **Substance Abuse & Addiction** – tolerance

①	Alcohol	What is the term for the person in the group that does not drink alcohol so that he/she can drive others home safely?
②	Tobacco & Marijuana	True or False: there are 500 different chemicals found in tobacco smoke
③	Types of Drugs	What is the strongest form of cocaine that is crystallised and smoked?
④	Performance Enhancing Drugs	Name three general side effects of using steroids.
⑤	Drug Consequences	What is the term for the amount or quantity of a drug that is given at one time?
⑥	Substance abuse & Addiction	What might trigger a recovered addict to use drugs again? List two triggers.

- 1. **Alcohol** – Designated driver
- 2. **Tobacco & Marijuana** – False, there are over 4000
- 3. **Types of Drugs** – Crack or freebase
- 4. **Performance Enhancing Drugs** – Acne, liver and heart problems, high blood pressure, bad breath, rashes, muscle cramps, fatigue
- 5. **Drug Consequences** – dosage
- 6. **Substance Abuse & Addiction** – Be around other users, boredom, pain, depression, frustration, exhaustion, stress

①	Alcohol	True or False: The kidneys are the body organs that filter alcohol out of the bloodstream.
②	Tobacco & Marijuana	What is the term for the smoke that a non smoker breaths in when around a person who is smoking?
③	Types of Drugs	Name a date rape drug
④	Performance Enhancing Drugs	How does a person take steroids?
⑤	Drug Consequences	Name two common side effect of hallucinogens
⑥	Substance abuse & Addiction	What is drug or substance abuse

- 1. **Alcohol** – False, the liver is the filter
- 2. **Tobacco & Marijuana** – second hand smoke
- 3. **Types of Drugs** – GBH and roofies (Rohypnol)
- 4. **Performance Enhancing Drugs** – orally as a pill or liquid, rub on as a cream or by injection
- 5. **Drug Consequences** – Hallucinations, terror, depression or flashbacks
- 6. **Substance Abuse & Addiction** – intentionally misusing a legal or illegal drug

①	Alcohol	Name the health problem for babies if the mother drinks during pregnancy
②	Tobacco & Marijuana	Name the drug made from hemp leaves, which is also called cannabis
③	Types of Drugs	Name the type of drug that affects the senses and creates imagined experiences or “tips”
④	Performance Enhancing Drugs	Name a slang term for anabolic steroids
⑤	Drug Consequences	True or False: A drug addiction is only a mental problem.
⑥	Substance abuse & Addiction	Who could you talk to for help with a friend that is using drugs?

1. **Alcohol** – Foetal Alcohol Syndrome (FAS)
2. **Tobacco & Marijuana** – Marijuana
3. **Types of Drugs** – Hallucinogens
4. **Performance Enhancing Drugs** – Juiced, doping or roids
5. **Drug Consequences** – False, a drug addiction is also a physical problem
6. **Substance Abuse & Addiction** – Parents, teachers, counsellors., clergy, parents of the friend.

①	Alcohol	What is the term for a person who occasionally drinks 4 or 5 drinks in a short period of time?
②	Tobacco & Marijuana	True or False: arsenic, a dangerous chemical in tobacco smoke is also used in rat poisons.
③	Types of Drugs	This is a white powdered drug that causes an increased heart rate and blood pressure which can lead to paranoia and seizures
④	Performance Enhancing Drugs	What is human growth hormone used fro medically?
⑤	Drug Consequences	List three ways of taking drugs
⑥	Substance abuse & Addiction	What is the term for when a recovered drug addict begins to use drugs again?

1. **Alcohol** – Binge drinker
2. **Tobacco & Marijuana** – True
3. **Types of Drugs** – Cocaine
4. **Performance Enhancing Drugs** – To stimulate body growth and repair damaged muscles quickly
5. **Drug Consequences** – orally, inhaling, injecting, sniffing or snorting, bagging, absorption through the skin.
6. **Substance Abuse & Addiction** – Relapse

①	Alcohol	True or False : One ounce of alcohol is considered to be one drink
②	Tobacco & Marijuana	True or False: nicotine is more addictive than heroine and cocaine
③	Types of Drugs	Name the term for depressant drugs that are often used to sexually assault a person without the person without the person knowing what is happening or remember in the event
④	Performance Enhancing Drugs	Why is an athlete likely to use steroids?
⑤	Drug Consequences	Name the term for when a person cannot remember anything that happened while they were using drugs
⑥	Substance abuse & Addiction	What is addiction?

- 1. Alcohol** – True
2. Tobacco & Marijuana –True
3. Types of Drugs – Date rape drugs/ Rohypnol
4. Performance Enhancing Drugs – To increase muscle bulk and physical strength for sports and body building
5. Drug Consequences – blackout
6. Substance Abuse & Addiction –When a person needs to take a chemical substance just to feel normal