

In The Mix

Questions	Answers
1. At what age is the brain fully developed?	<ul style="list-style-type: none">• Around age 25.• The last part of the brain to finish growing is the frontal lobe, which helps you make good choices, solve problems, and manage your emotions.• Alcohol, nicotine, and other drugs can harm a growing brain.
2. What is huffing?	<ul style="list-style-type: none">• Huffing means breathing in fumes from certain products to get high.• These fumes go to the brain very quickly.• It can be very dangerous. People can stop breathing and even die.
3. What are some things people might inhale to get high?	<ul style="list-style-type: none">• Gasoline• Paint spray• Hairspray• Whipped cream• Nail polish or nail polish remover• Glue• Kerosene• Lighter fluid
4. What harms can happen to you soon after huffing?	<ul style="list-style-type: none">• Suffocation• Vomiting, which may lead to choking• Impaired coordination and judgment• See or hear things that aren't real (hallucinations)• Heart failure and even potential death

5. What harms can happen in the long-term from huffing?	<ul style="list-style-type: none"> Repeated huffing can result in permanent damage to a lot of organs including the brain, heart, lungs, liver and kidneys It can also cause depression, anxiety and increase the risk of addiction
6. True or False: The number of grade 7-12 students in Ontario using prescription opioids is going up?	<p>True</p> <ul style="list-style-type: none"> More students are starting to use prescription opioids, which are strong painkillers. These can be dangerous if not taken correctly and can lead to addiction. The 2023 Ontario Student Drug Use & Health Survey showed that more students are using pain pills like Percocet or Tylenol #3 without a doctor's orders. It went up from 12.7% in 2021 to 21.8% in 2023.
7. What are some common causes of car crashes?	<ul style="list-style-type: none"> Distracted driving Speeding Driving after using alcohol or drugs
8. How can you stop someone from putting drugs in your drink (water, pop, juice or alcohol)?	<ul style="list-style-type: none"> Never leave your drink alone. Stay with friends and watch out for each other. Pour your own drink. Don't take drinks from strangers or people you don't trust. Some drugs don't have a smell or taste and can make you act very drunk or forget what happened.
9. What is stigma?	<ul style="list-style-type: none"> Stigma means judging someone in a negative way because of something they're going through or something about them.

10. Why is stigma bad?	<ul style="list-style-type: none"> • Stigma stops people from asking for help. • They might feel scared, ashamed, or worried about being in trouble. • If we speak kindly and don't judge, people are more likely to ask for help.
11. Why do some young people use alcohol or drugs?	<ul style="list-style-type: none"> • Curiosity • Stress or anxiety • Peer pressure • To fit in • Boredom • To have fun or relax • Seeking excitement • To deal with pain (physical or emotional)
12. Where can someone get help for drug or alcohol use?	<ul style="list-style-type: none"> • Talk to someone you trust, like a parent, teacher, doctor, or coach • Call Connex Ontario • Visit CMHA (Canadian Mental Health Association) • Go to a RAAM Clinic • Youth-VAST
13. True or False: Addiction can happen to anyone.	<p>True</p> <ul style="list-style-type: none"> • Anyone can become addicted—no matter who they are or what they do.
14. What are some ways to say “no” to drugs and alcohol?	<ul style="list-style-type: none"> • Change the topic: “No thanks. Seen any good movies?” • Be firm: “If you care about me, don't pressure me.” • Ignore them. • Use humor: “I'm high on life!”

	<ul style="list-style-type: none"> • Avoid the situation. • Stick with friends who support you. • Call them out: “Why are you pressuring me?” • Practice saying no—it gets easier with time.
15. True or False: Using drugs at a young age raises the risk of addiction later.	<p>True</p> <ul style="list-style-type: none"> • Using substances at a young age can lead to mental, physical, and social problems.
16. What are signs that someone might be struggling with drugs or alcohol use?	<ul style="list-style-type: none"> • Changes in behavior • Trouble with mental health • Staying away from friends and family • Bad grades at school • Money problems
17. True or False: Having strong connections with family, school, and community can help lower the chance of having problems with drugs or alcohol.	<p>True</p> <ul style="list-style-type: none"> • Feeling supported can help you stay strong and avoid risky choices.
18. A dentist gives you pain pills after your wisdom teeth are removed. You’re better now. What do you do with the leftover pills?	<ul style="list-style-type: none"> A. Take them to the pharmacy. B. Save them in case you get hurt again. C. Flush them down the toilet. D. Give them to a parent/guardian to hold. <p>Correct Answer: A) Bring them to a pharmacy.</p> <p>Unused/expired medication should always be taken to a pharmacy where it will be disposed of safely.</p>

<p>19. True or False: Substance use disorder is a medical condition that needs care just like other health issues.</p>	<p>True</p> <ul style="list-style-type: none"> • People don't choose to become addicted. They need support and treatment, just like with any illness.
<p>20. Some teens in Ontario are using cold or cough medicine to get high. What are the risks?</p>	<ul style="list-style-type: none"> • Nausea and vomiting • Irregular heartbeat and high blood pressure • Hallucinations (seeing things that aren't there) • Trouble moving or walking • Blurred vision, slurred speech • Dizziness • Feeling very scared or confused