



Revised: November 2024
Developed: September 2017

Cannabis Kahoot! Backgrounders (Grades 5-8)

Question #	Curriculum Connection	Question	Answer	Background
1	Gr. 5 D3.3 Gr. 6 D2.4 Gr. 7 D3.2	True or False: Since cannabis is legal, that means it's safe to use.	False (Blue): Legalization means that you must be 19 or older to buy or use recreational cannabis in Ontario (Government of Ontario, 2018).	Using cannabis has risks. Tetrahydrocannabinol (THC), the substance in cannabis that makes people feel "high," can change the way your brain works (George & Vaccarino, 2015). This can affect your ability to learn, increase your risk of developing a mental illness and impact your relationships with friends and family (Gabrys & Porath, 2019). Both alcohol and cigarettes are legal, but both can cause major health problems including cancer. Just because something is legal, doesn't mean it's safe (Drug Free Kids Canada, 2018).

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2	Gr. 5 D3.3 Gr. 6 D2.4 Gr. 7 D3.2	True or False: In Ontario, most students in grades 7-12 use cannabis.	False (Blue): 82% of Ontario students in grades 7-12 say they do not use cannabis (OSDUHS, 2023).	Youth that believe “everyone is doing it” are more likely to think that using cannabis is socially acceptable and normal, and be more likely to use it (McKiernan & Fleming, 2017).

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3	Gr. 6 D1.2 Gr. 7 D1.2 Gr. 8 D1.3	At what age is a person's brain fully developed?	Red) 16 Blue) 18 Gold) 20 Green) 25	Research shows that your brain is not finished developing until you are 25 (George & Vaccarino, 2015). THC, the substance that makes people feel “high”, can change the way your brain works as it grows (George & Vaccarino, 2015). Teens who start using cannabis before 17 years old are at the greatest risk (Gabrys & Porath, 2019). These changes can be long-term, especially if a person is using cannabis one or more times a week for months to years (Gabrys & Porath, 2019). Even once your brain is fully developed (after the age of 25), cannabis can still cause permanent brain changes in some people (Gabrys & Porath, 2019). There is no risk-free age to use cannabis.

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4	Gr. 5 D3.3 Gr. 6 D1.2 Gr. 7 D1.2, D3.2 Gr. 8 D1.3	True or False: Youth who use cannabis often, are more likely to develop a mental illness or problems at school.	True (Red): While there is no risk-free age to use cannabis, teens who start using cannabis regularly before age 17 are at the greatest risk.	Regular cannabis use (one or more times a week for months to years) affects the growing brain (Gabrys & Porath, 2019). Cannabis can affect your memory, learning and problem-solving skills (Gabrys & Porath, 2019). Delay use as a teen- the later in life you start, the lower your risk of problems (Fischer et. al, 2017).
5	Gr. 6 D1.2 Gr. 7 D3.2 Gr. 8 D1.3, D2.2	True or False: Driving high makes you a better driver because it improves your focus.	False (Blue): Driving high slows a person's reaction time and creates tunnel vision. This can limit what they detect on the road, like people and other cars (Beirness & Porath, 2017).	Driving after using cannabis can be as dangerous as drunk driving and can double the risk of crashing or being seriously injured (Beirness & Porath, 2022). Always drive alcohol and drug free.

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6	Gr. 6 D1.2 Gr. 7 D3.2 Gr. 8 D1.3, D2.2	True or False: It's safer to get into a car with a driver who has used cannabis than if they drank alcohol.	False (Blue): Driving after using cannabis is just as dangerous as drunk driving and carries the same penalties.	In Ontario, 6% of students reported driving a motor vehicle within 1 hour of drinking 2 or more drinks of alcohol. In addition, 6% of Ontario students drove after using cannabis (Ontario Student Drug Use and Health Survey (OSDUHS), 2023). Whether you are the passenger or driver, always have a plan to get home safely and always drive alcohol and drug free.
7	Gr. 6 D1.2 Gr. 7 D1.2 Gr. 8 D1.3	The area of the brain that is affected by early and regular cannabis use is responsible for:	Red) Attention and Problem Solving Blue) Controlling Emotions Gold) Memory and Learning Green) Motivation	THC, the substance that makes people feel “high,” can change the way your brain develops (George & Vaccarino, 2015). These changes can make it hard to concentrate, solve problems, control your emotions, remember and learn new things (Gabrys & Porath, 2019).

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8	Gr. 6 D1.2 Gr. 7 D3.2 Gr. 8 D1.3, D2.2	True or False: Most teens choose not to ride in a car with someone who has been drinking or using cannabis.	True (Red)	Can you guess how many have not? 83% of students in grades 7-12 in Ontario have never been a passenger with a driver who has been drinking alcohol and 91% have never been a passenger with a driver who had been using drugs in the last year (OSDUHS, 2023).

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9	Gr. 5 D3.3 Gr. 6 D2.4 Gr. 7 D1.2, D3.2 Gr. 8 D1.3	Why do youth choose not to use cannabis?	<p>Red) Parental or legal consequences</p> <p>Blue) Concerns about the affect on their brain and body</p> <p>Gold) Personal values and beliefs</p> <p>Green) To make new friends</p>	<p>Canadian youth raised the following points when considering reasons to not use cannabis:</p> <ul style="list-style-type: none"> • fear of parental or legal consequences • negative effects on the mind and body • stigma of being labeled a drug user • personal beliefs <p>Reasons not to use cannabis included health risks associated with the substance, the effect on academic performance and potential negative impact on family relationships (McKiernan & Fleming, 2017). Studies have shown that adolescents who use cannabis daily before the age of 17 are less likely to complete high school or to obtain a university degree (George & Vaccarino, 2015).</p>

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10	Gr. 5 D3.3 Gr. 6 D2.4 Gr. 7 D1.2, D3.2 Gr. 8 D1.3	What are ways that cannabis can get in the way of your goals?	<p>Red) Decrease motivation</p> <p>Blue) Negatively impact your mental health</p> <p>Gold) Decrease your athletic performance</p> <p>Green) Make it difficult to learn, remember and focus</p>	Cannabis can slow you down, whether you are an artist, musician or athlete (Gabrys & Porath, 2019).
11	Gr. 6 D1.2 Gr. 7 D1.2 Gr. 8 D1.3	True or False: Cannabis is not addictive because it is natural.	False (Blue)	1 in 6 people who start using cannabis as a teen will become addicted (CCSA, 2020). If a person suddenly stops using cannabis, they may have withdrawal symptoms like irritability, anxiety and disturbed sleep (CCSA, 2020).

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12	Gr. 6 D1.2 Gr. 7 D1.2 Gr. 8 D1.3	True or False: Cannabis is much stronger now than it was in the past.	True (Red)	The levels of THC, the substance that makes you feel “high,” has increased from 3% to 15% today, with some strains having as much as 30% THC (Government of Canada, 2024). The more THC, the higher the risk (Fischer et. al, 2017).
13	Gr. 6 D1.2 Gr. 7 D1.2 Gr. 8 D1.3	How can smoking cannabis affect the lungs?	Red) It only affects your brain Blue) Daily cough and wheezing Gold) Decreased athletic performance Green) Blue and Gold	Smoking cannabis can result in lung problems, like a daily cough and greater risk of lung infections, like pneumonia (Renard, 2020). Cannabis smoke contains many of the same cancer-causing chemicals as cigarette smoke (Renard, 2020).

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14	Gr. 5 D3.3 Gr. 6 D2.4 Gr. 7 D1.2, D3.2 Gr. 8 D1.3	True or False: Teens who use cannabis regularly are more likely to see their grades drop.	True (Red)	Teens who use cannabis regularly from a young age are likely to have more problems with learning, memory, concentration, thinking and decision making (Gabrys & Porath, 2019). This can lead to lower grades and difficulties in school (Gabrys & Porath, 2019).

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15	Gr. 5 D3.3 Gr. 6 D2.4 Gr. 7 D1.2, D3.2 Gr. 8 D1.3	Some use cannabis when they feel stressed. What are healthier ways to deal with stress?	<p>Red) Listen to music</p> <p>Blue) Talk to a trusted adult about how you are feeling</p> <p>Gold) Keep it to yourself. It will go away eventually.</p> <p>Green) Play a game of basketball with a friend</p>	<p>It is important to be aware of your emotions and how you are dealing with them. Some good ways to deal with your emotions are:</p> <ul style="list-style-type: none"> • Talking to an adult you trust about how you are feeling. • Taking a deep breath when you are mad. • Finding a quiet spot to sit and think things through. • Journaling <p>(Public Health Agency of Canada (PHAC), 2021)</p>
16	Gr. 6 D2.4 Gr. 8 D2.2	<p>True or False:</p> <p>You can always tell if a brownie has cannabis in it?</p>	False (Blue)	<p>It can be very difficult to tell the difference between a regular brownie and a cannabis brownie (CCSA, 2019). Cannabis edibles can come in different forms such as candy, gummy candies, bake goods, or drinks (CCSA, 2019).</p>

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17	Gr. 5 D3.3 Gr. 6 D2.4 Gr. 7 D3.2	What is true about medical cannabis?	<p>Red) Used to treat anxiety and depression</p> <p>Blue) Used to cure cancer</p> <p>Gold) Reduce symptoms, like nausea for cancer treatment</p> <p>Green) All of the above</p>	<p>Cannabis may be prescribed by a doctor for medical reasons, such as nausea and vomiting from cancer treatment and pain relief (Renard, Gabrys & Sanger, 2024). Research is developing on the use of cannabis for medical reasons (Renard, Gabrys & Sanger, 2024). Like any medication, there are risks. We recommend that you talk to your doctor or health care provider if you are concerned about your health.</p>

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18	Gr. 5 A2.3 Gr. 6 A2.3 Gr. 7 A2.3 Gr. 8 A2.3	What is the best way to look for accurate information on cannabis?	<p>Red) Google’s first search result</p> <p>Blue) Canada.ca/cannabis or Durham.ca/cannabis</p> <p>Gold) Social media or YouTube videos</p> <p>Green) Friends’ or family’s experiences</p>	<p>According to current research, most youth use the internet and social media to find information on cannabis (McKiernan, & Fleming, 2017). Very few youths will verify information by checking multiple sources (McKiernan, & Fleming, 2017). Because there is so much information online and not all of it is accurate, we recommend not using one study or source for information on cannabis (McKiernan, & Fleming, 2017). Use multiple sources instead. These can be online sources like Health Canada (cannada.ca/cannabis), Durham Region Health Department website (durham.ca/cannabis), and ontario.ca/cannabis. Some other reputable sources are Centre for Addiction and Mental Health (CAMH), Canadian Centre for Substance Use and Addiction (CCSA), Kids Help Phone or others from your school. Reputable sources get their information from multiple, good quality studies.</p>

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19	Gr. 7 D1.2 Gr. 8 D1.3	What are some signs that someone has a problem with using cannabis?	<p>Red) Drop in grades</p> <p>Blue) Withdrawal from friends</p> <p>Gold) Worsening mental health</p> <p>Green) All of the above</p>	<p>Signs of problematic cannabis use include: declining mental health, declining grades, withdrawal from friends and family, being unable to meet your family or job expectations, consuming cannabis more often and in larger amounts or over a longer period than intended,</p> <p>being unable to cut down on or control cannabis use (Government of Canada, 2024)</p>

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20	Gr. 6 D1.4 Gr. 7 D1.2	Who could you reach out to for help with problematic cannabis use? Select all that apply.	Red) Search YouTube for self-help videos Blue) Ask friends who use cannabis for help Gold) Kids Help Phone Green) Tell the school social worker or family doctor	Mental health and addiction workers, family members, social workers, psychologists, community agencies, churches, mosques, synagogues, public health units and telephone help lines that can provide support when a person is dealing with mental health issues and choices or situations involving substance use and addictive behaviours. Knowing who to reach out to if you think you have a problem with cannabis (or other substance) is essential to get the help you need (PHAC, 2021). Even if you don't think you will need help yourself, knowing where to get a friend help may be important in the future.

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21	Gr. 7 D1.2, D3.2 Gr. 8 D1.3	What is false about the link between cannabis and mental health?	<p>Red) Can increase risk of psychosis</p> <p>Blue) Can worsen anxiety</p> <p>Gold) Can improve your mood</p> <p>Green) Can worsen depression</p>	<p>Some people use cannabis to provide relief from stress or from feeling anxious or depressed (Renard, Gabrys & Sanger, 2024). However, cannabis use has not been found to improve mental health over time (Renard, Gabrys & Sanger, 2024). Regular cannabis use actually contributes to poor mental health (Konefal, Gabrys, & Porath, 2019). Psychosis is a temporary mental state that can involve severe paranoia and hearing or seeing things that are not real. Schizophrenia is a longer-term form of psychosis that requires life-long treatment. Regular use of cannabis can increase the risk of developing psychosis or schizophrenia, especially for people who are heavy users of cannabis or have a family history of these illnesses (Konefal, Gabrys, & Porath, 2019).</p>

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22	Gr. 6 D2.4 Gr. 7 D3.2 Gr. 8 D1.3	True or False: You have to be 18 years old to buy cannabis in Ontario	False (Red)	You must be 19 and older to buy, use, possess and grow recreational cannabis. This is the same as the minimum age for the sale of tobacco and alcohol in Ontario (Government of Ontario, 2024).
23	Gr. 5 D3.3 Gr. 6 D1.2 Gr. 7 D1.2, D3.2 Gr. 8 D1.3	What is one short-term health effect of cannabis?	Red) Decreased appetite Blue) Improved memory Gold) Faster reaction time Green) Dry mouth and red eyes	Some short-term effects of cannabis include: increased appetite, decreases in memory and attention span, decreases coordination and balance (CCSA, 2020). Additionally, cannabis causes red eyes, dilated pupils, dry mouth and throat (CCSA, 2020).

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24	Gr. 5 D3.3 Gr. 6 D1.2 Gr. 7 D1.2, D3.2 Gr. 8 D1.3	Which statement best describes a long-term effect of regular cannabis use?	Red) Improved lung function Blue) Decreased anxiety Gold) Potential memory problems Green) Better grades	Regular use of cannabis is associated with breathing/lung problems, increased risk of psychosis, depression and anxiety, decreases in memory, attention and executive functioning (problem solving and planning) (CCSA, 2020).
25	Gr. 5 D3.3 Gr. 6 D1.2 Gr. 7 D1.2, D3.2 Gr. 8 D1.3	What is one reason youth may be more vulnerable to the effects of cannabis compared to adults?	Red) Their brains are still developing Blue) They have a higher tolerance Gold) They are less likely to use it regularly Green) They are less curious about its effects	Research shows that your brain is not finished developing until you are 25. THC, the substance that makes you feel “high”, can change parts of your brain as it develops (George & Vaccarino, 2015). Even once your brain is fully developed, cannabis can still cause permanent brain changes in some people (Gabrys & Porath, 2019). There is no risk-free age to use cannabis.

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26	Gr. 5 D3.3 Gr. 6 D1.2 Gr. 7 D1.2, D3.2 Gr. 8 D1.3	What can happen if someone uses cannabis regularly for a long time?	Red) Improved lung capacity Blue) Increased risk of addiction Gold) Reduced risk of depression Green) Better sleep quality	Regular use of cannabis can increase the risk of psychosis, depression and anxiety, and breathing problems and lung conditions (CCSA, 2020). If you start using cannabis regularly at a young age, you're more likely to become addicted later (CCSA, 2020). If you suddenly stop using, you may have withdrawal symptoms like irritability, anxiety, and disturbed sleep. (Gabrys & Porath, 2019).

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27	Gr. 5 D3.3 Gr. 6 D1.2 Gr. 7 D1.2, D3.2 Gr. 8 D1.3	What is a potential impact of using cannabis during the teen years?	Red) Improved grades Blue) Better social skills Gold) Increased risk of mental health problems Green) Enhanced athletic performance	Since cannabis decreases your ability to focus, remember and problem solve, in addition to challenges with planning, reasoning, multi-tasking and emotional regulation, it can negatively impact your grades (Gabrys & Porath, 2019). Additionally cannabis can increase anxiety, depression and even psychosis, which can negatively impact your social skills and mental health (Konefal, Gabrys & Porath, 2019). Finally, smoking cannabis can negatively impact lung health, which may reduce athletic performance (Renard, 2020).

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28	Gr. 5 D2.3 Gr. 6 D2.4 Gr. 7 D2.3 Gr. 8 D2.2	Why is it important for youth to be aware of the effects of cannabis?	<p>Red) Because everyone is using it</p> <p>Blue) Because it's legal everywhere</p> <p>Gold) To impress their friends</p> <p>Green) To make informed decisions about their health</p>	<p>Most youth report not using cannabis (OSDUHS, 2023). Cannabis is legal in Ontario for adults 19+, but in most countries cannabis remains illegal (Government of Ontario, 2024). Research shows that most youth want to understand more about the health effects of cannabis so that they can make an informed choice about whether or not to use it (McKiernan & Fleming, 2017).</p>

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29	Gr. 5 D2.3 Gr. 6 D2.4 Gr. 7 D2.3 Gr. 8 D2.2	What is the most effective way to refuse cannabis offered by a friend?	<p>Red) Say, “No thanks, you’re not interested.”</p> <p>Blue) Pretend to accept it, but don’t actually use it</p> <p>Gold) Criticize the person for using cannabis</p> <p>Green) Avoid all places where cannabis might be present</p>	<p>By saying, “No thanks, you’re not interested, “you are being honest and direct. Accepting cannabis may put you back in the same position in the future, since you are telling the person that you are accepting it. Criticizing the person will likely negatively impact your relationship with that person. You can set boundaries respectfully and communicate that you do not support cannabis use, without tearing down the other person. Avoiding situations where cannabis might be present may not be realistic. What would you do if you were offered cannabis at school or by a close friend? (Public Health Agency of Canada, 2021)</p>

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30	Gr. 5 D2.3 Gr. 6 D2.4 Gr. 7 D2.3 Gr. 8 D2.2	Which factor could reduce the likelihood of using cannabis as a youth?	<p>Red) Lack of clear rules/expectations at home</p> <p>Blue) Having friends who use cannabis</p> <p>Gold) Lack of after school activities</p> <p>Green) Strong connections with family and school</p>	Strong family connections, parental monitoring, rules and expectations were all factors that reduced the likelihood of youth using cannabis (McKiernan & Fleming, 2017). Conversely, youth stated that they might use cannabis as a way to remain within a peer group, or if it normalized within their peer group or community (McKiernan & Fleming, 2017).

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31	Gr. 5 D3.3 Gr. 6 D2.4 Gr. 7 D3.2	What is the biggest reason that youth may not seek help with problematic cannabis use?	<p>Red) Fear of social stigma and judgement</p> <p>Blue) They believe cannabis is not harmful or addictive</p> <p>Gold) They worry about the legal consequences</p> <p>Green) They don't know where to reach out for help</p>	While all of the answers may be reasons why a youth may not reach out for help, the biggest reason is the social stigma and judgement attached to cannabis use (McKiernan & Fleming, 2017).

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32	Gr. 5 1.2 Gr. 6 D1.2 Gr. 8 D1.3	<p>True or False</p> <p>Using cannabis with alcohol can reduce the effects of cannabis, since alcohol is a depressant.</p>	<p>False (Blue)</p>	<p>Using alcohol and cannabis together, can significantly increase the impairment experienced from cannabis. This is because alcohol increases the absorption of cannabis. (Public Health Ontario, 2018).</p>

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