

# WHAT DO YOU KNOW...



*...ABOUT ALCOHOL & OTHER DRUGS?*

1). This activity is related to several different forms of cancer as well as chronic breathing problems such as Emphysema.

# Cigarette Smoking

The fact is that around 4000 individual substances have been identified between cigarettes and their smoke. Out of those 4000 substances almost 43 are known to cause cancer.



2). Over-consumption of this central nervous system (CNS) depressant drug can lead to acute poisoning and possibly death.



**ALCOHOL**

# How to avoid alcohol poisoning.

The best way to stay safe is not to drink at all, but if you do.....

- ✓ Avoid drinking large amounts in one sitting
- ✓ Avoid drinking quickly
- ✓ Avoid drinking games
- ✓ Don't overdo it. Know your limits.
- ✓ Don't mix with other substances
- ✓ Make sure to eat before you drink



3). Regular use of this drug can lead to loss of motivation, poor memory, and health problems similar to those associated with smoking cigarettes.

# MARIJUANA

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SPONSORS OF  
...UMM...  
WE FORGET!**



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4). According to a survey done by the AFM in 2007, less than 20% of Gr.9 students reported using Marijuana in the past year.

True or False?

# TRUE

According to a survey of 5000 students across Manitoba only 19% of Grade 9 students reported trying Marijuana in the previous year.

This means 81% of Grade 9 students DID NOT try Marijuana that year.

Alcohol & other Drugs: Students in Manitoba 2007: Krista Friesen, B.A. (hons), Jackie Lemaire, M. Sc., & David Patton, Ph.D (2008).



5). Use of this drug can lead to seizures and death due to a highly elevated body temperature.

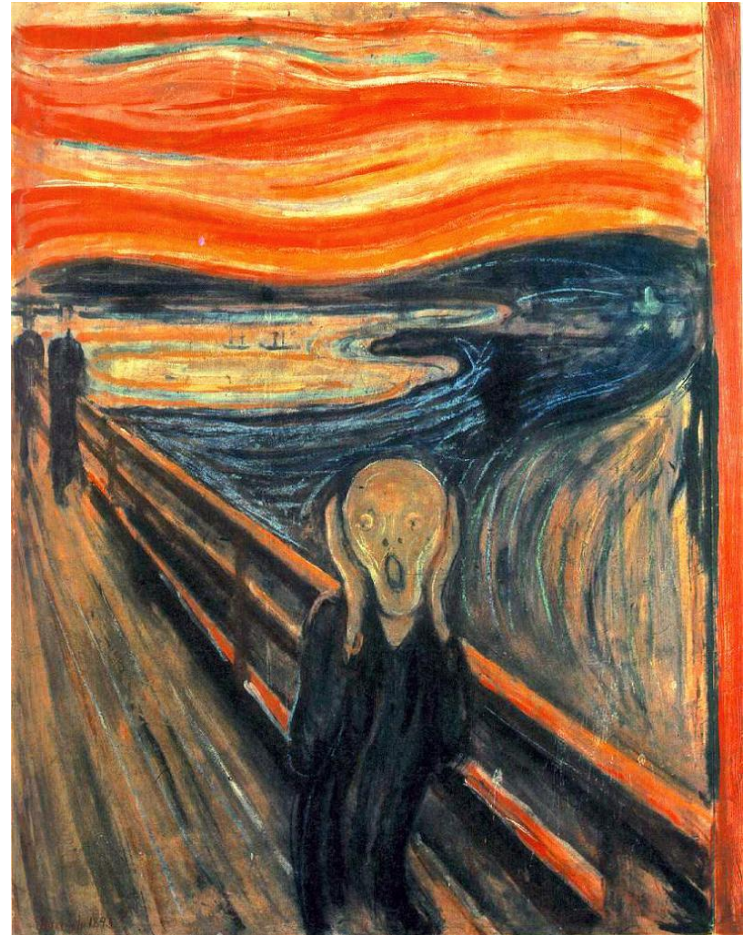
Researchers still don't know what the long term effects on the brain might be.



6). These drugs can be unpredictable and can affect a user's perception of reality, thus placing him or her in potentially unsafe situations.

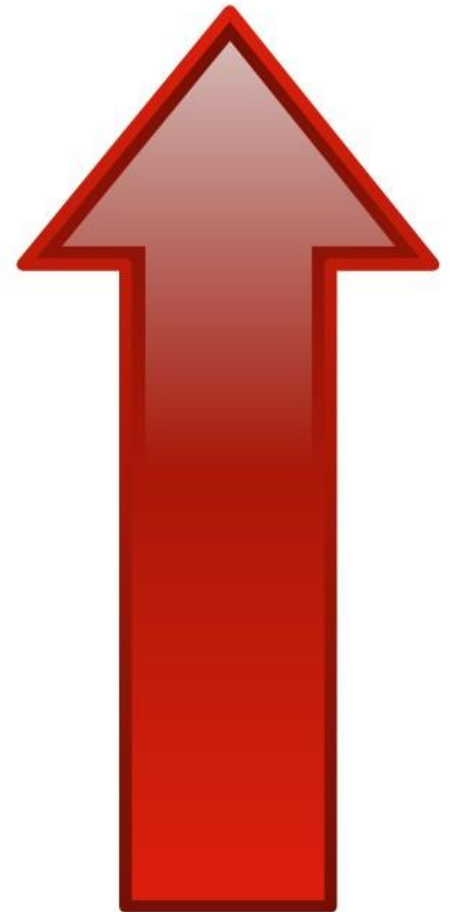
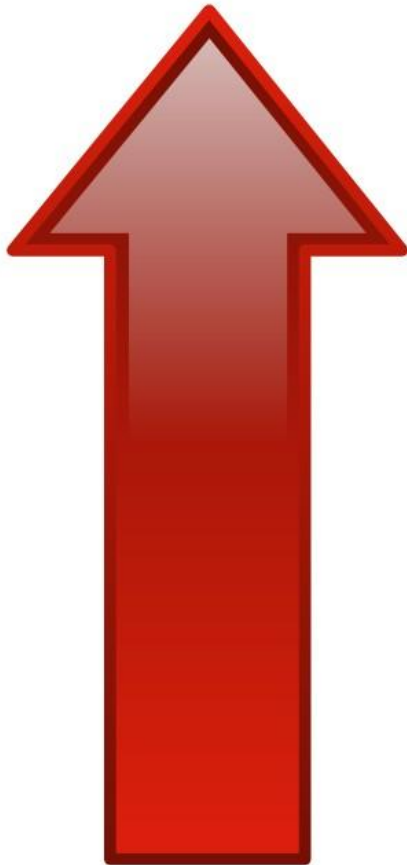
# HALLUCINOGENS

- Psilocybin (Magic Mushrooms)
- LSD (Acid)
- PCP (Angel Dust)
- Salvia
- Peyote
- Special K



7). Drugs in this category can cause a user to have an increase in energy but have the opposite effect when they wear off leading to fatigue and possibly depression.

# STIMULANTS



8). Medications such as Ritalin or cough syrup are safer to get high with because they are prescribed by a doctor or available at the pharmacy. True or False?

# FALSE



# When is it a problem?



# How Do You Know?



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