

**Substance Use: Addictions and Related Behaviours**

# Matching activity

## Educator answer key (with some additional details)

Refer to the Educator Guide for further information.

KEY TERM	FACTS	EFFECTS	
		SHORT TERM EFFECTS	LONG TERM EFFECTS
<b>Alcohol</b> <ul style="list-style-type: none"> <li>• beer</li> <li>• wine</li> <li>• liquor</li> </ul>	A <b>depressant</b> (slows down how messages travel between the brain and body).	relaxation, sleepiness, blurred vision, poor judgement, decreased coordination, nausea, headache, increased risk of accidents and injuries from intoxication	liver disease, heart disease, cancer, increase risk of accidents and injuries from intoxication
		<b>Note:</b> Drinking alcohol can have immediate negative effects on the body – including significant impairment of judgement and decision-making, leading to potentially risky and unsafe situations. Excessive alcohol intake, (also called alcohol poisoning) can result in death.	
<b>Cannabis</b> <ul style="list-style-type: none"> <li>• joints</li> <li>• e-cigarettes or vapes</li> <li>• liquids</li> <li>• edibles</li> </ul>	A <b>plant</b> that contains the chemical <b>THC</b> (tetrahydrocannabinol). Known by many names, such as: marijuana, weed, or pot.	hunger, decrease pain, changes in thinking, can vary for each person (e.g., some people feel relaxed, some feel anxious)	lung damage (if inhaled), can affect brain development in teens and young adults
		relaxation, stress relief (effects are very short, which can make people use it often), nausea, dizziness, headache	cancer, heart disease, lung damage, damage to teeth and gums
<b>Commercial Tobacco</b> <ul style="list-style-type: none"> <li>• cigarettes</li> <li>• cigars</li> <li>• e-cigarettes or vapes</li> <li>• chewing tobacco</li> <li>• pouches</li> </ul>	A plant that contains an addictive chemical called <b>nicotine</b> .	relaxation, stress relief (effects are very short, which can make people use it often), nausea, dizziness, headache	cancer, heart disease, lung damage, damage to teeth and gums
		relaxation, stress relief (effects are very short, which can make people use it often), nausea, dizziness, headache	cancer, heart disease, lung damage, damage to teeth and gums

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<p><b>Opioids</b> (e.g., morphine, Percocet, heroin, fentanyl)</p> <ul style="list-style-type: none"> <li>• prescription opioids are prescribed and carefully monitored by medical professionals (such as doctors, nurse practitioners and dentists) for a specific purpose.</li> <li>• illicit/illegal opioids are not prescribed by medical professionals (e.g., they are found, shared, or sold in ways that are unsafe)</li> </ul>	<p>Help decrease severe pain (e.g., after surgery).</p>	<p>decreased pain, increased feelings of pleasure; can cause difficulty breathing, a low heart rate, itching, nausea, and vomiting</p>	<p>cause liver damage and often lead to addiction (substance use disorder)</p>
		<p><b>Note:</b> These highly controlled drugs are prescribed for a specific person. Taking someone else's prescription is illegal and can result in any or all of the effects listed. When opioids are not used as prescribed, they can be extremely dangerous and may even cause death. While this is a potential outcome, the focus of this lesson is on informing students so they can make thoughtful decisions, rather than scaring them.</p>	
<p><b>Stimulants</b></p> <p>Some stimulants are prescribed by medical professionals, and some are illicit/sold or shared illegally. For example:</p> <ul style="list-style-type: none"> <li>• Crack</li> <li>• Cocaine</li> <li>• Ecstasy</li> <li>• Crystal Methamphetamine</li> </ul>	<p>Speeds up the nervous system (which is made up of the brain, spinal cord and nerves – it controls functions like breathing and learning).</p>	<p>sweating, increase heart rate, energy, concentration, and alertness, decrease need for sleeping and eating, seizures, irregular heartbeat</p>	<p>negative impact on mental health and brain functioning (e.g., learning and memory), heart attack or stroke, seizures, liver and kidney damage</p>
		<p><b>Note:</b> Prescription stimulants such as Ritalin, Adderall, Biphentin and Dexedrine are prescribed by medical professionals to help with medical issues such as ADHD. Many students may have familiarity with medications for ADHD and, should the topic be raised, it's important to differentiate helpful medication from illegal substances. Treating all stimulants as though they are the same can contribute to student concerns and stigma.</p>	
<p><b>Inhalants</b></p> <ul style="list-style-type: none"> <li>• gas</li> <li>• glue</li> <li>• paint thinners</li> <li>• cleaning supplies</li> </ul>	<p>Chemicals that people breathe in deeply repeatedly and on purpose.</p>	<p>increase risk-taking, dizziness, red nose and eyes, confusion</p>	<p>memory loss, irritability, acne, loss of smell and hearing, brain damage</p>