

Instructions for Teachers/Students to use DRHD HealthyLiving Kahoots without Public Health Nurse (PHN):

Teachers and students running a Kahoot will need their own Kahoot account.

- A free Kahoot account allows for 10 players to play a Kahoot at a time.
- Players playing the Kahoot do not need a Kahoot account.
- Some teachers or schools have a paid Kahoot account where more players can play at a time.

Teachers and Students can search and access our public Kahoots by searching for:

- our username DRHD_HealthyLiving and finding the Kahoot in the results list.
- the Kahoot name, e.g., “Substance Use Protective Factors”.

Once an educator or student has found our Kahoot they want to play, follow these steps:

- Click on the Kahoot Picture.
- Click “Start”.
- Click on the mode of play, e.g. Classic, Team, etc.
- Open the settings menu by clicking the settings button on the bottom right of the page.
- Click to enable or disable preferred settings.
- Click the “x” to close the settings menu.
- To start playing your Kahoot, click “Start”, which will open a new tab that has the game pin and a QR code.
- Instruct students/teams to go to www.kahoot.it on their device browser by typing it in or using the QR code.
- Instruct students/teams to enter in the game pin and click “Enter”.
- Click “Start” when enough players have joined, and they are ready to go to the first question.

Alcohol LEVEL 1 Kahoot (Grades 6-8)– Teacher's Guide

[Link: Substance Use Prevention Series 2: Alcohol Level 1 \(Grades 6-8\) - Details - Kahoot!](#)

1 - Quiz

Fact or Myth: "Everyone is drinking"



Fact



Myth



- **Myth:** According to the Ontario Student Drug Use and Health Survey of Ontario Students in grades 7-12, there have been significant decreases in alcohol use trends over time from 66% to 35% (1999-2023). In 2023, just over 1/3 (36%) of all students in Ontario reported drinking more than just a few sips of alcohol during the past year. ⁱ

2 - Quiz

Fact or Myth: Marijuana is safer than alcohol



Fact



Myth



- **Myth:** Cannabis has the highest rate of transition to substance use disorder among adolescents when compared to alcohol and tobacco, and those who use cannabis regularly are more likely to use other substances. Cannabis use puts youth at risk of potential harmful behaviours. Although the potential for overdosing is low, use can lead to hospitalization at a higher frequency than one might assume. Cannabis can also decrease the ability to safely operate a motor vehicle as it delays reaction time, affect's one's ability to focus and causes variation in speed and steering. Research suggests that youth are not aware of these harms, especially in comparison to their awareness of the harms of tobacco use or alcohol use. ⁱⁱ

3 - Quiz

Alcohol, especially red wine, can be good for your heart



True



False



- **FALSE:** The evidence no longer supports the idea that alcohol is good for your health. The fact that there is *no* healthy amount of alcohol use is supported by the [World Health Organization](#) and the [World Heart Federation](#). There are no studies that would demonstrate that the potential beneficial effects of light and moderate drinking on cardiovascular diseases and type 2 diabetes outweigh the cancer risk associated with these same levels of alcohol consumption for individual consumers. ^{iv}

4 - Quiz

Acute intoxication (elevated BAC: Blood Alcohol Concentration levels) is associated with



Accidents



Injuries



Violence



All of the above



- **All of the above:**
- Consuming more than 2 standard drinks per occasion is associated with an increased risk of harms to self and others, including injuries and violence. Avoiding drinking to intoxication will reduce individuals' risk of perpetrating alcohol-related violence. ⁱⁱⁱ
- Short term effects of alcohol use include; intoxication, memory loss and blackouts, injury, violence, accidents, spousal abuse, suicide, alcohol toxicity (overdose), death. ^v
- Judgement, balance, and coordination become impaired as the amount of alcohol in the blood increases. As a result, falls and injuries are a common risk when people drink. Alcohol poisoning can result when a large amount of alcohol is consumed in a short period of time. During alcohol poisoning a person may pass out and/or choke on their vomit. Breathing and body temperature regulations can shut down, and in some cases, death can result. ^{vi}

5 - Quiz

Which of the following are harmful effects of alcohol?



- | | | |
|-------------------------------------|--|---|
| <input type="checkbox"/> | Misjudging a situation or what is being said | ✗ |
| <input type="checkbox"/> | Getting sick and possibly dying from alcohol poisoning | ✗ |
| <input type="checkbox"/> | Getting injured | ✗ |
| <input checked="" type="checkbox"/> | All of the above | ✓ |

- **All of the above:** When levels of alcohol in the brain are high or toxic enough to have an impact on areas important for essential functions, poisoning can occur. Symptoms include: stupor, confusion, coma, inability to wake up, vomiting, seizures, slowed breathing, irregular breathing, hypothermia, and suppressed vital functions.
- Short term effects of alcohol use include: intoxication, memory loss and blackouts, injury, violence, accidents, spousal abuse, suicide, alcohol toxicity (overdose), death. ^v
- Judgement, balance, and coordination become impaired as the amount of alcohol in the blood increases. As a result, falls and injuries are a common risk when people drink. Alcohol poisoning can result when a large amount of alcohol is consumed in a short period of time. During alcohol poisoning a person may pass out and/or choke on their vomit. Breathing and body temperature regulations can shut down, and in some cases, death can result. ^{vi}
- In Canada, the limit associated with a 1 in 1,000 chance of premature death related to an alcohol condition is two standard drinks per week, while the 1 in 100 risk limit is six standard drinks per week. ⁱⁱⁱ
- One-in-seven (14%) secondary school students could not remember what had happened when they were drinking on at least one occasion during the past year. ⁱ

6 - Quiz

A person's brain is not fully developed until ____ years of age



- | | | |
|-------------------------------------|----|---|
| <input type="checkbox"/> | 15 | ✗ |
| <input type="checkbox"/> | 22 | ✗ |
| <input checked="" type="checkbox"/> | 25 | ✓ |
| <input type="checkbox"/> | 28 | ✗ |

- **Answer- 25:** The human brain is still developing throughout adolescence and early adulthood, until about 25 years of age. The front lobe is the last part of the brain to mature and is involved in planning, strategizing, organizing, impulse control, concentration, and attention. Drinking while these changes are occurring can have negative effects on the brain's development. In addition, puberty causes neurochemical and hormonal changes that make adolescents more likely to engage in risky behaviour. Starting to drink at this vulnerable time when thrill seeking, and strategy and planning skills are underdeveloped can have harmful effects on one's health and safety.^{vii}
- A high proportion of alcohol consumed by youth is consumed through binge drinking with its attendant risks of alterations to brain development and cognitive function ⁱⁱⁱ

7 - Quiz

Alcohol use during teenage years or into early 20's can damage parts of the brain.



True



False



- **TRUE:**
- The human brain is still developing throughout adolescence and early adulthood, until about 25 years of age. The front lobe is the last part of the brain to mature and is involved in planning, strategizing, organizing, impulse control, concentration and attention. Drinking while these changes are occurring can have negative effects on the brain's development. In addition, puberty causes neurochemical and hormonal changes that make adolescents more likely to engage in risky behaviour. Starting to drink at this vulnerable time when thrill seeking, and strategy and planning skills are underdeveloped can have harmful effects on one's health and safety.^{vii}
- A high proportion of alcohol consumed by youth is consumed through binge drinking with its attendant risks of alterations to brain development and cognitive function ⁱⁱⁱ
- The Canadian Center for Alcohol Use and Addiction (CCSA) advises that youth delay alcohol use for as long as possible (Paradis et al., 2023). ⁱⁱⁱ

8 - Quiz

A teen that drinks is more likely to have lower grades, social problems and legal problems.



True



False



- **TRUE:** Alcohol induced inhibition can lead youth to make bad decisions, such as driving after drinking or getting into a car with a driver who has been drinking. Drinking has also related to increased chances of suicide, homicide, and experiencing or committing physical or sexual assault because alcohol impairs judgement, reasoning, and the ability to evaluate risk. ^{vii}
- Alcohol's effect on cognition can affect a person's ability to learn, leading to poor academic performance. This in turn can lead to dropping out of school. In addition, alcohol can have a negative impact on relationships with family and friends. It can increase emotional reactivity and lead to an inability to interpret emotions, language and humour. In some cases, leading to increased social rejection. ^{viii}

9 - Quiz

Long-term alcohol use (as low as 1-2 drinks a day) can decrease your risk for cancer.



True



False



- **FALSE:** Cancer is the leading cause of death in Canada. However, the fact that alcohol is a carcinogen that can cause at least seven types of cancer is often unknown or overlooked. The most recent available data show that the use of alcohol causes nearly 7,000 cases of cancer deaths each year in Canada, with most cases being breast or colon cancer, followed by cancers of the rectum, mouth and throat, liver, esophagus and larynx. According to the Canadian Cancer Society, drinking less alcohol is among the top 10 behaviours to reduce cancer risk. ⁱⁱⁱ

10 - Quiz

Drinking at an earlier age can increase alcohol-related problems in later life.



True



False



- **TRUE:** The brain is still developing until the age of 25. Drinking alcohol before this puts youth at risk of harmful changes to the brain which can have

long term effects including; lasting effects on problem solving, decision making and memory, sleep disturbances, addiction, and chronic diseases. ix

11 - Quiz

Teenagers are at more risk for alcohol poisoning than adults.



True



False



- **TRUE:** Youth might not be familiar with the effects of alcohol, putting them at risk for dangers such as injury and alcohol poisoning. Most young people do not drink in moderation on a regular basis, but rather alternate between periods of abstinence and binge drinking. Recent trends suggest that some youth are combining alcohol with other drugs or other caffeinated energy drinks. These substances can interact to increase the risky behaviours and can cause dangerous and unpredictable effects in the body, including alcohol poisoning, drug overdose, and death ^{vii}

12 - Quiz

Alcohol is the most commonly used drug for youth in grades 7 to 12 in Ontario.



True



False



- **TRUE:** According to the Ontario student drug use and health survey for 2023, alcohol is by far the most commonly used drug, with 35.6% of Ontario students from grades 7-12 reporting use during the 12 months before the survey. ⁱ (Downward trend, 1999 – 66%, 2023-35)

References

- ⁱ Centre for Addiction and Mental Health [CAMH]. (2023). Findings from the Ontario Student Drug Use and Health Survey. Retrieved from [Drug Use Trend Report 2023OSDUHS \(camh.ca\)](#)
- ⁱⁱ Canadian Centre on Substance Abuse. (2017). Canadian Youth Perceptions on Cannabis. Retrieved from [Canadian Youth Perceptions on Cannabis \(Report\) | Canadian Centre on Substance Use and Addiction \(ccsa.ca\)](#)
- ⁱⁱⁱ Canadian Centre on Substance Use and Addiction. (2024). Canada's Guidance on Alcohol and Health | Canadian Centre on Substance Use and Addiction (ccsa.ca)
- ^{iv} World Health Organization (2023). [No level of alcohol consumption is safe for our health \(who.int\)](#)
- ^v Government of Canada (2021). [Health risks of alcohol - Canada.ca](#)
- ^{vi} Durham Region Health Department. (2017). The Truth About Alcohol in Durham Region.
- ^{vii} Youth and Alcohol (LRDG Summary) (ccsa.ca) (2014)
- ^{viii} The Government of Canada. (2015). The Chief Public Health Officer's Report on the State of Public Health in Canada 2015: Alcohol Consumption in Canada. Retrieved from <http://healthycanadians.gc.ca/publications/departement-ministere/state-public-health-alcohol-2015-etat-sante-publique-alcool/alt/state-phac-alcohol-2015-etat-aspc-alcool-eng.pdf>
- ^{ix} Region of Durham. (2017). Alcohol and your health. Retrieved from <https://www.durham.ca/en/health-and-wellness/alcohol.aspx>