

## **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](http://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 2 (grades 6-8) – TEACHER'S GUIDE

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

1 - Quiz

Mixing energy drinks with alcohol puts you at risk for alcohol poisoning.



True



False



- **True:** Drugs are often discussed in isolation when in fact, they are often used together. For instance, the use of alcohol and caffeine together is a concern as it poses some dangerous risks, especially with respect to youth and energy drinks. Caffeine and alcohol together may increase the risks for harm from alcohol. Alcohol is a depressant and caffeine is a stimulant and can therefore, mask the effects of alcohol. Those who combine alcohol and caffeine often increase their consumption of alcohol, as they report feeling less tired, more alert, and less intoxicated than they really are. In addition, mixing alcohol and caffeine is also associated with increased risk-taking behaviours. <sup>i</sup> <sup>ii</sup>

2 - Quiz

What are the effects of alcohol advertising on teens?



A) Teens start drinking earlier



B) Teens drink more



C) Teens abstain from drinking



Both A and B



- **D:** It is understood that alcohol advertising reaches a wide audience, including underage youth. Some evidence suggests that advertising increases drinking in youth who are already more receptive to this type of advertising or more likely to undertake risky behaviour. Other research suggests that there is a dose response to advertising. Essentially, the more youth are exposed to alcohol advertising, the more they drink. Alcohol ads are particularly appealing to a youth audience and exposure to particular brands do increase the likelihood that youth will drink that brand. Youth are strongly influenced by friends, family and social media. Youth should delay drinking alcohol as long as possible, at least until reaching the legal drinking age.<sup>i</sup>

3 - Quiz

Which of the following are true for those under the age of 19 (minor)?

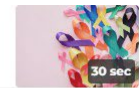


- |                                     |   |   |
|-------------------------------------|---|---|
| <input type="checkbox"/>            | It is illegal for an adult to serve alcohol to a minor  | ✗ |
| <input type="checkbox"/>            | It is illegal to present fake identification            | ✗ |
| <input type="checkbox"/>            | It is illegal to possess, use or attempt to buy alcohol | ✗ |
| <input checked="" type="checkbox"/> | All of the above  | ✓ |

- **All of the above:** It is illegal to drink or possess alcohol if you are below the legal drinking age (which is 19 in most provinces and territories, apart from Quebec, Manitoba, and Alberta where it is 18). It is illegal to use fake identification to buy alcohol or get into a bar. It is illegal to buy alcohol for or serve alcohol to someone who is under the legal drinking age. Each province and territory have different regulations and consequences for alcohol related issues. These regulations are specific to Ontario and are included in the Ontario Liquor License Act. <sup>ii</sup>

4 - Quiz

Drinking alcohol increases the risk of developing which types of cancer?



- |                                     |                               |   |
|-------------------------------------|-------------------------------|---|
| <input type="checkbox"/>            | Mouth, Neck and Throat Cancer | ✗ |
| <input type="checkbox"/>            | Colon and Rectal Cancer       | ✗ |
| <input type="checkbox"/>            | Liver and Breast Cancer       | ✗ |
| <input checked="" type="checkbox"/> | All of the above              | ✓ |

- **All of the above:** Drinking alcohol has many health risks. These risks can become worse if you drink alcohol frequently. Risks include seven different types of cancer:
  - Mouth cancer
  - Pharynx cancer
  - Esophageal cancer
  - Larynx cancer
  - Colon and rectal cancer
  - Liver cancer
  - Breast cancer <sup>iii</sup>

5 - Quiz

What are some other health concerns besides cancer that can be caused by alcohol use?



- |                                     |                  |   |
|-------------------------------------|------------------|---|
| <input type="checkbox"/>            | Heart Disease    | ✗ |
| <input type="checkbox"/>            | Stroke           | ✗ |
| <input type="checkbox"/>            | Liver Disease    | ✗ |
| <input checked="" type="checkbox"/> | All of the Above | ✓ |

**All of the Above:** 3–6 standard drinks a week represents a moderate risk to your health. After that, the more you drink, the more you increase your risk of seven types of cancer, most types of cardiovascular diseases, liver disease and violence. drinking a little alcohol neither decreases nor increases the risk of ischemic heart disease, but it is a risk factor for most other types of cardiovascular disease, including, hypertension, heart failure, high blood pressure, atrial fibrillation and hemorrhagic stroke. Statistics show that liver disease is on the rise in Canada, and alcohol is one of its main causes. <sup>iii</sup>

6 - Quiz

What is binge drinking?



- |                                     |   |   |
|-------------------------------------|---|---|
| <input type="checkbox"/>            | 2 or more drinks on any one occasion                    | ✗ |
| <input type="checkbox"/>            | 1 to 3 drinks on any one occasion                       | ✗ |
| <input type="checkbox"/>            | 3 + (for males) to 4 + (for females) drinks at one time | ✗ |
| <input checked="" type="checkbox"/> | 5 + (for males) or 4 + (for females) drinks at one time | ✓ |

- **5 or more drinks** on any one occasion: Researchers define binge drinking as having many drinks on one occasion: five or more drinks for a male, or four or more drinks for a female. Young people who binge drink are especially at risk because they are less familiar with the effects of alcohol and are more likely to do something impulsive or dangerous. A high proportion of alcohol consumed by youth is in the form of binge drinking with its attendant risks of injuries, aggression, violence, and other age-important consequences such as dating violence and worsening academic performance. In addition, even for the same number of drinks consumed per drinking occasion, the risk of adverse outcomes from alcohol consumption is greater for youth than for adults. This may be due to several factors, including greater impulsivity and less emotional maturity among youth, lower body mass on average, less experience doing complex tasks that are made more dangerous by alcohol (e.g., operating a motor vehicle) and faster drinking speeds. For this reason, recommendations related to the risks associated with weekly levels of alcohol use and alcohol use per occasion do not apply to youth under the legal drinking age. For them, the main message should be to delay alcohol use for as long as possible. <sup>iii</sup>



Quiz

Which are harmful effects of binge drinking? ^

- |                                     |  |   |
|-------------------------------------|--|---|
| <input type="checkbox"/>            | Getting into a fight or being assaulted                | ✗ |
| <input type="checkbox"/>            | Getting sick and possibly dying from alcohol poisoning | ✗ |
| <input type="checkbox"/>            | Developing or worsening mental health problems         | ✗ |
| <input checked="" type="checkbox"/> | all of the above                                       | ✓ |

- **All of the above:** see question 6. iii

8 - Quiz

Which are also harmful effects of binge drinking?



- |                                     |  |   |
|-------------------------------------|--|---|
| <input type="checkbox"/>            | Choking on your own vomit (this can lead to death)       | ✗ |
| <input type="checkbox"/>            | Respiratory arrest (breathing stops - can lead to death) | ✗ |
| <input type="checkbox"/>            | Changes in brain development                             | ✗ |
| <input checked="" type="checkbox"/> | All of the above   | ✓ |









**All of the above:** When you binge drink, your risk of many safety and health problems increases. These include:

- misjudging a situation or what is being said
- getting into a fight or being assaulted
- having unwanted sex or pushing unwanted sex on others
- developing or worsening depression, anxiety and other mental health problems
- having blackouts (when you lose all memory of where you were and what you did when you were drunk)
- getting a hangover (headache, shaking, vomiting)
- seeing suicide as a way out when you are feeling down
- getting injured or killed while driving, biking, boating, snowmobiling, walking or being a passenger
- getting injured or killed from a fall, drowning or fire
- getting sick and possibly dying from alcohol poisoning
- choking on your own vomit (which can kill you if you are passed out)
- going into respiratory arrest (meaning you stop breathing). iv

9 - Quiz

Why are caffeinated alcohol beverages such as energy drinks more harmful than alcohol alone?











- |   |   |   |
|---|---|---|
|  | A) what are you talking about? They are safe!             |  |
|  | B) It can cause nausea, headaches, dehydration, and death |  |
|  | C) Caffeine can mask the effects of alcohol               |  |
|  | D) B and C  |  |

- **D:** With caffeinated alcoholic drinks, the caffeine fools you into thinking you're not as drunk as you really are. The caffeine also keeps you awake and drinking longer, increasing your risk of getting hurt, overdosing on alcohol or doing something else you might regret. Mixing alcohol and caffeine can increase your chances of being sexually assaulted or sexually assaulting someone, driving drunk or getting in the car with someone who is drunk, getting injured or in a fight, and/or not knowing how drunk you are. Other side effects include; dehydration, puking, hangover, high heart rate, heart palpitations, and alcohol poisoning. <sup>v</sup>

10 - Quiz

What % of gr. 7-12 ON students report riding in a car with a driver who has been drinking?







- |   |     |   |
|---|-----|---|
|  | 5%  |  |
|  | 10% |  |
|  | 12% |  |
|  | 17% |  |

- One-in-six (**17%**) students in grades 7–12 report riding in a vehicle driven by someone who had been drinking alcohol. About 6% of students in grades 10–12 with a G-Class driver's licence report driving a vehicle within an hour of consuming two or more drinks of alcohol at least once during the past year. Drinking and driving among adolescent drivers has been stable since 2013 at about 4%-7%. However, the current estimate is significantly lower than estimates seen in 1999 and the 2000s (12%-14%) and is substantially lower than estimates from the late 1970s and early 1980s (when almost half of 11th graders reported drinking and driving). <sup>vi</sup>

11 - Quiz

How many deaths does the World Health Organization say occur worldwide every year from harmful use of alcohol?







	3 Million	✓
	200,000	✗
	1 Million	✗
	10,000	✗

- Worldwide, **3 million** deaths every year result from harmful use of alcohol. This represents 5.3% of all deaths.
- The harmful use of alcohol is a causal factor in more than 200 disease and injury conditions.
- Overall, 5.1% of the global burden of disease and injury is attributable to alcohol, as measured in disability-adjusted life years (DALYs).
- Beyond health consequences, the harmful use of alcohol brings significant social and economic losses to individuals and society at large.
- Alcohol consumption causes death and disability relatively early in life. In people aged 20–39 years, approximately 13.5% of total deaths are attributable to alcohol.
- There is a causal relationship between harmful use of alcohol and a range of mental and behavioural disorders, other noncommunicable conditions and injuries. <sup>ix</sup>

12 - Quiz

What % of youth (grades 7-12) in Ontario reported NOT drinking in the past year?



	59%	✗
	36%	✓
	25%	✗
	18%	✗

- **36%** of students grades 7-12, report not using any alcohol, tobacco or drugs in 2023.

Steady decline of alcohol use reported in students Grades 7-12: from 66.0% in 1999 to 35.6% in 2023.

Abstaining from any drug use (including alcohol, tobacco/nicotine, and cannabis) significantly increased between 1999 and 2023, from 27.2% to 42.2%, among students in grades 7–12. <sup>vi</sup>

---

---

## References

- i 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>
- ii The Royal Canadian Mounted Police. (2016). Alcohol. Retrieved from <http://www.rcmp-grc.gc.ca/cycp-cpcj/dr-al/al-eng.htm>
- iii Canadian Centre on Substance Use and Addiction. (2023). <https://www.ccsa.ca/canadas-guidance-alcohol-and-health-final-report>
- iv CAMH (2024). [Partying and getting drunk | CAMH](#)
- v Canadian Centre on Substance Abuse. (2012). Alcohol and caffeine: A Bad Buzz. Retrieved from <http://www.ccdus.ca/Resource%20Library/CCSA-Alcohol-and-Caffeine-Fact-Sheet-Youth-2012-en.pdf>
- vi Centre for Addiction and Mental Health. (2024) [Drug Use Trend Report 2023OSDUHS \(camh.ca\)](#)
- vii Mothers Against Drunk Driving. (n.d). Campaign 911. Retrieved from <http://madd.ca/pages/programs/awareness-campaigns/campaign-911/>
- viii Canadian Centre on Substance Abuse. (2018). Canada's Low Risk Drinking Guidelines. Retrieved from <http://www.ccsa.ca/Resource%20Library/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf>
- ix World Health Organization (2022). [Alcohol \(who.int\)](#)