

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 3 (Grades 9-12) – TEACHER’S GUIDE

[Link: Substance Use Prevention Series 2: Alcohol Level 3 \(Grades 9-12\) - Details - Kahoot!](#)

1 - Quiz

People who start drinking earlier in life tend to have which of the following?



- | | | |
|---|-----------------------|---|
|  | Less money | ✗ |
|  | Legal/social problems | ✓ |
|  | Insomnia | ✗ |
|  | More friends | ✗ |

Answer: Legal/social problems

A person’s brain continues to develop until approximately age 25. Use of alcohol during the teen years and early 20’s can cause long-term damage to the frontal lobe of the brain. The frontal lobe is the part of the brain that deals with emotions, concentration, impulse control, planning and decision making. Starting to drink at the time when strategy and planning skills are still underdeveloped, and the desire for thrills is high, can have harmful effects on a youth’s health and safety^v. Drinking alcohol 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 is also related to increased chances of suicide, homicide, drowning and experiencing or committing physical or sexual assault. This is because alcohol impairs judgment, reasoning and the ability to evaluate riskⁱ.

2 - Quiz

What other disease(s) besides cancer are associated with drinking alcohol?












- | | | |
|---|---|---|
|  | Emphysema, COPD and Asthma | ✗ |
|  | Crohns, Colitis and Celiac | ✗ |
|  | Heart disease, Stroke and high blood pressure | ✓ |
|  | Tuberculosis | ✗ |

Answer: Heart disease, stroke, and high blood pressure

The harmful use of alcohol is one of the leading risk factors for disease, disability and death throughout the world ⁱⁱⁱ. Alcohol is toxic for the liver, heart, pancreas and nervous system, and could lead to chronic illness or disease ⁱⁱ.

3 - Quiz
What is true about alcohol and mental health?



	Rates of alcohol use are lower in people with depression.	
	Drinking alcohol to cope with stress is unhealthy.	
	Drinking alcohol will prevent or improve mental illness.	
	There is no link between drinking alcohol and suicide.	

Answer: Drinking alcohol to cope with stress is unhealthy

Alcohol is a risk factor for several mental illnesses such as depression, post-traumatic stress disorder, anxiety, and personality disorders. Conversely, mental illness may lead to problematic or dangerous alcohol use ⁱ. In addition, alcohol is often involved in suicides.

Support Services:

- Durham Health Connection Line: 1-800-841-2729 (Mon to Fri: 9am to 6pm)
- Distress Center Durham: 905-430-2522 or 1-800-452-0688
- Telehealth Ontario: 1-866-797-0000
- Kids Help Phone: 1-800-668-6868 or text 686868
- Healthcare provider/family doctor

4 - Quiz
What is one of the most concerning consequences of binge drinking?



	Hangovers	
	Blackouts	
	Spending/wasting money	
	Alcohol poisoning and possibly dying as a result	

Answer: Alcohol poisoning and possibly dying as a result

Young people who binge drink are especially at risk for adverse effects from alcohol. This is because they are less familiar with the effects of alcohol and are more likely to do something impulsive or dangerous.

Binge drinking is dangerous because you are drinking faster than your body can eliminate the alcohol. It takes more than an hour for your body to process one standard drink of alcohol. This rate is constant no matter how much you drink. The only way to get sober is to stop drinking and to wait ^{vii}.

When you binge drink, your risk of many safety and health problems increases. These include ^{iv}:

- 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).









Over a longer term, repeated binge drinking can also increase the risk of:

- damage to your stomach, pancreas, liver and brain
- developing cancer
- developing an addiction to alcohol.
- Binge drinking also increases your risk of arrest and other legal problems.

5 - Quiz

Why is mixing caffeinated energy drinks and alcohol dangerous?




- | | | |
|---|--|---|
|  | It adds so much sugar. |  |
|  | It's not - caffeine counteracts the effects of alcohol. |  |
|  | It can lead you to drink too much and increase your risk of harms. |  |
|  | The caffeine makes a hangover worse. |  |









Answer: It can lead you to drink too much and increase your risk of harms.

Drinking alcohol mixed with caffeine is more dangerous than drinking alcohol alone. This is because caffeine can mask the effects of alcohol resulting in people drinking more than they normally would. Caffeine can also make people think they are less impaired than they actually are; which can lead to more risky behaviour, such as drinking and driving ^{viii}.

6 - Quiz

Which of the following could lead to problem drinking?



	Blood Type	
	Age and family history	
	Eye colour	
	The size of your stomach	

Answer: Age and family history

Problem drinking is a term that describes alcohol use that causes problems in a person's life but does not include physical dependence. Problem drinking often results in alcohol-related illnesses, social problems, accidents and/or death. Problem drinking is four times as common as severe alcohol dependence.


There are many causes of problem drinking. One cause is genetics. Genetic factors (how sensitive you are to alcohol; or how susceptible genetically you are to developing a disease, etc.) make some people especially vulnerable to alcohol dependence. However, a family history of alcohol problems does not mean that children of parents with alcohol problems will automatically grow up to develop these problems.








Other factors that could play a role in problem drinking include:

- physiological factors (age, gender, body weight)
- psychological traits (impulsiveness, low self-esteem, and a need for approval may prompt inappropriate drinking)
- social and environmental factors
 - peer pressure and the easy availability of alcohol can affect drinking
 - poverty and physical or sexual abuse can increase a person's risk of developing alcohol dependence
- heavy drinking can cause physiological changes that make more drinking the only way to avoid discomfort. People with alcohol dependence may drink partly to reduce or avoid withdrawal symptoms

- whether you have taken any other drugs (illegal, prescription, over-the-counter or herbal).
- drinking to cope or “medicate” emotional problems ^{ix}

7 - Quiz
Which part of the brain is the last to develop and could be most affected by early alcohol use?












	Frontal lobe	
	Parietal lobe	
	Occipital lobe	
	Temporal lobes	

Answer: Frontal lobe

The frontal lobe is the last part of the brain to develop. Development of the frontal lobe finishes around age 25. The frontal lobe is responsible for rational thought, judgement, decision making, impulse control, memory, and planning ^v. Since the frontal lobe is still developing in teenage years, young people are more prone to risk-taking behaviour such as engaging in risky patterns of substance use. Young people are also more likely to experience harm from substance use.

8 - Quiz
The frontal lobe is responsible for which functions?



	Interpreting visual stimuli and information	
	Ability to sense (touch, taste, etc.)	
	Interpreting sound and language	
	Reasoning and motor skills	

Answer: Reasoning and motor skills

The frontal lobe is the last part of the brain to develop/mature. Development of the frontal lobe finishes around age 25. The frontal lobe is responsible for rational thought, judgement, decision making, impulse control, memory, and planning ^v.

9 - Quiz

Why are women who drink the same amount as men likely to have higher blood alcohol levels?



- | | | |
|-------------------------------------|---|---|
| <input type="checkbox"/> | They have a higher fat to muscle ratio compared to men. | ✗ |
| <input type="checkbox"/> | They have more water in their bodies. | ✗ |
| <input type="checkbox"/> | Their stomachs are smaller and they can't eat as much. | ✗ |
| <input checked="" type="checkbox"/> | They have fewer enzymes needed to break down alcohol. | ✓ |

Answer: They have fewer enzymes needed to break down alcohol.

Women are typically smaller in stature and have a different body composition (i.e. less body water to dilute the consumed alcohol) and fewer enzymes to break down the alcohol^{ix}. As a result, when drinking the same amount as men, women will have more alcohol in their blood and experience greater physical harmⁱ.

10 - Quiz

The estimated economic cost of alcohol-related harm across Canada is



- | | | |
|-------------------------------------|-----------------------|---|
| <input type="checkbox"/> | 33 trillion per year | ✗ |
| <input checked="" type="checkbox"/> | 14.6 billion per year | ✓ |
| <input type="checkbox"/> | 22.1 million per year | ✗ |
| <input type="checkbox"/> | 124 thousand per year | ✗ |

Answer: 14.6 billion per year

In 2002, the estimated cost of alcohol-related harm across Canada is \$14.6 billion per year.

- \$7.1 billion for lost productivity owing to illness and premature death
- \$3.3 billion for direct health care costs
- \$3.1 billion for enforcement costs

*This is the most recent stat available. The economic cost of alcohol-related harm across Canada is likely to be much higher today (2017) as alcohol use has become more socially acceptable and more available (especially in Ontario)^{vi}.

11 - Quiz

How long does it take for you to feel the effects of drinking an alcoholic beverage?



- Right away ✗
- 10 minutes ✗
- dependant on various factors ✓
- 2 hours ✗

Answer: Dependent on various factors

The exact time is influenced by gender, size, ethnicity, and how much and how fast an individual drank. This is important to know as individuals might not realize if they are impaired or intoxicated resulting in continued drinking or risky behavioursⁱ.

12 - 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 ✗

Answer: 3 Millionⁱⁱⁱ

13 - Quiz

What are some tactics used by the alcohol industry to encourage youth drinking?



- Product placement and alcohol content on TV, movies, and music ✗
- Event, venue and scholarship sponsorships ✗
- Advertising on social media platforms commonly used by youth ✗
- All of the above ✓

Answer: All of the above

Alcohol marketing reaches a wide audience including under aged youth. Some elements of alcohol ads appeal to youth audience and the exposure to particular brands increases the likelihood of drinking that brand. The greater the exposure to alcohol advertising, the more youth drinkⁱⁱ.

References

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- ⁱⁱ Taylor, Gregory. (2016). Public Health Agency of Canada. *The Chief Public Health Officer's Report on the state of public health in Canada 2015: Alcohol consumption in Canada (HP2-10E-PDF)*. Ottawa, Public Health Agency of 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>
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^{ix} Canadian Centre on Substance Use and Addiction (2022). Sex, Gender, and Alcohol: What matters for Women in Low-Risk Drinking Guidelines? Retrieved from <https://www.ccsa.ca/sites/default/files/2022-08/CCSA-LRDG-Sex-Gender-and-Alcohol-what-matters-for-Women-in-LRDGs-en.pdf>