



## Cannabis Kahoot! Backgrounders (Grades 9-12)

Question #	Curriculum Connection	Question	Answer	Background
1	Gr. 9 C3.4 Gr. 10 C3 Gr. 11 C1.2 Gr. 12 C1.2	What statement is false about cannabis?	<p><b>Red) Smoking cannabis is less harmful than smoking cigarettes.</b></p> <p>Blue) Tetrahydrocannabinol (THC) is a cannabinoid found in cannabis.</p> <p>Gold) Cannabinoids affect cell to cell signaling.</p> <p>Green) THC is the main psychoactive ingredient found in cannabis.</p>	<p>Cannabis smoke contains many of the same chemicals as cigarette smoke (Renard, 2020).</p> <p>Many youth believe that cannabis is the “safest” of all substances to use and that the side effects are minimal when compared to other drugs (McKiernan &amp; Fleming, 2017). Smoking cannabis, especially if mixed with tobacco, can result in lung problems like a daily cough, lung infections like pneumonia, and an increased risk of lung cancer (Renard, 2020). Often people deeply inhale and hold their breath when smoking cannabis, which increases the amount of harmful chemicals that are inhaled and increases damage to the lungs (Fischer et al., 2017).</p>

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2	Gr. 9 C3.4 Gr. 10 C3 Gr. 11 C1.2 Gr. 12 C3	<b>True or False:</b> In Ontario, most students in grades 7-12 use cannabis.	<b>False (Blue): 82%</b> of Ontario students in grades 7-12 say they do <b>not</b> use cannabis (OSDUHS, 2023).	Youth that believe “everyone is doing it” are more likely to think that using cannabis is socially acceptable and normal, and be more likely to use it (McKiernan & Fleming, 2017).

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3	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C2.2 Gr. 12 C1.2	At what age is a person's brain fully developed?	Red) 16  Blue) 18  Gold) 20  <b>Green) 25</b>	Research shows that your brain is not finished developing until you are 25 (George & Vaccarino, 2015). THC, the substance that makes people feel “high”, can change the way your brain works as it grows (George & Vaccarino, 2015). Teens who start using cannabis before 17 years old are at the greatest risk (Gabrys & Porath, 2019). These changes can be long-term, especially if a person is using cannabis one or more times a week for months to years (Gabrys & Porath, 2019). Even once your brain is fully developed (after the age of 25), cannabis can still cause permanent brain changes in some people (Gabrys & Porath, 2019). There is no risk-free age to use cannabis.

Question #	Curriculum Connection	Question	Answer	Background
4	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2, 2.2 Gr. 12 C1.2	<b>True or False:</b> Youth who use cannabis often, are more likely to develop a mental illness or problems at school.	<b>True (Red):</b> While there is no risk-free age to use cannabis, teens who start using cannabis regularly before age 17 are at the greatest risk.	Regular cannabis use (one or more times a week for months to years) affects the growing brain (Gabrys & Porath, 2019). Cannabis can affect your memory, learning and problem-solving skills (Gabrys & Porath, 2019). Delay use as a teen- the later in life you start, the lower your risk of problems.
5	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2 Gr. 12 C1.2	<b>True or False:</b> Driving high makes you a better driver because it improves your focus.	<b>False (Blue):</b> Driving high slows a person's reaction time and creates tunnel vision. This can limit what they detect on the road, like people and other cars.	Driving after using cannabis can be as dangerous as drunk driving and can double the risk of crashing or being seriously injured (Beirness & Porath, 2022). Always drive alcohol and drug free.

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6	Gr. 9 C3 Gr. 10 C3 Gr. 11 C1.2 Gr. 12 C1.2	<b>True or False:</b> It's safer to get into a car with a driver who has used cannabis than if they drank alcohol.	<b>False (Blue):</b> Driving after using cannabis is just as dangerous as drunk driving and carries the same penalties.	In Ontario, 6% of students reported driving a motor vehicle within 1 hour of drinking 2 or more drinks of alcohol (Ontario Student Drug Use and Health Survey (OSDUHS), 2023). Similarly, 6% of students drove after using cannabis (OSDUHS, 2023). Whether you are the passenger or driver, always have a plan to get home safely and always drive alcohol and drug free.
7	Gr. 9 C3. Gr. 10 C3 Gr. 11 C1.2 Gr. 12 C1.2	The area of the brain that is affected by early and regular cannabis use is responsible for:	<b>Red) Attention and Problem Solving</b>  <b>Blue) Controlling Emotions</b>  <b>Gold) Memory and Learning</b>  <b>Green) Motivation</b>	Research shows that your brain is not finished developing until you are 25. THC, the substance that makes you feel “high,” can change parts of your brain as it develops (George & Vaccarino, 2015). Even once your brain is fully developed, cannabis can still cause permanent brain changes in some people (Gabrys & Porath, 2019). There is no risk-free age to use cannabis.

Question #	Curriculum Connection	Question	Answer	Background
8	Gr. 9 C3.4 Gr. 10 C3 Gr. 11 C1.2 Gr. 12 C3	<b>True or False:</b> Most teens choose not to ride in a car with someone who has been drinking or using cannabis.	<b>True (Red)</b>	Can you guess how many have not? 83% of students in grades 7-12 in Ontario have never been a passenger with a driver who has been drinking alcohol and 91% have never been a passenger with a driver who had been using drugs in the last year (OSDUHS, 2023).

Question #	Curriculum Connection	Question	Answer	Background
9	Gr. 9 C1.3, C3.4 Gr. 10 C3, C2.4 Gr. 11 C3.3 Gr. 12 C2.3	Why do youth choose <b>not</b> to use cannabis?	<p><b>Red) Parental or legal consequences</b></p> <p><b>Blue) Concerns about the affect on your brain and body</b></p> <p><b>Gold) Personal values and beliefs</b></p> <p>Green) To make new friends</p>	<p>Canadian youth raised the following points when considering reasons to <b>not</b> use cannabis:</p> <ul style="list-style-type: none"> <li>• fear of parental or legal consequences</li> <li>• negative effects on the mind and body</li> <li>• stigma of being labeled a drug user</li> <li>• personal beliefs</li> </ul> <p>Reasons not to use cannabis included health risks associated with the substance, the effect on academic performance and potential negative impact on family relationships (McKiernan &amp; Fleming, 2017). Studies have shown that adolescents who use cannabis daily before the age of 17 are less likely to complete high school or to obtain a university degree (George &amp; Vaccarino, 2015).</p>

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10	Gr. 9 C3 Gr. 10 C2 Gr. 11 C2.2 Gr. 12 C1.2	What are ways that cannabis can get in the way of your goals? Choose all that apply.	<b>Red) Decrease motivation</b>  <b>Blue) Negatively impact your mental health</b>  <b>Gold) Decrease your athletic performance</b>  <b>Green) Make it difficult to learn, remember and focus</b>	Cannabis can slow you down, whether you are an artist, musician or athlete (Gabrys & Porath, 2019).
11	Gr. 9 C1.3 Gr. 10 C1.2 Gr. 11 C2.2 Gr. 12 C1.2	<b>True or False:</b> Cannabis is not addictive because it is natural.	<b>False (Blue)</b>	1 in 6 people who start using cannabis as a teen will become addicted (CCSA, 2020). If a person suddenly stops using cannabis, they may have withdrawal symptoms like irritability, anxiety and disturbed sleep (CCSA, 2020).



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12	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2 Gr. 12 C1.2	<b>True or False:</b> Cannabis is much stronger now than it was in the past.	<b>True (Red)</b>	The levels of THC, the substance that makes you feel “high,” has increased from 3% to 15% today, with some strains having as much as 30% THC (Government of Canada, 2024). The more THC, the higher the risk (Fischer et. al, 2017).
13	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2 Gr. 12 C1.2	How can smoking cannabis affect the lungs?	Red) It only affects your brain  Blue) Daily cough and wheezing  Gold) Decreased athletic performance  <b>Green) Blue and Gold</b>	Smoking cannabis can result in lung problems, like a daily cough and greater risk of lung infections, like pneumonia (Renard, 2020). Cannabis smoke contains many of the same cancer-causing chemicals as cigarette smoke (Renard, 2020).

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14	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2, C2.2 Gr. 12 C1.2	<b>True or False:</b> Teens who use cannabis regularly are more likely to see their grades drop.	<b>True (Red)</b>	Teens who use cannabis once a week or more from a young age are likely to have more problems with learning, memory, concentration, thinking and decision making (Gabrys & Porath, 2019). This can lead to lower grades and difficulties in school (Gabrys & Porath, 2019).
15	Gr. 9 C1.3 Gr. 10 C2.4 Gr. 11 C3.3 Gr. 12 C2.3	Some use cannabis when they feel stressed. What are healthier ways to deal with stress?	<b>Red) Listen to music</b>  <b>Blue) Talk to a trusted adult about how you are feeling</b>  Gold) Keep it to yourself. It will go away eventually.  <b>Green) Play a game of basketball with a friend</b>	It is important to be aware of your emotions and how you are dealing with them. Some good ways to deal with your emotions are: <ul style="list-style-type: none"> <li>• Talking to an adult you trust about how you are feeling.</li> <li>• Taking a deep breath when you are mad.</li> <li>• Finding a quiet spot to sit and think things through.</li> <li>• Journaling</li> </ul>

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16	Gr. 9 C3.4 Gr. 10 C2.4 Gr. 11 C3.3 Gr. 12 C3	<b>True or False:</b> You can always tell if a brownie has cannabis in it?	<b>False (Red)</b>	It can be difficult to tell the difference between a regular brownie and a cannabis brownie (CCSA, 2019a). Cannabis edibles can come in different forms such as candy, gummy bears, bake goods, or drinks (CCSA, 2019a).
17	Gr. 9 C3.4 Gr. 10 C3 Gr. 11 C2.2 Gr. 12 C3	What is true about medical cannabis?	Red) Used to treat anxiety and depression  Blue) Used to cure cancer  <b>Gold) Reduce symptoms, like nausea for cancer treatment</b>  Green) All of the above	Cannabis may be prescribed by a doctor for medical reasons, such as nausea and vomiting from cancer treatment and pain relief (Renard, Gabrys & Sanger, 2024). Research is developing on the use of cannabis for medical reasons (Renard, Gabrys & Sanger, 2024). Like any medication, there are risks. We recommend that you talk to your doctor or health care provider if you are concerned about your health.

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18	Gr. 9 C1.3 Gr. 10 C2.4 Gr. 11 C2.2 Gr. 12 C2.3	What is the best way to look for accurate information on cannabis?	<p>Red) Google's first search result</p> <p><b>Blue)</b> <b>Canada.ca/cannabis or Durham.ca/cannabis</b></p> <p>Gold) Social media or YouTube videos</p> <p>Green) Friends' or family's experiences</p>	<p>According to current research, most youth use the internet and social media to find information on cannabis (McKiernan, &amp; Fleming, 2017). Very few youths will verify information by checking multiple sources (McKiernan, &amp; Fleming, 2017). Because there is so much information online and not all of it is accurate, we recommend <b>not</b> using one study or source for information on cannabis (McKiernan, &amp; Fleming, 2017). Use multiple sources instead. These can be online sources like Health Canada (cannada.ca/cannabis), Durham Region Health Department website (durham.ca/cannabis), and ontario.ca/cannabis. Some other reputable sources are Centre for Addiction and Mental Health (CAMH), Canadian Centre for Substance Use and Addiction (CCSA), Kids Help Phone or others from your school. Reputable sources get their information from multiple, good quality studies.</p>

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19	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C2.2 Gr. 12 C1.2	What are some signs that someone has a problem with using cannabis?	Red) Drop in grades  Blue) Withdrawal from friends  Gold) Worsening mental health  <b>Green) All of the above</b>	Signs of problematic cannabis use include: declining mental health, declining grades, withdrawal from friends and family, being unable to meet your family or job expectations, consuming cannabis more often and in larger amounts or over a longer period than intended, being unable to cut down on or control cannabis use (Government of Canada, 2024)

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20	Gr. 9 C3.4 Gr. 10 C2.4 Gr. 11 C3.3 Gr. 12 C2.3	Who could you reach out to for help with problematic cannabis use? Select all that apply.	Red) Search YouTube for self-help videos  Blue) Ask friends who use cannabis for help  <b>Gold) Kids Help Phone</b>  <b>Green) Tell the school social worker or family doctor</b>	Mental health and addiction workers, family members, social workers, psychologists, community agencies, churches, mosques, synagogues, public health units and telephone help lines that can provide support when a person is dealing with mental health issues and choices or situations involving substance use and addictive behaviours. Knowing who to reach out to if you think you have a problem with cannabis (or other substance) is essential to get the help you need (PHAC, 2021). Even if you don't think you will need help yourself, knowing where to get a friend help may be important in the future.

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21	Gr. 9 C3.4 Gr. 10 C1.2 Gr. 11 C2.2 Gr. 12 C1.2	What is <b>false</b> about the link between cannabis and mental health?	Red) Can increase risk of psychosis  Blue) Can worsen anxiety  <b>Gold) Can improve your mood</b>  Green) Can worsen depression	Some people use cannabis to provide relief from stress or from feeling anxious or depressed (Renard, Gabrys & Sanger, 2024). However, cannabis use has not been found to improve mental health over time (Renard, Gabrys & Sanger, 2024). Regular cannabis use actually contributes to poor mental health (Konefal, Gabrys, & Porath, 2019). Psychosis is a temporary mental state that can involve severe paranoia and hearing or seeing things that are not real. Schizophrenia is a longer-term form of psychosis that requires life-long treatment. Regular use of cannabis can increase the risk of developing psychosis or schizophrenia, especially for people who are heavy users of cannabis or have a family history of these illnesses (Konefal, Gabrys, & Porath, 2019).

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22	Gr. 9 C3 Gr. 10 C3 Gr. 11 C3 Gr. 12 C3	<b>True or False:</b>  You have to be 18 years old to buy cannabis in Ontario	<b>False (Red)</b>	You must be 19 and older to buy, use, possess and grow recreational cannabis. This is the same as the minimum age for the sale of tobacco and alcohol in Ontario. (Government of Ontario, 2024)
23	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2 Gr. 12 C1.2	What is one short-term health effect of cannabis?	Red) Decreased appetite  Blue) Improved memory  Gold) Faster reaction time  <b>Green) Dry mouth and red eyes</b>	Some short-term effects of cannabis include: increased appetite, decreases in memory and attention span, decreases coordination and balance (CCSA, 2020). Additionally, cannabis causes red eyes, dilated pupils, dry mouth and throat (CCSA, 2020).



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24	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2 Gr. 12 C1.2	Which statement best describes a long-term effect of regular cannabis use?	Red) Improved lung function  Blue) Decreased anxiety  <b>Gold) Potential memory problems</b>  Green) Better grades	Regular use of cannabis is associated with breathing/lung problems, increased risk of psychosis, depression and anxiety, decreases in memory, attention and executive functioning (problem solving and planning) (CCSA, 2020).
25	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2 Gr. 12 C1.2	How can using cannabis affect a person's ability to learn and remember things?	Red) It helps them focus better on tasks  <b>Blue) It's harder to pay attention and remember things</b>  Gold) It has no impact on memory  Green) It improves problem-solving skills	Using cannabis decreases your ability to focus, remember and problem solve, in addition to challenges with planning, reasoning, multi-tasking and emotional regulation. (CCSA, 2020).

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26	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2 Gr. 12 C1.2	What is one reason youth may be more vulnerable to the effects of cannabis compared to adults?	<b>Red) Their brains are still developing</b>  Blue) They have a higher tolerance  Gold) They are less likely to use it regularly  Green) They are less curious about its effects	Research shows that your brain is not finished developing until you are 25. THC, the substance that makes you feel “high”, can change parts of your brain as it develops (George & Vaccarino, 2015). Even once your brain is fully developed, cannabis can still cause permanent brain changes in some people (Gabrys & Porath, 2019). There is no risk-free age to use cannabis.
27	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2 Gr. 12 C1.2	What can happen if someone uses cannabis regularly for a long time?	Red) Improved lung capacity  <b>Blue) Increased risk of addiction</b>  Gold) Reduced risk of depression  Green) Better sleep quality	Regular use of cannabis can increase the risk of psychosis, depression and anxiety, and breathing problems and lung conditions (CCSA, 2020). If you start using cannabis regularly at a young age, you’re more likely to become addicted later (CCSA, 2020). If you suddenly stop using, you may have withdrawal symptoms like irritability, anxiety, and disturbed sleep. (Gabrys & Porath, 2019).

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28	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2 Gr. 12 C1.2	What is a potential impact of using cannabis during the teen years?	Red) Improved grades  Blue) Better social skills  <b>Gold) Increased risk of mental health problems</b>  Green) Enhanced athletic performance	Since cannabis decreases your ability to focus, remember and problem solve, in addition to challenges with planning, reasoning, multi-tasking and emotional regulation, it can negatively impact your grades (Gabrys & Porath, 2019). Additionally cannabis can increase anxiety, depression and even psychosis, which can negatively impact your social skills and mental health (Konefal, Gabrys & Porath, 2019). Finally, smoking cannabis can negatively impact lung health, which may reduce athletic performance (Renard, 2020).

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29	Gr. 9 C3.4 Gr. 10 C2.4 Gr. 11 C3.3 Gr. 12 C2.3	Why is it important for youth to be aware of the effects of cannabis?	<p>Red) Because everyone is using it</p> <p>Blue) Because it's legal everywhere</p> <p>Gold) To impress their friends</p> <p><b>Green) To make informed decisions about their health</b></p>	<p>Most youth report not using cannabis (OSDUHS, 2023). Cannabis is legal in Ontario for adults 19+, but in most countries cannabis remains illegal (Government of Ontario, 2024). Research shows that most youth want to understand more about the health effects of cannabis so that they can make an informed choice about whether or not to use it (McKiernan &amp; Fleming, 2017).</p>

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30	Gr. 9 C1.3, C3.4 Gr. 10 C2.4 Gr. 11 C3.3 Gr. 12 C2.3	What is the <b>most</b> effective way to refuse cannabis offered by a friend?	<p><b>Red) Say, “No thanks, you’re not interested.”</b></p> <p>Blue) Pretend to accept it, but don’t actually use it</p> <p>Gold) Criticize the person for using cannabis</p> <p>Green) Avoid all places where cannabis might be present</p>	<p>By saying, “No thanks, you’re not interested, “you are being honest and direct. Accepting cannabis may put you back in the same position in the future, since you are telling the person that you are accepting it. Criticizing the person will likely negatively impact your relationship with that person. You can set boundaries respectfully and communicate that you do not support cannabis use, without tearing down the other person. Avoiding situations where cannabis might be present may not be realistic. What would you do if you were offered cannabis at school or by a close friend? (Public Health Agency of Canada, 2021)</p>

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31	Gr. 9 C1.3, C3.4 Gr. 10 C2.4 Gr. 11 C3.3 Gr. 12 C2.3	Which factor could reduce the likelihood of using cannabis as a youth?	<p>Red) Lack of clear rules/expectations at home</p> <p>Blue) Having friends who use cannabis</p> <p>Gold) Lack of after school activities</p> <p><b>Green) Strong connections with family and school</b></p>	<p>Strong family connections, parental monitoring, rules and expectations were all factors that reduced the likelihood of youth using cannabis (McKiernan &amp; Fleming, 2017). Conversely, youth stated that they might use cannabis as a way to remain within a peer group, or if it normalized within their peer group or community (McKiernan &amp; Fleming, 2017).</p>

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32	Gr. 9 C1.3, C3.4 Gr. 10 C2.4 Gr. 11 C3.3 Gr. 12 C2.3	What is the biggest reason that youth may not seek help with problematic cannabis use?	<p><b>Red) Fear of social stigma and judgement</b></p> <p>Blue) They believe cannabis is not harmful or addictive</p> <p>Gold) They worry about the legal consequences</p> <p>Green) They don't know where to reach out for help</p>	While all of the answers may be reasons why a youth may not reach out for help, the biggest reason is the social stigma and judgement attached to cannabis use (McKiernan & Fleming, 2017).

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33	Gr. 9 C3 Gr. 10 C1.2 Gr. 11 C1.2 Gr. 12 C1.2	<p><b>True or False</b></p> <p>Using cannabis with alcohol can reduce the effects of cannabis, since alcohol is a depressant.</p>	<b>False</b>	<p>Using alcohol and cannabis together, can significantly increase the impairment experienced from cannabis (Public Health Ontario (PHO), 2018). This is because alcohol increases the absorption of cannabis (PHO, 2018).</p>



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34	Gr. 9 C1.3, C3.4 Gr. 10 C1.2, C2.4 Gr. 11 C1.2, C2.2 Gr. 12 C1.2, C2.3,	What is one way to reduce the risk of overconsumption of cannabis?	<p>Red) Consume as much as possible to help build tolerance</p> <p><b>Blue) Use cannabis with low percentage of THC</b></p> <p>Gold) Mix cannabis with alcohol, as alcohol reduces the effects of cannabis</p> <p>Green) Eat a large meal after consuming cannabis</p>	<p>While the only way to completely avoid health risks from cannabis is by choosing not to use it, you can lower your risks of harms by choosing products with lower THC or higher ratio of Cannabidiol (CBD) to THC (Fischer et al., 2017). If you use high THC (the main mind-altering ingredient in cannabis) cannabis products, you're more likely to develop severe problems like addiction or mental health problems. (Fischer et al., 2017).</p>

35	Gr. 9 C1.3, C3.4 Gr. 10 C2.4, C3.3 Gr. 11 C1.2, C2.2 Gr. 12 C1.2, C2.3, C3.3	What is true about legal/illegal cannabis sources?	<p>Red) Legal sources guarantee the lowest price</p> <p>Blue) Illegal sources have superior quality</p> <p><b>Gold) Legal sources ensure that cannabis is free from harmful contaminants</b></p> <p>Green) All cannabis is the same, regardless of source</p>	<p>Legal cannabis:</p> <ul style="list-style-type: none"> <li>• is quality controlled and tested for harmful levels of contaminants</li> <li>• is tested for accuracy of THC and CBD levels, so you know exactly what you're buying</li> <li>• can be recalled by manufacturers, licence holders or Health Canada if there's a potential safety or quality issue</li> </ul> <p>Illegal cannabis:</p> <ul style="list-style-type: none"> <li>• is not tested or quality controlled and may contain harmful levels of contaminants, including: <ul style="list-style-type: none"> <li>○ heavy metals</li> <li>○ pesticides</li> <li>○ mould</li> <li>○ cutting agents</li> <li>○ bacteria</li> </ul> </li> <li>• shows levels of THC and CBD that may be unknown, misleading or false</li> <li>• may be produced and sold using products or practices that could harm you</li> </ul>
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				<ul style="list-style-type: none"> <li>• can contain harmful levels of THC, resulting in accidental poisonings, visits to the emergency department and hospitalizations, particularly in children</li> <li>• could put you at risk for identity theft and financial fraud</li> </ul> <p style="text-align: right;">(Government of Canada, 2023)</p>

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36	Gr. 9 C1.3, C3.4 Gr. 10 C1.2, C2.4 Gr. 11 C1.2, C2.2 Gr. 12 C1.2, C2.3,	Select all that is true about edible cannabis:	<p>Red) Risk free method of consuming cannabis</p> <p><b>Blue) Takes longer to feel the effects- 30 min-2 hours</b></p> <p><b>Gold) Processed in the liver, which converts THC to a stronger form and can intensify the high</b></p> <p><b>Green) Avoids potential lung effects associated with smoking/vaping cannabis</b></p>	<p>Cannabis edibles take longer to feel the effects (30 minutes-2 hours) compared to smoking or vaping cannabis (CCSA, 2019b). This could lead some people to take too much and result in cannabis poisoning (CCSA, 2019b). The effects of edibles also last longer (up to 12 hours or more) and, for some people, have more intense effects than smoking the same amount of dried cannabis (CCSA, 2019b). While cannabis edibles are safer for your lungs compared to smoking, they do come with their own risks (CCSA, 2019b).</p>

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37	Gr. 9 C1.3, C3.4 Gr. 10 C1.2, C2.4 Gr. 11 C1.2, C2.2 Gr. 12 C1.2, C2.3,	Select all that is true about inhaling cannabis (smoking or vaping):	<p><b>Red) THC passes directly from the lungs into the blood stream</b></p> <p><b>Blue) Effects can be felt in seconds to a few minutes after inhaling</b></p> <p><b>Gold) Full effects peak within 30 minutes</b></p> <p><b>Green) Regular use can lead to lung infections and daily cough</b></p>	<p>Because THC passes directly from the lungs into the blood stream, the effects can be felt within a few seconds to a few minutes after inhaling (CCSA, 2019b). The peak effect of cannabis occurs within 30 minutes (CCSA, 2019b). Regular use of cannabis can lead to lung infections and a daily cough (Renard, 2020).</p>

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38	Gr. 9 C1.3, C3.4 Gr. 10 C1.2, C2.4 Gr. 11 C1.2, C2.2 Gr. 12 C1.2, C2.3,	What are some ways to reduce your risk when using cannabis (choose all that apply)	<p><b>Red) Choose products with lower THC</b></p> <p><b>Blue) Do not mix with other substances (alcohol, drugs)</b></p> <p><b>Gold) Use less frequently- less than once per week</b></p> <p><b>Green) Delay use until adulthood</b></p>	<p>While the only way to completely avoid health risks from cannabis is by choosing not to use it, you can lower your risks of harms by choosing products with lower THC or higher ratio of CBD to THC (Fischer et. al, 2017). Using alcohol and cannabis together, can significantly increase the impairment experienced from cannabis (PHO, 2018). This is because alcohol increases the absorption of cannabis. (PHO, 2018). Avoid cannabis use during adolescence. Frequent cannabis use is linked to higher risk of health and social problems (Fischer et. al, 2017). Limiting use to less than once a week can help reduce these risks (Fischer et. al, 2017). Generally, the later in life you begin to use cannabis, the lower the risk of social and educational problems (Fischer et. al, 2017).</p>

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