

## **Protective Factors Kahoot - Teacher's Guide (Grade 7-12)**

### **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:

- Select the Kahoot Picture.
- Select "Start".
- Select the mode of play, e.g. Classic, Team, etc.
- Open the settings menu by selecting the settings button on the bottom right of the page.
- Select to enable or disable preferred settings.
- Select the "x" to close the settings menu.
- To start playing your Kahoot, select "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 select "Enter".
- Select "Start" when enough players have joined, and they are ready to go to the first question.

## Protective Factors Kahoot – Teacher’s Guide Grade 7-12

[Link: Substance Use Protective Factors - Details - Kahoot!](#)

### 1 – Slide

1 - Slide

**SUBSTANCE USE PROTECTIVE FACTORS** promote well-being and protect against mental health and substance use problems



- **Protective factors include:**
- relationship skills
- coping and decision making skills
- a strong sense of self
- connection to school or community

### 2 – Quiz

2 - Quiz

Alan pulls a vape pen out of his backpack but you are not interested in vaping. What can you say?



- |                                     |   |   |
|-------------------------------------|---|---|
| <input type="checkbox"/>            | (A) Thanks - but no thanks!   | ✗ |
| <input type="checkbox"/>            | (B) Nah, I'm not into that. I don't know what this will do to my lungs.   | ✗ |
| <input type="checkbox"/>            | (C) No, I have tryouts today. I don't want this to be why I don't make it | ✗ |
| <input checked="" type="checkbox"/> | (D) All of the above. A, B, & C   | ✓ |

### 3 – Quiz

3 - Quiz

Can you identify which scenario is an example of empathy?



- |                                     |   |   |
|-------------------------------------|---|---|
| <input type="checkbox"/>            | (A) You feel sad for your friend because she didn't make the soccer team.   | ✗ |
| <input type="checkbox"/>            | (B) A friend broke their arm. You say, "At least you didn't break your leg" | ✗ |
| <input type="checkbox"/>            | (C) Your study partner got a 92% on the test and you cheer happily          | ✗ |
| <input checked="" type="checkbox"/> | (D) Both A & C  | ✓ |

### 4 – Quiz

4 - Quiz

Before practice, Ken passes an energy drink to you, with 240mg of caffeine. What do you say?



- |                                     |  |   |
|-------------------------------------|--|---|
| <input type="checkbox"/>            | (A) No thanks, I'll just have water                                    | ✗ |
| <input type="checkbox"/>            | (B) Coach won't like this. Let's stick to the team nutrition program.  | ✗ |
| <input type="checkbox"/>            | (C) Are you kidding? We have another practice again at 7am. No thanks. | ✗ |
| <input checked="" type="checkbox"/> | (D) All of the above. A, B, & C  | ✓ |

## 5 – Quiz



Quiz

**Hannah does not like your spirit event idea. You want karaoke, they want soccer. How d...** ^

- (A) Give in and go with the other student's idea. ✗
- (B) Take some extra time to clarify the issue. Actively listen. ✗
- (C) Brainstorm a strategy with the group to decide how to resolve this ✗
- (D) B & C ✓

## 6 – Quiz

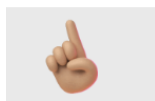


Quiz

**Barbie is feeling sad. She finds happy song lyrics and sticks them to her mirror. What els...** ^

- (A) Ask her mom or teacher for help ✗
- (B) Find some cookies and stay in her room ✗
- (C) Write down how she is feeling in a journal with ideas to feel better ✗
- (D) A & C ✓

## 7 – Quiz




Quiz

**Your friends are using substances at a party. You are offered a drink but are not interest...** ^


- (A) My mom just texted me and it's past my curfew. I gotta go, sorry. ✗
- (B) I'm fun already! I don't need alcohol. ✗
- (C) Let's order food and play a game ✗
- (D) All of the above, A,B, & C ✓

## 8 – Quiz

 Quiz  
**Our thoughts and emotions impact how we feel. Negative thoughts can sneak up on yo...** ^


|                                  |  |   |
|----------------------------------|--|---|
| <input type="radio"/>            | (A) Stop and notice the thought. Replace the thought with something positive | ✗ |
| <input type="radio"/>            | (B) Consider what you would say to a friend in the same situation            | ✗ |
| <input type="radio"/>            | (C) Talk to a trusted adult or call Kids Help Phone                          | ✗ |
| <input checked="" type="radio"/> | (D) All of the above. A,B, & C   | ✓ |

## 9 – Quiz

 Quiz  
**What can you do to help with worry or stress?** ^


|                                  |  |   |
|----------------------------------|--|---|
| <input type="radio"/>            | (A) Take a walk or exercise break                                | ✗ |
| <input type="radio"/>            | (B) Isolate, eat junk food and stay up all night on your device  | ✗ |
| <input type="radio"/>            | (C) Reach out to someone in your life who helps you to feel good | ✗ |
| <input checked="" type="radio"/> | (D) A & C  | ✓ |

## 10 – Quiz

 Quiz  
**What is stigma?** ^


|                                  |   |   |
|----------------------------------|---|---|
| <input type="radio"/>            | (A) Stigma is negative judgements about people based on their situation | ✗ |
| <input type="radio"/>            | (B) Stigma creates barriers and prevents people from getting help       | ✗ |
| <input type="radio"/>            | (C) Reducing stigma supports people in asking for help                  | ✗ |
| <input checked="" type="radio"/> | (D) All of the above. A, B, & C   | ✓ |

## 11 – Quiz

 True or false  
**When youth talk respectfully about substance use, stigma is reduced, and people feel ...** ^


|                                  |       |   |
|----------------------------------|-------|---|
| <input checked="" type="radio"/> | True  | ✓ |
| <input type="radio"/>            | False | ✗ |

## 12 – Quiz

 Quiz  
**If I have a big stressor and my usual coping strategies are not helping, my next step is:** ^


|                                  |  |   |
|----------------------------------|--|---|
| <input type="radio"/>            | (A) Ask a teacher or office staff for help                               | ✗ |
| <input type="radio"/>            | (B) Call or text Kids Help Phone and ask for help                        | ✗ |
| <input type="radio"/>            | (C) Talk to a trusted adult like a parent or coach and ask for help      | ✗ |
| <input checked="" type="radio"/> | (D) All of the above. Don't stop asking until you get the help you need! | ✓ |

## 13 – Quiz

 True or false  
**Having a real connection with family, school and community may reduce the risk of dev...** ^


|                                  |       |   |
|----------------------------------|-------|---|
| <input checked="" type="radio"/> | True  | ✓ |
| <input type="radio"/>            | False | ✗ |

## 14 – Quiz

 Quiz  
**Which are effective ways to refuse substances, like alcohol, cannabis, vape or tobacco y...** ^


|                                  |   |   |
|----------------------------------|---|---|
| <input type="radio"/>            | (A) Switch topics - "No thanks. Seen any good movies lately?" | ✗ |
| <input type="radio"/>            | (B) Push back - "If you care, you won't pressure me."         | ✗ |
| <input type="radio"/>            | (C) Ignore the offer - don't answer that text                 | ✗ |
| <input checked="" type="radio"/> | (D) All of the above. A, B, & C                               | ✓ |

## 15 – Quiz

 Quiz  
**For help, a youth can access these resources** ^

|                                  |   |   |
|----------------------------------|---|---|
| <input type="radio"/>            | (A) Kids Help Phone                     | ✗ |
| <input type="radio"/>            | (B) Durham.ca/311                       | ✗ |
| <input type="radio"/>            | (C) A trusted family member or educator | ✗ |
| <input checked="" type="radio"/> | (D) All of the above. A, B, & C         | ✓ |


## 16 – Quiz

 True or false  
**When protective factors are present and strong, the risk of using substances can be red...** ^

True ✓


False ✗

## 17 – Slide

 Slide  
**Protective Factors promote well-being and protect against mental health and substance u...**

- relationship skills
- coping and decision-making skills
- A strong sense of self
- connection to school or community

## 18 – Quiz

 True or false  
**If I know myself then I am more likely to be strong when peer pressure happens.** ^

True ✓

False ✗

## Reference:

Explore by skill category - Everyday Mental Health Classroom Resource (<https://smho-smso.ca/emhc/>)