



# Educator Guide: Stamp Out Game

## **Recommended for Grades:**

6<sup>th</sup>

## **Time:**

15 minutes

## **Prerequisites:**

For students to be successful in the game, they would benefit from participating in the following lessons:

- Risk-Taking Lesson
- Coping Skills Lesson
- Pressure Lesson
- Analyzing Influences Lesson
- Addiction Lesson

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning Objectives:**

After completing this game students will be able to:

1. Identify the main goal of tobacco companies.
2. Identify a short-term health effect of using tobacco products.
3. Identify a long-term health effect of using tobacco products.
4. Define binge drinking.
5. Define sudden sniffing death syndrome.
6. Determine two health effects of marijuana use.



## Game Description:

In this game students will try to stamp out the five drug categories of tobacco, marijuana, inhalants, alcohol and prescription drugs. The spinner determines which drug the player will answer a question about. To stamp out a category the player must answer two questions in a row correctly. If the spinner lands on the stamp, the player can choose a category and they need to answer one question correctly to stamp it out. Players are given three power ups to help them answer questions. The game ends when all five drug categories have been stamped out.

## Vocabulary:

Use the following list of vocabulary as a reference for yourself and/or your students as you complete the Stamp Out Game. You may choose to use this list in any way that fits your needs.

- Abuse – to use improperly, or to misuse
- Addiction – a complex disease where a person's body is so dependent on a drug that it is difficult to stop using the drug, and the person will use that drug despite harmful consequences to themselves or others around them
- Alcohol – a liquid drug that is a depressant, meaning it slows down the body. Alcoholic drinks can include beer, wine or hard liquor.
- Alcohol poisoning – occurs when a person drinks a lot of alcohol in a short period of time, and the body can't break down the alcohol fast enough. The body becomes poisoned by the alcohol. A person with alcohol poisoning can pass out, vomit and even die.
- Binge drinking – drinking a large amount of alcohol in a relatively short amount of time. This can lead to alcohol poisoning.
- Brain – the main organ in the nervous system that controls the body's activities by sending and receiving messages to and from different parts of the body
- Cannabis sativa plant – the plant that marijuana is made from
- Central nervous system – the part of the nervous system made up of the brain and spinal cord. Its job is to send and receive messages throughout the body.
- Cigar – a type of tobacco that is smoked. Dried leaves of the tobacco plant are wrapped in a tobacco leaf. Cigars do not have filters. They often come in different flavors.
- Cigarette – a type of smoked tobacco. Dried leaves of the tobacco plant, along with approximately 4,000 chemicals, are packed into thin tubes of paper. When lit, the user inhales the smoke from the cigarette into their lungs.
- Cigarillo – a small cigar that comes in different flavors
- Consequence – the effect or result of something

- Depression – feeling sad, moody, angry or just not caring about anything for an extended period of time
- Drug – a chemical that changes the way a person's body works
- Drug abuse – misuse of illegal or legal drugs
- E-cigarettes (electronic cigarettes) – battery-operated devices that produce a flavored nicotine vapor that looks like tobacco smoke
- Heart – the organ in the body responsible for pumping blood to every other part of the body. The heart is part of the circulatory system.
- Heroin – a drug that comes from the dried milk of the opium poppy, which is also used to create painkillers, such as codeine and morphine. Heroin is extremely addictive and easy to overdose on.
- High – a short period of time when a person feels happy, euphoric or carefree after using drugs
- Illegal – something that is against the law
- Impair – to weaken or damage
- Immune system – the body's defense system against germs and other organisms that can cause illness or infection
- Inhalants – substances that are inhaled to get a quick high. Examples of inhalants include glue, paint thinner, gasoline, felt-tip markers, white-out, hair spray, cleaning products, etc.
- Intoxication – a temporary condition that affects the central nervous system after a person uses drugs or alcohol
- Judgement – the ability to make a decision based on careful thought or come to a sensible conclusion
- Legal – something that follows the law
- Marijuana – a drug made from dry, shredded leaves, stems and flowers of the cannabis sativa plant
- Nicotine – the highly addictive chemical in tobacco products that make it very hard for people to stop using them
- Peer pressure – social pressure from other friends or students your age to do, say or act a certain way
- Point of sale (POS) advertising – using things such as signs, displays, coupons, etc. that the shopper can see at the exact time and place where they can buy the products
- Prescription drug – medications that a doctor prescribes to a person for a particular illness or condition
- Risk – a situation that could involve exposure to danger, harm or loss
- Snus – a type of smokeless tobacco made from the leaves of the tobacco plant that comes in a small pouch, like a tiny tea bag full of tobacco. The pouch is placed between the upper gum and lip.

- Sudden sniffing death syndrome – occurs when the heart beats quickly and irregularly and then suddenly stops. This can happen any time a person uses an inhalant.
- THC (delta-9-tetrahydrocannabinol) – the main active chemical in marijuana, which causes the high for marijuana users
- Tobacco – the plant used to make products such as cigarettes, cigars, snus and chewing tobacco
- Tolerance – occurs when a person uses a drug regularly, and they end up needing more of the drug to get the same high they experienced the first time
- Withdrawal symptoms – a wide range of physical or emotional disorders, including irritability, headaches, insomnia, cravings, etc. that occur when a person addicted to a drug stops using the drug

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Resources and Services: Alcohol and Other Drug-Use Prevention

- American Lung Association Lung Help Line, 1-800-LUNG-USA (800-586-4872)
- Children's Wisconsin, [www.childrenswi.org](http://www.childrenswi.org)
- KidsHealth, [www.kidshealth.org](http://www.kidshealth.org)
- LifeStance Health, [www.lifestance.com](http://www.lifestance.com)
- National Institute on Drug Abuse (NIDA), [www.drugabuse.gov](http://www.drugabuse.gov)
- Partnership to End Addiction, [www.drugfree.org](http://www.drugfree.org)
- Rogers Behavioral Health, [www.rogersbh.org](http://www.rogersbh.org)
- The Tobacco Control Resource Center for Wisconsin, [www.tobwis.org](http://www.tobwis.org)
- United States Government-Drug Enforcement Administration (DEA), [www.getsmartaboutdrugs.gov](http://www.getsmartaboutdrugs.gov)
- Wisconsin Tobacco Quitline, 1-800-QUIT-NOW

# Transcript

## How to Play

Spin the wheel to begin each turn. The wheel is split into six sections: inhalants, marijuana, tobacco, prescription drugs, alcohol and the stamp.

When the wheel stops on one of the five drugs, you will have to answer a question about that drug.

When the wheel stops on the stamp, or if you answer two drug questions in a row, you will get a chance to stamp out one of the drugs.

Select the drug category you would like to attempt. Then you will have to answer a question about that drug to stamp it out.

You get three power ups per game. Use them if you need help with a question.

Stamp out all five drugs to win.

## Lightning Bolt Power Up

This will eliminate two of the options.

## Plus Symbol Power Up

This will give you a second attempt at the question.

## Fast Forward Symbol Power Up

This will let you skip this question.

## Game Questions

\*Questions will appear in random order in each category



## Inhalant Questions:

Which of the following is an example of inhalants?

- a. Cigarettes (Nope. Cigarettes are a tobacco product.)
- b. Marijuana (Sorry, marijuana is not an inhalant.)
- c. **Cleaning products** (You're right! When used to get high, cleaning products are considered inhalants.)
- d. Soap (Sorry, soap is not an inhalant.)

Which of the following is not considered an inhalant?

- a. Spray paint (That's incorrect. When used to get high, spray paint is considered an inhalant.)
- b. **Beer** (You got it! Beer is not considered an inhalant.)
- c. Hairspray (Sorry, when used to get high, hairspray is considered an inhalant.)
- d. Gasoline (Nope. When used to get high, gasoline is considered an inhalant.)

Which of these is an example of using inhalants?

- a. Painting a picture (Nope. When used correctly, paint is not an inhalant.)
- b. Spraying hairspray on your hair (That's incorrect. When used correctly, hairspray is not an inhalant.)
- c. **Sniffing glue to get high** (That's right. Using glue, or other products like hairspray, cleaning products, and spray paint to get high is considered using an inhalant.)
- d. Filling the car with gas (Nope. Remember that using a product as it's supposed to be used is not considered using an inhalant.)

How long does the high from using inhalants usually last?

- a. **A few minutes** (You got it! Because the high is so short, some people will continue to sniff the product to make the high last longer.)
- b. 1-2 hours (No way! A typical high from using inhalants only lasts a few minutes.)
- c. 3-4 hours (No way! A typical high from using inhalants only lasts a few minutes.)
- d. 12 hours (No way! A typical high from using inhalants only lasts a few minutes.)



Which of these can be a long-term health effect of using inhalants?

- a. **Headaches** (That's right. Other long-term effects include nosebleeds, depression, and even brain damage.)
- b. Increased energy (That's incorrect. Using inhalants does not give a person more energy!)
- c. Increased sense of smell (Nope. Actually, the opposite can happen, and a person can lose their sense of smell.)
- d. Clearer thinking (No way! Using inhalants definitely doesn't help a person think clearly.)

What is it called when a person's heart stops while using inhalants, causing them to die?

- a. Sudden Inhalant Death (Not quite. It's actually called Sudden Sniffing Death Syndrome.)
- b. Sniffing Glue Syndrome (Not quite. It's actually called Sudden Sniffing Death Syndrome.)
- c. Rapid Death Syndrome (Not quite. It's actually called Sudden Sniffing Death Syndrome.)
- d. **Sudden Sniffing Death Syndrome** (You got it! And remember it can happen even the first time a person uses inhalants.)

Can a person die the first time they use inhalants?

- a. It depends on their age (Nope. Age has nothing to do with it. Anyone could die the first time they use an inhalant.)
- b. **Yes** (That's correct!)
- c. No (Sorry, but a person can die the first time they use an inhalant.)
- d. Only if they're using spray paint (That's incorrect. It doesn't matter what product is being used as an inhalant. They can all cause a person to die.)

Which of these would be an example of indirect pressure?

- a. Someone handing you a beer and saying "come on, just try it" (Nope. That would be direct pressure because a direct offer is being made.)
- b. A friend asking you to try inhalants (Nope. That would be direct pressure because a direct offer is being made.)
- c. A classmate pressuring you to cheat (Nope. That would be direct pressure.)
- d. **Being at a party where everyone's using inhalants** (That's right. Even though no direct offer or comment is made, there may still be pressure to use inhalants in order to fit in, so it's considered indirect pressure.)

Which of these would be a personal reason for not wanting to use inhalants?

- a. "I have to go!" (Not quite. Giving a personal reason would be telling why you don't want to use inhalants.)
- b. "No thanks." (Not quite. Saying no is great, but it's not giving a personal reason.)
- c. "Let's go to a movie instead." (Sorry, this would be considered coming up with something else to do.)
- d. **"I have a cousin who almost died from inhalants."** (Good job! This is definitely a personal reason.)

Which of the following would be an internal influence to use inhalants?

- a. Peers (Nope. Peers would be considered an external influence.)
- b. Family (Nope. Family would be considered an external influence.)
- c. Media (Nope. The media would be considered an external influence.)
- d. **Curiosity** (That's right. Other internal influences could be interests, fears, and likes or dislikes.)

Marijuana Questions:

Marijuana is a shredded, green or brown mix of dried flowers, stems and leaves from which plant?

- a. Poinsettia (Sorry, marijuana comes from the cannabis sativa plant.)
- b. Tobacco (Sorry, marijuana comes from the cannabis sativa plant.)
- c. **Cannabis sativa** (You got it!)
- d. Carnation (Sorry, marijuana comes from the cannabis sativa plant.)

What is the main active chemical in marijuana?

- a. **THC** (You're right!)
- b. HGB (Nope. The main active chemical in marijuana is THC.)
- c. DT9 (Nope. The main active chemical in marijuana is THC.)
- d. LDC (Nope. The main active chemical in marijuana is THC.)

About how long does the high from marijuana last?

- a. A few minutes (Not quite. A high from marijuana usually lasts 1-3 hours.)
- b. **1-3 hours** (That's correct!)
- c. 8-9 hours (No way! A high from marijuana usually only lasts 1-3 hours.)
- d. 12 hours or more (No way! A high from marijuana usually only lasts 1-3 hours.)



Which of the following is a short-term effect of marijuana use?

- a. Better memory (Nope. Actually, someone who uses marijuana can have problems with their memory.)
- b. Decreased appetite (Sorry, but actually the opposite happens when using marijuana.)
- c. Clear eyes (Nope. A person's eyes can actually become bloodshot when using marijuana.)
- d. **Feeling lightheaded** (You got it! Feeling lightheaded can definitely be a short-term effect of marijuana use.)

Which of the following is a long-term effect of marijuana use?

- a. Better memory (No way! A person's memory does not improve from marijuana use.)
- b. More energy (Nope! Using marijuana does not give a person more energy.)
- c. Vomiting (Nope. Vomiting usually isn't a long-term effect of marijuana use.)
- d. **Chronic cough** (That's right! Long-term use of marijuana can cause other respiratory problems too, such as bronchitis.)

Which body system helps fight off infections, and can be negatively affected by marijuana use?

- a. Skeletal system (Not quite. The immune system is what helps the body fight off infections.)
- b. Muscular system (Not quite. The immune system is what helps the body fight off infections.)
- c. **Immune system** (Correct! If someone smokes marijuana regularly, their immune system won't work as well.)
- d. Digestive system (Not quite. The immune system is what helps the body fight off infections.)

Is it legal in Wisconsin to grow or possess marijuana?

- a. Yes (That's incorrect. It is illegal to grow, possess or sell marijuana in Wisconsin.)
- b. **No** (That's right! It is illegal to grow, possess or sell marijuana in Wisconsin.)
- c. Depends on your age (Sorry, but it doesn't matter how old you are. It is illegal to grow, possess or sell marijuana in Wisconsin.)
- d. Depends on which city you live in (Sorry, but it doesn't matter which city you live in. It is illegal to grow, possess or sell marijuana in Wisconsin.)



Which of these is an example of making up an excuse when a friend pressures you to use marijuana?

- a. Walking away (Not quite. Walking away is a good option, but it's not considered making up an excuse.)
- b. **Saying you forgot you had to babysit** (That's right! Another excuse could be that you have a big test you have to study for.)
- c. Saying no (Nope. Saying no is a great option, but it's not considered making up an excuse.)
- d. Pressuring your friend (Not quite. Pressuring your friend not to use marijuana is definitely an option, but it's not considered making up an excuse.)

Which of the following could be an external influence to use marijuana?

- a. Fears (No, fears would be considered an internal influence.)
- b. Likes and dislikes (No, likes and dislikes would be considered internal influences.)
- c. **Peers** (You got it! Other external influences are the media, technology and laws.)
- d. Interests (No, interests would be considered an internal influence.)

Tobacco Questions:

Which of these is not an example of a tobacco product?

- a. Cigarettes (That's incorrect. Cigarettes are a tobacco product.)
- b. Cigarillos (That's incorrect. Cigarillos are a tobacco product.)
- c. Chewing tobacco (That's incorrect. Chewing tobacco is a tobacco product.)
- d. **Inhalants** (That's right. Inhalants are definitely dangerous, but they are not considered a tobacco product.)

What is the main goal of tobacco companies?

- a. To keep you healthy (No way! Their main goal is to make money and persuade people to use their products.)
- b. **To make money** (You got it! Their main goal is to make money and persuade people to use their products.)
- c. To serve the community (No way! Their main goal is to make money and persuade people to use their products.)
- d. To raise money for schools (No way! Their main goal is to make money and persuade people to use their products.)



In 2011, about how much money did tobacco companies spend on marketing their products in Wisconsin?

- a. 50 million dollars (Not quite. They spent about 145 million dollars on marketing in 2011...just in Wisconsin!)
- b. 100 million dollars (Not quite. They spent about 145 million dollars on marketing in 2011...just in Wisconsin!)
- c. 125 million dollars (Not quite. They spent about 145 million dollars on marketing in 2011...just in Wisconsin!)
- d. **145 million dollars** (Correct! And remember, that was just in the state of Wisconsin!)

What percentage of regular smokers began smoking before age 18?

- a. 25% (Not quite. About 90% of regular smokers began smoking before age 18.)
- b. 55% (Not quite. About 90% of regular smokers began smoking before age 18.)
- c. 70% (Not quite. About 90% of regular smokers began smoking before age 18.)
- d. **90%** (You got it! Most people who smoke cigarettes started before they were 18 and became addicted.)

What type of advertising targets shoppers at the exact time and place where they can buy tobacco products?

- a. **Point of sale, or POS** (That's right! This includes signs inside and outside stores, shelving displays, and in-store promotions.)
- b. Magazine ads (Nope. Point of sale, or POS, targets shoppers at the exact time and place where they can buy tobacco products.)
- c. TV commercials (Nope. Point of sale, or POS, targets shoppers at the exact time and place where they can buy tobacco products.)
- d. Billboards (Nope. Point of sale, or POS, targets shoppers at the exact time and place where they can buy tobacco products.)

Can tobacco companies flavor cigars and chewing tobacco?

- a. **Yes** (That's right! They often add flavors such as mint, cherry and peach.)
- b. No (That's incorrect. There are laws banning flavoring of cigarettes, but not other tobacco products such as cigars and chewing tobacco.)
- c. Yes, but only with chocolate flavor (Not quite. They often add flavors such as mint, cherry and peach.)
- d. It depends on which state you live in (Nope. It doesn't matter where you live. It is legal for tobacco companies to flavor cigars and chewing tobacco.)

Which product is shredded tobacco leaves inside of a small pouch?

- a. E-cigarettes (That's incorrect. Snus is shredded tobacco leaves inside a small pouch.)
- b. **Snus** (That's right!)
- c. Cigarettes (That's incorrect. Snus is shredded tobacco leaves inside a small pouch.)
- d. Cigarillos (That's incorrect. Snus is shredded tobacco leaves inside a small pouch.)

Which of the following statements is true about snus?

- a. The user keeps it in their mouth for at least 2 hours. (Not quite. Snus is actually kept inside the mouth for about a half hour.)
- b. The user smokes it. (No, snus isn't smoked. The user puts the pouch in between their gum and lip.)
- c. The user doesn't have to spit while using it. (That's right! Unlike traditional chewing tobacco, someone using snus does not need to spit while using it.)
- d. You can legally buy it when you're 16. (Nope.)

About how many premature deaths are there in the United States each year due to cigarette smoking?

- a. 200,000 (Not quite. There are actually about 480,000 premature deaths in the US each year due to cigarette smoking.)
- b. 350,000 (Not quite. There are actually about 480,000 premature deaths in the US each year due to cigarette smoking.)
- c. **480,000** (That's right! And for every one person who dies, about 30 more suffer from a serious tobacco-related illness.)
- d. 625,000 (That's incorrect. There are actually about 480,000 premature deaths in the US each year due to cigarette smoking.)

What is the addictive drug found in tobacco products?

- a. THC (Nope. THC is found in marijuana.)
- b. **Nicotine** (That's correct!)
- c. Heroin (That's incorrect. The addictive drug in tobacco products is nicotine.)
- d. Cannabis sativa (That's incorrect. The addictive drug in tobacco products is nicotine.)



What are the battery-operated devices that produce a flavored nicotine vapor called?

- a. **E-cigarettes** (Correct.)
- b. Cigarillos (Nope. The battery-operated devices are called e-cigarettes.)
- c. Marijuana (Nope. The battery-operated devices are called e-cigarettes.)
- d. Snus (Nope. The battery-operated devices are called e-cigarettes.)

Which of these is something that a teen smoker would experience?

- a. Fresh breath (Nope. A teen smoker would probably have bad breath.)
- b. **Decreased athletic performance** (Correct! A teen smoker could definitely see a decrease in their athletic performance.)
- c. Fewer illnesses (Sorry, but teen smokers tend to have more illnesses.)
- d. Lesser risk of injury (Sorry, but teen smokers can have a greater risk of injury.)

Which of these is a long-term health effect of smoking?

- a. Addiction (Not quite. All of these are long-term effects of smoking.)
- b. Oral cancers (Not quite. All of these are long-term effects of smoking.)
- c. Lung diseases (Not quite. All of these are long-term effects of smoking.)
- d. **All of the above** (That's right! All of these are long-term effects of smoking.)

Which of these would be an example of positive pressure?

- a. Pressuring a classmate to give you answers for a test (Nope. That would be negative pressure.)
- b. Pressuring a friend to use inhalants (Nope. That would be negative pressure.)
- c. **Pressuring a parent to quit smoking** (You're right! Pressuring someone to do something healthy would be positive pressure.)
- d. Pressuring a teammate to skip soccer practice (Nope. That would be negative pressure.)

Prescription Drugs Questions:

Medications that are prescribed to a person by a doctor are called:

- a. Over the counter drugs (Not quite. Over the counter drugs don't need a prescription.)
- b. **Prescription drugs** (That's right!)
- c. Illegal drugs (Nope. Medications prescribed by a doctor are called prescription drugs.)
- d. Safe drugs (Incorrect. While prescription drugs can be safe when taken exactly as the doctor prescribes them, they're very dangerous when abused.)



What is one way people abuse prescription drugs?

- a. Taking too little of the drug (Nope. One way a person may abuse prescription drugs is by taking too much of the drug.)
- b. Forgetting to take the prescribed drug (Nope. Forgetting to take a prescribed drug isn't considered abusing it.)
- c. Taking the drug exactly as prescribed (Nope. This wouldn't be considered abuse.)
- d. **Taking someone else's prescription drug** (Correct! You should never take someone else's prescription drug. It can be very dangerous.)

Is it legal to take someone else's prescription drug?

- a. Yes (Sorry, but it's actually illegal to take someone else's prescription drug.)
- b. **No** (That's right. Not only is it illegal, but it's also very dangerous.)
- c. It depends on the drug (Sorry, but it doesn't matter what type of drug. It's not legal to take someone else's prescription drug.)
- d. It depends on how old you are (Sorry, but it doesn't matter how old you are. It's illegal to take someone else's prescription drug.)

Is taking too much of a prescribed drug considered abusing it?

- a. **Yes** (That's right. A person should never take more than what's prescribed by their doctor.)
- b. No (Sorry, but taking too much of a prescribed drug is considered abusing it.)
- c. It depends on the drug (Nope. It doesn't matter which drug it is. Taking too much of any prescribed drug is considered abusing it.)
- d. It depends on how old you are (Nope. It doesn't matter how old you are. Taking too much of any prescribed drug is considered abusing it.)

Which of these can be a long-term health effect of abusing prescription drugs?

- a. Mood changes (Not quite. These are all considered long-term effects of abusing prescription drugs.)
- b. Addiction (Not quite. These are all considered long-term effects of abusing prescription drugs.)
- c. Heart failure (Not quite. These are all considered long-term effects of abusing prescription drugs.)
- d. **All of the above** (Correct!)



Often, people who are addicted to heroin first became addicted to what?

- a. Alcohol (Not quite. People who are addicted to heroin usually first become addicted to prescription drugs.)
- b. Snus (Not quite. People who are addicted to heroin usually first become addicted to prescription drugs.)
- c. **Prescription drugs** (Correct. People who are addicted to heroin often start out using prescription drugs.)
- d. Inhalants (Not quite. People who are addicted to heroin usually first become addicted to prescription drugs.)

When someone who is addicted to a prescription drug stops using that drug they may experience diarrhea, shaking, vomiting and body aches. These are called:

- a. Tolerance symptoms (That's incorrect. They're actually called withdrawal symptoms.)
- b. Alcohol poisoning (That's incorrect. They're actually called withdrawal symptoms.)
- c. **Withdrawal symptoms** (That's correct.)
- d. Short-term effects (That's incorrect. They're actually called withdrawal symptoms.)

Which drug is so addictive that a person might only use it once or twice before becoming addicted to it?

- a. Inhalants (Sorry, the correct answer is heroin.)
- b. Marijuana (Sorry, the correct answer is heroin.)
- c. Alcohol (Sorry, the correct answer is heroin.)
- d. **Heroin** (That's right. It doesn't take much to become addicted to heroin.)

Which of the following is a question that can help you figure out if taking someone else's prescription drug is a positive or negative risk?

- a. **"Can I tell a trusted adult about this?"** (Correct! This is a great question to ask yourself.)
- b. "Will it be fun?" (No way! Just because you think something might be fun doesn't make it a positive risk.)
- c. "Will I make money if I take this risk?" (Nope. Making money doesn't make a risk positive or negative.)
- d. "If I take this risk will I please others?" (Nope. This won't help you figure out if a risk is positive or negative.)



## Alcohol Questions:

It is legal to drink alcohol in Wisconsin once a person is how old?

- a. 16 years old (Not quite. A person must be at least 21 years old to legally drink alcohol in Wisconsin.)
- b. 18 years old (Not quite. A person must be at least 21 years old to legally drink alcohol in Wisconsin.)
- c. **21 years old** (That's right. But remember, just because it's legal doesn't mean it's good for you.)
- d. 25 years old (Not quite. A person must be at least 21 years old to legally drink alcohol in Wisconsin.)

Why does alcohol affect a teen's brain and body differently than an older person?

- a. **Teens are still growing and developing** (That's correct!)
- b. Adults have other health problems (Nope. It's because a teen's brain and body are still growing and developing.)
- c. Adults don't need as much sleep (Nope. It's because a teen's brain and body are still growing and developing.)
- d. Teens have a larger brain (Nope. It's because a teen's brain and body are still growing and developing.)

How alcohol affects a person depends on many different factors, including:

- a. Age (Not quite. How alcohol affects a person depends on all of these things.)
- b. Weight (Not quite. How alcohol affects a person depends on all of these things.)
- c. Whether they're male or female (Not quite. How alcohol affects a person depends on all of these things.)
- d. **All of the above** (Correct!)

Alcohol does what to the central nervous system?

- a. Makes it more efficient (No, alcohol actually slows down the central nervous system.)
- b. **Slows it down** (That's right!)
- c. Speeds it up (No, alcohol actually slows down the central nervous system.)
- d. It does nothing (No, alcohol actually slows down the central nervous system.)

What are the two main parts of the central nervous system?

- a. Bones and muscles (That's incorrect. The brain and spinal cord make up the central nervous system.)
- b. Brain and stomach (That's incorrect. The brain and spinal cord make up the central nervous system.)
- c. **Brain and spinal cord** (Correct!)
- d. Spinal cord and skull (That's incorrect. The brain and spinal cord make up the central nervous system.)

What is the main job of the central nervous system?

- a. To block negative messages (Nope. The main job of the central nervous system is to send and receive messages throughout the body.)
- b. To digest your food (Nope. The main job of the central nervous system is to send and receive messages throughout the body.)
- c. To hold you up (Nope. The main job of the central nervous system is to send and receive messages throughout the body.)
- d. **To send and receive messages throughout the body** (You got it!)

What is it called when a person's body and mind are impaired by alcohol?

- a. Relaxation (Nope. Intoxication is when a person's body and mind are impaired by alcohol.)
- b. Withdrawal (Nope. Intoxication is when a person's body and mind are impaired by alcohol.)
- c. **Intoxication** (You're right!)
- d. Addiction (Nope. Intoxication is when a person's body and mind are impaired by alcohol.)

What is it called when someone drinks a large amount of alcohol over a short period of time?

- a. **Binge drinking** (Correct. And remember, binge drinking is very dangerous!)
- b. Short-term drinking (Sorry, it's called binge drinking.)
- c. Alcohol sampling (Sorry, it's called binge drinking.)
- d. Dosing (Sorry, it's called binge drinking.)

What occurs when the body can't break down alcohol fast enough?

- a. Relaxation (Nope. Alcohol poisoning happens when the body can't break down alcohol fast enough.)
- b. Addiction (Nope. Alcohol poisoning happens when the body can't break down alcohol fast enough.)
- c. Brain poisoning (Nope. Alcohol poisoning happens when the body can't break down alcohol fast enough.)
- d. **Alcohol poisoning** (That's right, and a person can die from alcohol poisoning.)

Alcohol poisoning can cause:

- a. Death (Not quite. There's a better answer than that.)
- b. Vomiting (Not quite. There's more that can happen.)
- c. **All of the above** (That's correct.)
- d. None of the above (Nope. A person can pass out, vomit, and even die from alcohol poisoning.)

What should you do if you think someone has alcohol poisoning?

- a. Call a friend (Nope. You need to call 9-1-1 as soon as possible.)
- b. **Call 9-1-1** (Absolutely! It's important to call 9-1-1 as soon as possible.)
- c. Give them soda or coffee (Nope. Soda and coffee won't help.)
- d. Nothing (No way! You should call 9-1-1 as soon as possible.)

Which of the following might happen when a person binge drinks?

- a. Better grades in school (Nope. Binge drinking won't help your grades.)
- b. Better relationships (Nope. Binge drinking won't help your relationships.)
- c. **Impaired judgement** (That's correct, and binge drinking can also lead to alcohol poisoning.)
- d. Clearer senses (Nope. Nothing becomes clearer when a person binge drinks.)

Which of these is an example of reversing the situation when being pressured by a friend to drink alcohol?

- a. **Telling the friend the negative consequences** (Correct!)
- b. Saying no (Nope. Saying no is a great option, but it's not considered reversing the situation.)
- c. Walking away (Not quite. Walking away is a good option, but it's not considered reversing the situation.)
- d. Making up an excuse (Not quite. Making up an excuse is definitely an option, but it's not considered reversing the situation.)

As a person uses a drug, like alcohol, more often, it takes more of the drug to give them the same high that they experienced the first time. This is called:

- a. Addiction (Not quite. It's actually called tolerance.)
- b. Tolerance (Correct!)
- c. First use (Not quite. It's actually called tolerance.)
- d. Sudden Sniffing Death Syndrome (Not quite. It's actually called tolerance.)

### Finished Game

Great job! You stamped out all five drugs!

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