

Substance Use Trivia and Jenga Game

Last updated: August 2024

Set-up

- Jenga Game
- Colour coded stickers
- Substance Use Questions

How to play:

1. Stick either a blue, green, black, or red sticker on to each block.
2. Mix the blocks.
3. Set up and straighten out the tower.
4. Depending on the size of the group students can play one versus one or in teams.
5. When students remove a block from the Jenga tower they must answer a corresponding substance use question:

Blue- Tobacco Questions

Green- Cannabis Questions

Black- Vaping/Electronic Cigarettes Questions

Red- Alcohol Questions

Yellow – Prevention/Support

6. The player that pulled the block puts it back on top of the tower to continue the pattern of layering-by-threes.

Note this game was adapted with permission from the Middlesex-London Health Unit

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Substance Use Questions

Tobacco			
Questions	Answer	Rational	Check when asked
1. True or False? Tobacco is the leading cause of preventable disease and death in Canada.	True False	Tobacco continues to be the number one cause of preventable disease and death in Canada (Canadian Lung Association, 2021). An estimated 46,000 Canadians died in 2020 as a result of smoking. Countless others live with chronic diseases. Despite public health education and prevention efforts, approximately 12% of Canadians aged 15 and older currently smoke. Tobacco use and exposure to tobacco smoke have been linked to cancer, heart disease, and several other diseases.	
2. True or False? In Ontario it is legal to smoke on patios and around food concession stands.	True False	Under the Smoke-Free Ontario Act, 2017 - it is illegal to smoke on and within 9 metres of patios and near food concession stands.	
3. It is illegal to smoke within ___ metres of any public playground, or sports field.	a. 15 b. 50 c. 10 d. 20	Playgrounds, sporting areas, or sport fields and spectator areas must be smoke-free, including a 20 metre radius from its perimeter.	
4. Fines for smoking in a prohibited place range from \$250-___?	a. \$500 b. \$5,000 c. \$1,000 d. \$800	In Ontario, If you smoke or vape where it is not allowed, you may be charged with an offence and subject to a fine (up to \$5,000 f) if convicted.	
5. Why is it so difficult to quit smoking/using tobacco products?	a. It's not. Quitting is very easy to do.	Nicotine is a highly addictive substance, which is found in cigarettes and acts quickly in the bloodstream. Just as quickly	

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	<p>b. Tobacco products contain nicotine, which is very addictive.</p> <p>c. Most tobacco users don't want to quit.</p> <p>d. It's just a habit like any other</p>	<p>as its effects are felt, they disappear. Nicotine acts on the brain, causing a release of dopamine and a small rush of adrenaline, which speeds up the heart rate. These effects wear off in a few minutes, until the next hit of nicotine enters the body. The body adapts to nicotine, making the user need to increase the amount and frequency they use to get the same effects</p>	
<p>6. True or False? Smoke from tobacco products contain over 7,000 chemicals, of which, 250 are known to be harmful, and 69 of these can cause cancer.</p>	<p>True False</p>	<p>According to Canadian Cancer Society tobacco products contain over 7,000 chemicals, at least 250 are known to be harmful and 69 of these can cause cancer.</p>	
<p>7. True or False? Second hand smoke stays contained to where the smoking occurs. Therefore, if I only smoke in one room of the house everyone else is safe.</p>	<p>True False</p>	<p>Only some of the smoke from a cigarette is inhaled by the smoker. Most of the smoke enters the air around the smoker. Smoke can travel many ways between rooms in a home or units in a building, such as through vents, doorways, and fixtures, like outlets, plumbing, and ceiling fans. Second-hand smoke is not removed by the following: air purifiers and filters, opening windows, turning on a fan, closing doors or using air fresheners. Some of these may remove the odour, but not the harmful effects.</p>	
<p>8. True or False? The earlier youth begin smoking, the more difficult it will be to quit.</p>	<p>True False</p>	<p>The decision to start smoking has been linked to several key factors including individual characteristics such as age and sex, the immediate social environment (particularly friends and family), and the broader social environment such as school and community. Research shows that the younger a</p>	

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		person starts smoking, the more difficult it will be to quit later in life.	
9. True or False? Plain and Standard packaging for cigarettes reduces the appeal and attractiveness of cigarettes.	True False	Research has shown that plain and standardized packaging reduces the appeal and attractiveness of tobacco products, especially to youth. This effect has been demonstrated in research conducted on both nonsmokers and smokers in numerous countries, including Canada.	
10. True or False? Most people who experiment with a cigarette will become addicted.	True False	According to Canadian Lung Association three out of five people who experiment with a cigarette will become addicted.	
11. True or False? Children or teenagers can start craving nicotine just 3 months after their first cigarette.	True False	Children or teenagers can start craving nicotine just 3 months after their first cigarette. Teens can experience withdrawal symptoms (physical or emotional symptoms that happen when a person with regular use of a substance stops using it) after smoking less than 100 cigarettes (4-5 packs).	
12. Cigarette smoking can cause:	a. COPD b. Stroke c. Heart disease d. Lung cancer e. All of the above	In Canada, smoking causes about 80% of chronic obstructive pulmonary disease (COPD). Smoking is a major cause of cardiovascular disease including coronary heart disease, stroke, aortic aneurysm, atherosclerosis, and peripheral artery disease. Lung cancer is also the leading cause of cancer death. It is estimated that 85% of all lung cancers are related to smoking.	
13. Tobacco kills more people in Canada than all deaths caused by traffic accidents, suicides, murders, and drug abuse combined.	True False	Tobacco kills more people in Canada than all deaths caused by traffic accidents, suicides, murders, and drug abuse combined.	



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<p>14. True or False A non-smoker will likely live 10 years longer than someone who smokes.</p>	<p>True False</p>	<p>The average person who smokes may live 10 years less than a non-smoker.</p>	
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Cannabis

Question	Answer	Rational	Check when asked
1. The effects of Cannabis include: _____.	A. Euphoria, changes in perception, deficit in attention span B. Impaired motor function, body tremors, difficulty with memory C. Improved motor function and concentration D. A and B	<ul style="list-style-type: none"> • Cannabis comes from the dried flower buds and leaves of the cannabis plant (Cannabis Sativa) • “The effects of cannabis include euphoria and relaxation, changes in perception, time distortion, deficits in attention span and memory, body tremors, and impaired motor functioning” (Beirness & Porath Waller, 2015) 	
2. True or False? Tetrahydrocannabinol (THC) is the active mind-altering chemical that gives those who use cannabis a “high”.	True False	Cannabis contains both THC (Tetrahydrocannabinol) and CBD (cannabidiol). CBD is the non psychoactive compound, and does not produce the “High” associated with THC.	
3. How can cannabis be consumed?	a. Smoked in a cigarette b. Smoked in a water pipe (bong) or dry pipe c. Vaped with an e-cigarette d. Mixed in with foods and eaten e. D. All of the above	Cannabis can be consumed in all the ways listed. Cannabis products come in a variety of strengths, and therefore there is no way to “dose” how much cannabis someone is using, especially with the use of vapour products and when mixing cannabis with foods (edibles).	
4. True or False? - Cannabis now contains more THC than in the 1970’s.	True False	<ul style="list-style-type: none"> • 1969- late 70’s: cannabis contained roughly 1%THC • In 2018, cannabis contains 15-30% THC 	

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<p>5. Recreational Cannabis is used the most in which age group?</p>	<p>A. 16-19 B. 20-24 C. 60-65 D. 40-45</p>	<p>In Canadian Cannabis survey, 2021, in the past 12 months cannabis use was reported to be:</p> <ul style="list-style-type: none"> • 49% reported in 20-24 year olds • 37% reported in 16-19 year olds • 22% reported in 25+ years 	
<p>6. True or False? Cannabis is natural. It comes from a plant, therefore it must be safe.</p>	<p>True False</p>	<p>Cannabis smoke has cancer causing toxins that can cause damage to the lungs. Remember tobacco also comes from a plant.</p>	
<p>7. True or False? Cannabis can cause a decrease in IQ, concentration, and memory.</p>	<p>True False</p>	<p>Long term use increases risk for addictions, and it can harm memory, and ability to think and make decisions. These effects are worse if you start using in early adolescence and use frequently over a long period of time.</p>	
<p>8. Drivers are ____ times more likely to have motor vehicle accidents while driving impaired.</p>	<p>A. 5x B. 2x C. No more likely D. Same likelihood if they were texting</p>	<p>Cannabis use significantly impairs judgement, decision making, coordination and reaction time. Driving while high puts you, your passengers and the public in danger. Among young drivers, driving after using cannabis is more prevalent than driving after drinking. After alcohol, cannabis is the most commonly detected substance among drivers who die in traffic crashes.</p>	
<p>9. Your brain develops until you are_____.</p>	<p>A. 15 B. 21 C. 25 D. 30</p>	<p>Youth are at the greatest risk of the negative health effects of cannabis because the brain continues to develop until age 25. Teens are still developing the parts of their brain that help with reasoning and decision making, as well as strengthening their synapses. When they use cannabis they affect this development.</p>	

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<p>10. True or False? Cannabis use during your teens improves mental health.</p>	<p>True False</p>	<p>Teens who use cannabis are at an increased risk for depression and anxiety disorders. There is a connection between cannabis use and Schizophrenia.</p>	
<p>11. True or False? You can't get addicted to cannabis.</p>	<p>True False</p>	<p>1 in 6 people who use cannabis during their teens will develop a cannabis use disorder. Continued use will build tolerance leading to the need for stronger drug to achieve the same high.</p>	
<p>12. Medical cannabis is sometimes used to treat _____.</p>	<p>a) Chronic pain in adults b) Nausea and vomiting for chemotherapy patients c) Schizophrenia d) Both A and B</p>	<p>Medicinal cannabis is prescribed by a medical doctor. Some evidence has shown that cannabis or cannabinoids can be effective:</p> <ul style="list-style-type: none"> • For the treatment for chronic pain in adults (cannabis) • Used in the treatment of chemotherapy-induced nausea and vomiting (oral cannabinoids) • For improving patient-reported multiple sclerosis spasticity symptoms (oral cannabinoids) 	
<p>13. The most commonly used drug(s) among students in grades 7-12 are:</p>	<p>a. Prescription Opioid Pain Relievers b. Alcohol c. Cannabis d. All of the above</p>	<p>As per findings from 2023 Ontario Student Drug Use and health survey, the most used drugs among grade 7-12 students are:</p> <ul style="list-style-type: none"> • Prescription Opioid Pain Relievers 21.8% • Alcohol 35.6% • Cannabis 17.6% 	
<p>14. True or False Canadian youth have one of the highest rates of cannabis use worldwide.</p>	<p>True False</p>	<p>Canadian youth continue to have the highest rates of cannabis use worldwide. In 2018, the World Health Organization compared lifetime cannabis use among youth aged 15 across 40 countries and found that use</p>	

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		by Canadian youth was the third highest 23% boys and 21% of girls.	
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Vaping/Electronic Cigarettes			
Question	Answers	Rational	Check when asked
1. What is considered an e-cigarette?	A. Vape Pens B. Mods C. E-cigs/e-hookahs D. All of the above	All of these are considered an e-cigarette. They come in many shapes and sizes and can look like other items.	
2. True or False? Vaping products have the same product standards as tobacco products, so consumers know what is in the products they are buying?	True False	Currently quality control and manufacturing standards are lacking for e-cigarettes and e-juice for the facilities where they are made. There is no consistency with the mechanisms themselves and the chemicals that go into the products.	
3. True or False?- • E-cigarettes are approved in Canada to help people quit smoking.	True False	E-cigarettes are not approved by Health Canada as a tobacco cessation aid. More studies have shown individuals who use e-cigarettes as smoking cessation aid revert to smoking or become dual users.	
4. True or False? • E-cigarette advertisements are targeted specifically to youth.	True False	E-cigarette advertising is only possible in specialty vape stores where a minimum age of 19 is necessary to enter. Vape companies are using strategies to appeal to youth and young adults via product	

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		placement, online advertisements, and via social media influencers to appeal to youth.	
5. In Ontario, what percentage of people who identify as male in grades 7-12 are using vaping products?	A. 9.4% B. 5% C. 2% D. 26%	9.4% of people who identify as male use vaping products, compared to 17.7% of those identified as females. Peak use is 21.8% in grade 12.	
6. What % of students from grade 7-12 reported using more than just a few puffs of e-cigarettes in the past year?	A. 47.6% B. 5.9% C. 13% D. 2%	The OSDUHS reported 13% of students from grade 7-12 had tried more than just a few puffs in the last year.	
7. Most youth believe e-cigarettes are less harmful than cigarettes and cannabis and are safe to use.	True False	The OSDUHS reported that students felt the greatest risk was associated with smoking regularly (75%), followed by vaping (63%) and then smoking cannabis regularly (49%). Less harmful does not mean harmless.	
8. True or False? It is illegal to sell or supply e-cigarettes to anyone under the age of 19.	True False	Under the Smoke-Free Ontario Act, 2017, it is illegal to: Sell or supply e-cigarettes to anyone under the age of 19. Even if caught sharing an e-cigarette with a friend who is under 19 is illegal and can be charged as supplying to a minor.	
9. Nicotine can	A. alter teen brain development. B. negatively affect memory, concentration, and mood C. increase anxiety and stress. D. increase heart rate and blood pressure.		

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	<p>E. train your brain to be more easily addicted to other drugs.</p> <p>F. All of the above</p>		
<p>10. True or False? Most vapour products used by youth contain nicotine that leads to addiction.</p>	<p>True</p> <p>False</p>	<p>As per findings from 2023 Ontario Student Drug Use and health survey. Of youth who vape: 87.4% are vaping products with nicotine, 6.4% were not, and 6.2% did not know if their products had nicotine in them.</p>	
<p>11. Which of the following are reasons why youth start vaping?</p>	<p>a. They like the flavours</p> <p>b. Their friends vape</p> <p>c. Curiosity/boredom</p> <p>d. Better than smoking</p> <p>e. To deal with stress</p> <p>f. All of the above</p>	<p>As per Quash app, Reasons youth say they started vaping:</p> <ul style="list-style-type: none"> • They like the flavours (e.g. fruit, candy, mint) • For the nicotine • To help me deal with stress • My friends vape • I was curiosity • I was bored, this gives me something to do • It's harmless • It's better than smoking cigarette • I can vape anywhere • It's fun doing vape cloud tricks • To cut down on smoking tobacco 	
<p>12. Which of the following are myths about vaping?</p>	<p>a. Vaping is just harmless water vapor.</p> <p>b. Most vapes contain nicotine.</p> <p>c. You can get addicted to vapour products.</p> <p>d. Vaping will help me quit smoking.</p> <p>e. A and D</p> <p>f. B and C</p>		

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<p>13. The aerosol created by an e-cigarette contains the following:</p>	<p>a. Toxic chemicals b. Heavy metals c. Nicotine d. All of the above</p>	<p>An average of 22 chemicals and 9 flavouring chemicals have been found in vaping products sold in Canada. When the e-juice is heated up, there are chemical reactions that change the compounds. They may be harmful when inhaled.</p>	
<p>14. Which organs in the body does nicotine affect?</p>	<p>a. Heart b. Lungs c. Brain d. All of the above</p>		
<p>15. Why might young people choose not to vape?</p>	<p>a. Better for health b. To avoid addiction c. To save money d. All the above</p>	<p>These are just a few reasons young people might choose not to vape. Can you think of any other reasons?</p>	

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Alcohol			
Questions	Answers	Rational	Check when asked
1. True or False? Alcohol affects people of the same height and weight in the same way.	True False	Effects of alcohol can vary and can be dependent on: <ul style="list-style-type: none"> • How much you drink. • How strong the drink is. • If you've eaten or exercised • How you are feeling (generally well or unwell). • Gender: Those that identify as males and those that identify as females metabolize alcohol at a different rate. 	
2. True or False? Vomiting is a sign of alcohol poisoning.	True False	One of the body's ways of dealing with alcohol poisoning is eliminating the un-absorbed alcohol from the stomach via vomiting.	
3. Which contains the most amount of alcohol?	A. A standard (12oz) glass of beer (5%) B. A standard (1.5 oz.) shot of whiskey C. Both contain the same amount of alcohol	Both contain the same amount of alcohol. They both contain 1 unit of alcohol. <ul style="list-style-type: none"> • A standard beer/cider cooler is 12 flu Oz (341 mL of 5%) • A shot of hard liquor 43mL or 1.5 oz • A glass of 12% wine 142mL (5 oz) 	
4. If someone has two drinks per hour between 9pm and 1am on Friday night, then must work Saturday at 9am. What time would it be ok to drive?	A. 5 am Saturday morning B. Whenever you don't feel drunk C. Whenever you need to leave for work D. You shouldn't drive until at least 11 am	You shouldn't drive until at least 11 am. It takes an average of 1 hr per drink to clear alcohol from your system. Just because you "don't feel drunk" doesn't mean your blood alcohol level will be 0.	

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<p>5. Short term effects of alcohol include: _____.</p>	<p>A. Violence, risky sexual behaviours, and unintentional injuries B. Risky sexual behaviours, cancer, loss of friends C. Unintentional injuries, diarrhea, bed wetting D. Violence, Risky sexual behaviour, headaches</p>		
<p>6. What type of drug is alcohol?</p>	<p>A. A depressant B. A stimulant C. An opioid</p>	<p>Alcohol is a depressant meaning it reduces functioning of your central nervous system.</p>	
<p>7. True or False? Drinking alcohol reduces the risk of cancer.</p>	<p>True False</p>	<p>There is strong evidence that alcohol consumption can increase your risk for cancer. New 2023 Canada Lower-Risk Alcohol Guidelines recommend maximum 2 drinks per week to lower negative alcohol health consequences.</p>	
<p>8. True or false You can mix alcohol and other drugs as long as you keep the amounts small.</p>	<p>True False</p>	<p>Alcohol interacts with other drugs in a lot of different ways. Even small amounts of alcohol taken with other depressant drugs (cannabis, cold medicine, allergy medicine) can seriously impair a person's ability to drive a car. And some prescription drugs can react with alcohol and cause serious health problems.</p>	
<p>9. True or False Some people drive better after a few drinks.</p>	<p>True False</p>	<p>Alcohol may relax you, but it makes you less able to make responsible decisions. Alcohol is likely to make you less cautious, impair your judgment, affect your vision, make you less patient, impair your muscle co-ordination, impair your senses of touch and hearing, make you less alert, and slow down your reaction</p>	

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		time. Alcohol can also impair your memory, may give you false confidence, and may make you more aggressive.	
10. To meet Canada's Low-Risk Alcohol Drinking Guidelines, what is the maximum someone can drink per week?	<p>A. 2 standard drinks or less</p> <p>B. 3-6 standards drinks</p> <p>C. 7-10 standard drinks</p> <p>D. 11-15 standard drinks</p>	According to Canada's Guidance on Alcohol and Health-Drinking Less is Better (2023) , research has shown that no amount of alcohol is good for your health. Not drinking has benefits, such as better health, and better sleep. Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.	
11. In Ontario in 2023 what percentage of students in grade 7-12 reported using alcohol	<p>A. 35.6%</p> <p>B. 45%</p> <p>C. 15%</p> <p>D. 5%</p>	As per findings from the 2023 Ontario Student Drug Use and Health Survey, percentage of students who reported using alcohol was 35.6%. <ul style="list-style-type: none"> • 	
12. True or False Teens who drink heavily are three times more likely to try and hurt themselves (self-harm, attempt suicide etc.) than those who do not.	<p>True</p> <p>False</p>	Teens who drink heavily are three times more likely to try and hurt themselves (self-harm, attempt suicide etc.) than those who don't.	
13. True or False Alcohol is the most abused substance in Ontario.	<p>True</p> <p>False</p>	Alcohol is the most abused substance in Ontario. <ul style="list-style-type: none"> • Over one-third (36%) of students in grades 7-12 report drinking more than just a few sips of alcohol during the past year. One-in-ten (10%) of students in grades 7-12 report binge drinking at least once in the past month. One-in-seven (14%) secondary school students could not remember what had happened 	

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		when they were drinking on at least one occasion during the past year.	
14. Alcohol can cause:	<ul style="list-style-type: none"> a. Liver damage b. Addiction c. Irritation in the stomach d. Increase chances of heart disease and cancer e. Damage the developing brain in teens f. All of the above 	<p>Young people are at greater risk of alcohol-related harm than adults. As the brain keeps developing into the mid-twenties, drinking alcohol as a teenager can greatly increase the risk of damage to the developing brain. It can also lead to problems with alcohol later in life. Alcoholism is known to cause:</p> <ul style="list-style-type: none"> • inflammation of the liver leading to cirrhosis • raise blood pressure, increasing chances of heart disease, stroke, and high blood pressure • irritation of the stomach lining leading to ulcers • inflammation of the pancreas (pancreatitis) • increased risk of cancers of the mouth, throat, larynx and oesophagus • sexual dysfunction in men 	
15. True or False You can drink as much as you want if you eat a lot	<p>True</p> <p>False</p>	Alcohol gets into your bloodstream more slowly if there is food in your stomach. If you are full, you'll still get drunk, but it will just take a little longer, than if you had an empty stomach.	

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Prevention/Support

Questions	Answers	Rational	Check when asked
<p>True or False</p> <p>Peer pressure is when your friend does not pressure you into doing something you don't want to do.</p>	<p>Answer: False</p>	<p>It is an attempt to get someone in their own age group to act a certain way.</p> <p>Pressure occurs when a person feels forced to do something they don't want to do.</p>	
<p>If you are being offered a vape or any substance, how would you refuse. What is the best answer?</p> <ol style="list-style-type: none"> Scream loudly at the person and say no. Say no while feeling guilty and end up trying just once. Ignore the person and change the subject. Bring another friend that could vape instead of you. 	<p>Answer: c)</p> <p>Ignore the person like you didn't hear them and when possible, try to change the focus and offer an alternative activity such as:</p> <p>"I'm hungry, let's go get something to eat."</p>		

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<p>Yes or No? Can you use humour to say no when being offered a vape?</p>	<p>Answer: Yes</p>	<p>Humour is a great way to alleviate stress. When offered to do or try something you don't want to, find a joke that can help excuse you from the situation.</p> <p>For example:</p> <p>"I need all the brain cells I can get. No thanks"</p> <p>"No thanks, this stuff stunts my growth. I want to be tall to play basketball"</p>	
<p>Name 2-3 qualities of a good friend.</p>	<p>Answer:</p> <ul style="list-style-type: none"> • Someone who accepts you as you are, accepts your decisions, and watches out for you. • Someone who does not pressure you into doing something you do not want to do. • Is a positive peer influence • Someone who does not use drugs and can keep you from using drugs. • Someone who wants to help you, and recommends people or community resources that can provide support when dealing with choices or situations involving substance use and addictive behaviours 		

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<p>True or False, the following are symptoms of addiction:</p> <ul style="list-style-type: none"> • Experiencing withdrawal or feeling like you really need to vape. • Doing anything to get nicotine. • Feeling anxious or irritable when you want to vape (but can't). • Trying to quit and relapsing over and over again. • Continuing to use nicotine because you have trouble quitting. 	<p>Answer: True</p>	<ul style="list-style-type: none"> • If you or someone you know is struggling with nicotine addiction, talk with a trusted adult to get support and connected to resources which can support quitting. • Quitting can be more successful if a treatment plan is followed to address the physical and behavioural aspects of nicotine dependence. 	
<p>True or False, there are youth resources available to support quitting nicotine?</p>	<p>Answer: True</p>	<ul style="list-style-type: none"> • Talk with a trusted adult • Reach out to a counsellor at school • Youth Wellness Hub • Quash App for phone – app that you can download. Provides tools to support the quit process: customized goals, design a plan, use quit tools built into the app to track your progress (ex. how much money saved). 	



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