

NFAFW: March 21-27, 2022

**Shatter the Myths Trivia
Activity Workbook**

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Monday

Opioid and Rx Trivia



Myth or Fact

- The more opioids you take the better they work**

Myth or Fact

- If you take too much of an opioid you build up tolerance to the opioid which causes chronic pain that may get worse.**

Myth or Fact

- Opioids can cure your pain**

Myth or Fact

- Opioids can mask pain but does not fix the problem**

Myth or Fact

- Narcan can save your life from an opioid overdose**

Tuesday

Vaping Trivia



Myth or Fact

Vaping is a healthy alternative to smoking cigarettes

Myth or Fact

Young people who vaped are four times more likely to start smoking cigarettes

Myth or Fact

Vaping is just harmless water vapors

Myth or Fact

Vaping E/Juice may contain nicotine and other harmful toxins

Myth or Fact

Vaping can cause sinus infections, nose bleeds and asthma

Wednesday

Marijuana Trivia



Myth or Fact

- Short term effects of marijuana causes anxiety, fear, distrust or panic.

Myth or Fact

- Marijuana use while pregnant can affect the unborn babies brain

Myth or Fact

- Marijuana has minimal impact on driving, road safety and crime.

Myth or Fact

- Smoking marijuana can damage the human lungs

Myth or Fact

- Marijuana is not addictive

Thursday

Alcohol Trivia



Myth or Fact

- Alcohol is less harmful than other drugs

Myth or Fact

- People who drink before the age of 15 are five times more likely to become addicted to alcohol.

Myth or Fact

- Drinking alcohol at a young age can affect brain development

Myth or Fact

- Underage drinking has nothing to do with suicide rates

Myth or Fact

- People ages 12 - 20 drink four percent of all alcohol consumed in the United States

Answer Key: Opioids

Myth or Fact

The more opioids you take the better they work

Myth or Fact

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Myth or Fact

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Myth or Fact

Narcan can save your life from an opioid overdose

Answer Key : Vaping

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Answer Key: Marijuana

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Myth or Fact

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Answer Key: Alcohol

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Myth or Fact

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Friday

I want to *SHATTER THE MYTHS*[®] because...



REVEAL THE FACTS

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Reveal the FACTS Opioids

If you take too much of an opioid you build up tolerance to the opioid which causes chronic pain that may get worse.

Opioids can mask pain but does not fix the problem.

Narcan can save your life from an opioid overdose.

Reveal the FACTS Vaping

Young people who vaped are four times more likely to start smoking cigarettes

Vaping E/Juice may contain nicotine and other harmful toxins

Vaping can cause sinus infections, nose bleeds and asthma

Reveal the FACTS Marijuana

Short term effects of marijuana cause anxiety, fear, distrust or panic.

Marijuana use while pregnant can affect the unborn baby's brain

Smoking marijuana can damage the human lungs.

Reveal the FACTS Alcohol

People who drink before the age of 15 are five times more like to become addicted to alcohol.

Drinking alcohol at a young age can affect brain development.

