Cannabis Awareness & Prevention: A Remote Learning Curriculum Student Worksheet

Instructions: Use these questions along with the slideshow presentation to explore the risks of using cannabis, as well as the benefits of living a cannabis-free lifestyle.

**Introduction**

1. What are a couple of things you have heard about cannabis?
2. ­­­­Type answer here

2. ­Type answer here

1. What are a couple of things you want to know about cannabis?
2. ­­­­Type answer here
3. ­­­­­Type answer here

**Check-in #1**

1. The THC level in vaping, dabs, joints, and edibles is:

[ ]  About the same for each

[ ]  Lower for edibles, higher for the others

[ ]  Higher for edibles, same levels for the rest

[ ]  All types of cannabis have different amounts of THC

1. I am most concerned about the fact that using cannabis \_\_\_\_\_\_\_\_\_\_\_\_. (Check all that apply)

[ ]  Impairs motor coordination, affecting someone’s ability to drive a car

[ ]  Creates clouds of aerosol rather than water vapor and can damage the lungs

[ ]  Interferes with remembering information or causes memory loss

[ ]  Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What makes you concerned about the fact/facts that you picked in question 4?

Type answer here

1. Smoking or vaping cannabis can:

[ ] Irritate the respiratory system, which includes the lungs

[ ] Introduce the highly addictive chemical nicotine when using blunts

[ ] Produces an aerosol or smoke that is harmful to anyone breathing it in

[ ] All of the above

1. The danger of ingesting or eating cannabis via edibles is…
(Check the correct box. There is only one correct answer.)

[ ] Cookies and brownies and other edibles increase calorie intake

[ ] Edibles can cause Willy Wonka syndrome

[ ] You have no way of really knowing how much THC is in an edible

[ ] None of the above

**Check-in #2**

1. Which of the following statements about the active ingredients in cannabis are correct? (Check all that apply)

[ ] THC is psychoactive (responsible for the “high”) and addictive

[ ] CBD is non-psychoactive and safe to use

[ ] We don’t know all of the long-term effects of using CBD and THC

1. Why do you think the cannabis industry manipulates the cannabis plant to produce way more THC?

Type answer here

1. What is the main job of the lungs? (Check the correct box. There is only one correct answer.)

[ ] They pump blood throughout the body

[ ] They bring in fresh oxygen, and push out unnecessary carbon dioxide

[ ] They are the control center of the body

[ ] They digest food

1. Why would it be dangerous if the lungs could not do their main job?

Type answer here

1. How is smoking/vaping cannabis related to coronavirus/COVID-19? (Check all that apply)

[ ] Smoking/vaping can make a coronavirus infection worse

[ ] Smoking/vaping leads to coronavirus infection

[ ] Smoking/vaping makes the lungs more prepared to fight the infection

[ ] Smoking/Vaping makes it easier to become infected by the coronavirus

1. Which of the following is NOT true of how cannabis affects your body? (Check the correct box. There is only one correct answer.)

[ ] Chemicals from the aerosol or smoke can impair lung function

[ ] The aerosol or smoke ↑ your risk for developing heart or lung disease

[ ] CBD’s health effects have been studied in great detail by scientists

[ ] THC can interrupt normal brain functioning

1. Why do you think the brain decreases its response to drugs like cannabis after frequent use?

Type answer here

**Check-in #3**

1. Which of the following statements are TRUE about dopamine? (Check all that apply.)

[ ] Responsible for making you feel good

[ ] The brain fires dopamine when you do something important for survival

[ ] Artificial firing of dopamine in the brain is not possible

[ ] Drugs can cause your brain to produce less dopamine

1. Choose something in your life that that you love doing and gives you great pleasure. Explain how releasing less dopamine/feeling less pleasure while doing this activity would make you feel?

Type answer here

1. Who is at highest risk of having their survival hierarchy hijacked by drugs?

[ ]  Young people

[ ]  Millennials (those born between 1981 and 1996)

[ ]  The elderly

1. How would you describe someone’s survival hierarchy after the age of 21 (Check all that apply)

[ ] Less permanent than previous years of brain development

[ ] More difficult to change, making it harder to quit drugs if addicted

[ ] The brain fires/releases less dopamine in general

[ ] Less at risk for being hijacked

1. What would you say to someone who's been smoking/vaping for a long time who said they want to quit but there's no point because the damage has already been done to their brain?

Type answer here

1. Why might someone start feeling dependent on cannabis after using it throughout the year? (Check the correct box. There is only one correct answer.)

[ ] The person is using a cannabis product with high amounts of THC

[ ] The person has to use more cannabis to feel it

[ ] Their survival hierarchy is weaker than others

[ ] The person may just be anxious in general

**Check-in #4**

1. List at least three areas of life that can be interrupted by cannabis use:

Type answer here

1. Why might a young person use cannabis to avoid uncomfortable and sometimes painful parts of teen life?

[ ] There is little adult support at home and school

[ ] Friends around them are using cannabis too

[ ] Still figuring out which coping skills work best

[ ] All of above

1. Why should a young person learn as many coping skills instead of using cannabis to cope with life? (Check all that apply.)

[ ] To help later in adulthood when new challenges come up

[ ] To avoid relying on cannabis or any other drug to feel better about life

[ ] To make sure the brain keeps these coping skills and doesn’t “prune” them away

1. How do friends, family, and pets help you cope with teen life?

 Type answer here

1. How does your artistic expression help you cope with teen life?

Type answer here

1. How does your physical movement help you cope with teen life?

Type answer here

1. How do self-care practices help you cope with teen life?

 Type answer here

1. How does school help you cope with teen life?

 Type answer here

1. What are some other ways that you or your friends cope with teen life?

Type answer here

1. Imagine that you know a younger student at your school who is using cannabis. This student is interested in going cannabis-free and approaches you for advice. What are some tips or motivational information you would give to them so they can stick to their quit plan?

Type answer here

**Check-in #5**

1. Imagine a close friend started to use cannabis and offered you to try. What are 3 or more reasons you personally wouldn't want to try it? What might you say to them to explain why you aren't interested?

Type answer here