TEST YOUR KNOWLEDGE ON DRUGS AND DRUG ABUSE BY TAKING THE:

2015 National Drug IQ Challenge

Go to **http://drugfactsweek.drugabuse.gov/iqchallenge** for an online interactive version.

1 Which is most correct: Drugs can be hard to quit because:

A. You become psychologically dependent.

B. They can change the brain's reward center.

C. Your heart can't beat right without them anymore.

D. They alter your willpower.

2 True or False: Marijuana can be addictive.

A. True

B. False

3 How many people make a serious attempt to quit cigarette smoking every year?

A. 260,000

B. 1.5 million

C. 12 million

D. 35 million

4 How can you tell if someone is "sniffing" or "huffing" inhalants?

A. They might have chemical odors on their clothes.

B. They might lose their appetite or feel like throwing up.

C. They might have muscle weakness or move strangely.

D. They might be very irritable or depressed.

E. All of the above.

5 Pain relievers (like Vicodin or OxyContin) prescribed by a doctor can lead to addiction if:

A. You take more than prescribed.

B. You take some not prescribed for you.

C. You start trying to get them without a prescription.

D. You take them with Kool-Aid.

E. A, B, and C

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For more questions and to find out the correct answers go to the next page.

2015 National Drug IQ Challenge

6 **K2 or "Spice" refers to:**

A. Cinnamon inhaled on a dare
B. Other names for marijuana
C. Dangerous herbal mixtures that can produce marijuana-like effects
D. An enhancement of the drug K1

7 **Here is what scientific research has told us about e-cigarettes:**

A. They are healthier than regular tobacco cigarettes.
B. They help people quit smoking regular cigarettes.
C. They can lead to smoking regular cigarettes.
D. A and B
E. None of the above.

8 **Some people take anabolic steroids to enhance their athletic performance. Instead, they might get this: (Pick all that apply)**

A. Kidney, heart, and liver damage
B. Increase in height
C. Extreme mood swings that can lead to violence
D. Smoother, nicer skin
E. For guys: shrunken testicles. For girls: growth of facial hair

9 **Smoking marijuana regularly can be especially harmful to teens. Why?**

A. It can lower your IQ.
B. It can affect your ability to drive safely.
C. It can make you less motivated to do well in school.
D. All of the above.

10 **Of the drugs listed below, which one is synthetic (manmade); produces a "high," but also can make you paranoid; produces hallucinations; and usually carries the label "not for human consumption."**

A. Anabolic steroids
B. Bath salts
C. Salvia
D. Crystal meth

For the correct answers go to the last page.

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2015 National Drug IQ Challenge

BRAINIAC
BONUS QUESTIONS

1 **How much does the brain weigh?**

A. 4 ounces
B. 1.2 pounds
C. 3 pounds
D. 7 pounds

2 **Which of these brain parts plays the most important part in your emotional behavior?**

A. Cerebellum
B. Hypothalmus
C. Amygdala
D. Brain stem

HTTP://DRUGFACTSWEEK.DRUGABUSE.GOV/IQCHALLENGE

For the correct answers go to the last page.

ANSWERS TO THE: 2015 National Drug IQ Challenge

1 **B. They can change the brain's reward center.** Normally, the brain's reward circuit responds to pleasurable experiences by releasing the neurotransmitter dopamine, which creates feelings of pleasure, and tells the brain that this is something important—pay attention and remember it. Drugs hijack this system, causing unusually large amounts of dopamine to flood the system (this causes the "high.") See: **http://teens.drugabuse.gov/drug-facts/brain-and-addiction.**

2 **A. True.** About 9 percent of people who use marijuana become dependent on it. The number increases to about 1 in 6 among those who start using it as a teen, and to 25 to 50 percent among daily users. For more information, see: **http://teens.drugabuse.gov/drug-facts/marijuana**.

3 **D. 35 million.** Most people who smoke cigarettes want to quit, but most who try to quit on their own start smoking again—often within a week. Here's more information: **http://teens.drugabuse.gov/drug-facts/tobacco**.

4 **E. All of the above.** People who inhale permanent markers or household products to get "high" can actually be damaging their brain and body, and in rare cases, can die quickly. For more information, see: **http://teens.drugabuse.gov/drug-facts/inhalants**.

5 **E. A, B, and C.** Pain relievers can be important tools in helping people who have serious pain, like after the dentist pulls a tooth. However, if they are not taken as prescribed, or are taken just to get "high," people can get addicted to them. For more information, see **http://teens.drugabuse.gov/drug-facts/opioids-and-pain-relievers**.

6 **C. Dangerous herbal mixtures that can produce marijuana-like effects.** "Spice" or "K2" refers to a wide variety of herbal mixtures that produce experiences similar to marijuana (cannabis), and are falsely marketed as "safe," legal alternatives to that drug. Sold under many names, including fake weed, Yucatan Fire, Skunk, Moon Rocks, and others—these products have put many young people in the hospital and in rare cases, in their graves. You can find more information here: **http://www.drugabuse.gov/publications/drugfacts/spice-synthetic-marijuana.**

7 **E. None of the above.** E-cigarettes are increasingly popular battery-operated devices marketed as safer than regular tobacco cigarettes. They produce a flavored nicotine vapor that looks and feels like tobacco smoke but without the tar or other chemicals produced by burning tobacco leaves. However, while e-cigarettes do not produce tobacco smoke, it is still unclear how safe they are because there has been very little research done. NIDA is supporting some new research programs and we should have better answers in a few years. For more information, see: **http://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes**.

8 **A, C, and E.** Some of the most dangerous consequences of steroid abuse include kidney impairment or failure, damage to the liver, heart problems, high blood pressure, and changes in blood cholesterol leading to an increased risk of stroke and heart attack (even in young people). Steroid abuse can also have an effect on behavior and can have some embarrassing side effects in both boys and girls. See: **http://teens.drugabuse.gov/drug-facts/anabolic-steroids**.

9 **D. All of the above.** The teenage brain is still developing, and smoking a psychoactive drug can affect that development. Research even shows that it can lower your IQ if you smoke it regularly in your teen years. It is also found in the blood of around 14 percent of drivers who die in accidents, often in combination with alcohol or other drugs. Here is information on marijuana designed especially for teens: **http://www.drugabuse.gov/publications/marijuana-facts-teens/some-things-to-think-about**.

10 **B. Bath salts.** "Bath salts" are a new family of drugs containing one or more man-made chemicals related to cathinone, an amphetamine-like stimulant found naturally in the khat plant. There have been reports of severe intoxication and dangerous health effects from using bath salts. For more information, see: **http://teens.drugabuse.gov/drug-facts/bath-salts.**

BRAINIAC BONUS ANSWERS

1 **C. 3 pounds.** The human brain is the most complex organ in the body. This 3-pound mass of gray and white matter sits at the center of all human activity. Read all about the brain at: **http://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drugs-brain**.

2 **C. Amygdala.** Activity in the amygdala likely reflects more of a gut reaction than a reasoned one. For an addict, when a drug craving occurs, the amygdala becomes active and a craving for the drug is triggered. You can find more information on the amygdala here: **http://www.drugabuse.gov/publications/teaching-packets/power-science/section-iii/2-memory-drugs**.

NATIONAL DRUG FACTS WEEK — SHATTER THE MYTHS

NIH National Institute on Drug Abuse

For more information about drugs and drug abuse, visit **http://www.drugabuse.gov** or call 1-877-643-2644.
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