

BOLT

Substance Use Prevention Jeopardy

FACILITATOR'S GUIDE





MIDDLE SCHOOL SUBSTANCE USE PREVENTION JEOPARDY GUIDE

INTRODUCTION

Virginia ABC offers alcohol education and prevention programming and resources through the lifespan. Virginia ABC's youth programs are designed for elementary, middle and high school students, staff and parents. Our programs provide organizations with skills, resources and tools to prevent youth substance use paired with role modeling of healthy behaviors. Virginia ABC's middle school program, Being Outstanding Leaders Together against drugs and alcohol (BOLT) provides drug and alcohol prevention knowledge and skills to middle school students through free online trainings, resources and materials.

The Substance Use Prevention Jeopardy game is for use in a classroom that provides instruction and review on the health and physical education Standards of Learning (SOLs) related to alcohol, tobacco and other drug use in the sixth, seventh and eighth grades. The Jeopardy categories and questions can serve as a pre-test for your students for you to gain an understanding of their knowledge before beginning the alcohol, tobacco and other drug use curriculum. It can also be used as a post-test after the curriculum has been taught as way to gauge your students' understanding and knowledge gain on the subject. The Substance Use Prevention Jeopardy game addresses the following health and physical education SOLs:

- 6.1 - The student will apply critical thinking skills and personal management strategies to address issues and concerns related to personal health and wellness.
- 6.2 - The student will describe the influence of family, peers, and media on personal health decisions.
- 6.3 - The student will develop personal strategies and skills for personal, social, and community health.
- 7.1 - The student will identify and explain essential health concepts to understand personal health.
- 7.2 - The student will use decision-making skills to promote health and personal wellness.
- 7.3 - The student will promote healthy schools, families, and communities.
- 8.1 - The student will identify and explain essential health concepts to demonstrate an understanding of personal health.
- 8.2 - The student will apply health concepts and skills to the management of personal and family health.
- 8.3 - The student will undertake health-promotion activities that demonstrate an understanding of the relationship between nutrition, physical activity, and emotional and physical health.

MATERIALS NEEDED

You will need the following materials to host Jeopardy in your classroom.

- 3 Buzzers (bells, buzzers, whistles, etc.)
- Computer
- Projector
- This Answer Key
- Score Sheet
- Stopwatch



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INSTRUCTIONS

TEAMS

Classroom Jeopardy runs similarly to the show Jeopardy regarding category structure and point value; however, it differs in players. To effectively host Jeopardy in the classroom you will need to split the class into three teams. Each team will need a buzzer (you can be creative and assign each team a sound to use that notifies the host that they have an answer). Have each team come up with a team name.

QUESTION SELECTION AND POINTS

Each question is assigned a dollar (or point) value. To win, a team must have the highest dollar amount (or point value). A score sheet and answer key is provided in this guide.

To start the game, choose one team to pick the first category and question. Read the question and the first team to buzz in gets 10 seconds to answer the question. Team members can discuss amongst themselves to determine the answer. If the team answers correctly they win the point value of the question and can select the next category and question. If the team answers incorrectly, you can decide whether or not the team loses that point value. In true Jeopardy removes the point value from the contestant's total if they answer incorrectly. If the team answers incorrectly, another team has the opportunity to pick up the question and answer. The same rules apply if they answer correctly or incorrectly.

THE DAILY DOUBLE

In each Jeopardy round there are two Daily Double questions. Daily Double questions are not revealed unless a team selects that space on the board. If a Daily Double question is picked, the team can wager any amount of points up to their current score. If they answer correctly the team earns the points. If the team answers incorrectly, the team loses those points.

CATEGORIES

True Jeopardy has two rounds of categories and questions, as does Substance Use Prevention Jeopardy. The second round of Substance Use Prevention Jeopardy addresses upper grade (seventh and eighth) SOLs more in depth than the first round. If you are using this Jeopardy game with sixth grade, the second round can be optional. The categories for Round 1 are: Alcohol 101, Virginia Facts, Refusal Skills, Long-term Consequences and Short-term Consequences. The categories for Round 2 are: Drugs 101, In the Media, Addiction, Substance Use Influences and Consequences of Drug Use.

FINAL JEOPARDY

At the end of the second round (or first round if you are only playing one round), teams with positive scores play Final Jeopardy. You will give players a category and they must wager any point value up to their current score. After wagers have been made, read the question and allow 30 seconds for teams to write down their answer. At the end of the 30 seconds each team will read their answer and the host will award or deduct points based on their wager and if their answer is correct. The team with the highest score at the end of Final Jeopardy wins!



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ANSWER KEY

ROUND 1 CATEGORY 1 - ALCOHOL

The following category addresses basic alcohol information including: characteristics of alcohol, processing of alcohol, consumption and types of alcohol.

VALUE	QUESTION AND ANSWER
\$200	<p>Q: This is created naturally when sugars in grains, vegetables and fruits are fermented.</p> <p>A: What is alcohol?</p> <p>Discussion: <i>Alcohol can come in many forms including: beer, wine and liquor.</i></p>
\$400	<p>Q: True or False: The way your body reacts to alcohol can depend on your biological sex.</p> <p>A: What is true?</p> <p>Discussion: <i>Male and female bodies process alcohol different. Weight is also a factor in processing alcohol.</i></p>
\$600	<p>DAILY DOUBLE</p> <p>Q: The organ metabolizes, or breaks down, alcohol.</p> <p>A: What is the liver?</p> <p>Discussion: <i>From there, alcohol is then processed by the kidneys and eliminated from your body.</i></p>
\$800	<p>Q: This is defined for males as drinking 5+ drinks in a two hour period and for females drinking 4+ drinks in a two hour period.</p> <p>A: What is binge drinking?</p> <p>Discussion: <i>Binge drinking can lead to alcohol poisoning.</i></p>
\$1,000	<p>Q: Of the following, which drinks are equal to a standard drink size?</p> <p>A: What is 5 ounces of wine, 12 ounces of beer and 1.5 ounce shot of 80 proof liquor?</p> <p>Discussion: <i>The mixed drink and the martini we do not know how much alcohol is in it.</i></p>

FLASH FACTS

Over 40 percent of people who begin drinking at or before the age of 13 will develop alcohol abuse or dependence later in their life (Johns Hopkins Center on Alcohol Marketing and Youth).

It is important to begin talking with students about alcohol at an early age. Teaching students about identifying alcoholic beverages, the effects alcohol can have on the human body, the consequences of underage drinking and responsible drinking behaviors can influence a student's decision whether or not to consume alcohol.



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ROUND 1 CATEGORY 2 - VIRGINIA FACTS

The following category addresses Virginia specific laws, facts and data related to alcohol consumption and use.

VALUE	QUESTION AND ANSWER
\$200	<p>Q: This is the legal age to purchase alcohol and tobacco products in Virginia. A: What is 21 years old?</p>
\$400	<p>Q: This organization regulates and monitors the supply and sale of alcohol in Virginia. A: What is Virginia Alcoholic Beverage Control Authority? Discussion: <i>Virginia is a control state, meaning that the state's government is responsible for regulating and monitoring alcohol sales.</i></p>
\$600	<p>Q: True or False: Parents cannot be held legally responsible for providing alcohol to someone under the age of 21 at home (or elsewhere). A: What is false? Discussion: <i>Parents can be held legally responsible for providing alcohol to someone under the age of 21. Legal consequences can include: up to one year in jail and/or a \$2,500 fine</i></p>
\$800	<p>Q: This percentage of Virginia high schoolers reported having their first drink of alcohol before age 13. A: What is about 15%? Discussion: <i>This means that over 85% of Virginia middle school students aren't drinking alcohol.</i></p>
\$1,000	<p>Q: This percentage of Virginia middle schoolers reported talking with their parents or other adult family members about alcohol, tobacco or other drugs. A: What is 30%? Discussion: <i>It is important to talk with your family about substance use and the harms and consequences associated with illegal and underage substance use.</i></p>

SPARK A DISCUSSION

Creating a safe environment where open discussion is welcomed is an important aspect to encouraging students to participate. Discussion is meant to be constructive, educational and an opportunity to hear others opinions. You want to be sure to open discussion when there is plenty of time for anyone who would like to share to speak and that no one feels cut off.

Host a discussion with your students with the following questions: *Why do you think some teens may drink alcohol before the age of 21? Why do you think some parents may allow their teens to drink alcohol before they are 21? If you asked a parent, what reason might they give for providing alcohol to their teen? How do you know this is unhealthy behavior?*



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ROUND 1 CATEGORY 3 - REFUSAL SKILLS

The following category addresses strategies for youth to use for refusing substances, data on youth alcohol consumption and examples of alternate activities to substance use.

VALUE	QUESTION AND ANSWER
\$200	<p>Q: “I can’t. I have a test tomorrow.” “I don’t like the taste.” “It’s just not for me.” are all examples of...</p> <p>A: What are ways to refuse alcohol, tobacco or other drugs?</p> <p>Discussion: <i>You should never do anything you don’t want to do, including drinking alcohol and using tobacco products or other drugs.</i></p>
\$400	<p>Q: Not hesitating with your answer, looking directly at the person, and keeping your response short, clear and simple are examples of this.</p> <p>A: What are strategies to successfully refuse peer pressure to use alcohol, tobacco or other drugs?</p>
\$600	<p>Q: True or False: It’s important for you to notify your parents if you are offered alcohol, tobacco or other drugs from a friend, peer or adult.</p> <p>A: What is true?</p> <p>Discussion: <i>Your parents may need to address the issue with your peers’ parents or the adult that offered them to you.</i></p>
\$800	<p>Q: This percentage of 8th graders reported that they disapprove of people who have one or two drinks of alcohol every day.</p> <p>A: What is about 80%?</p>
\$1,000	<p>Q: Bowling, ice skating, going to the movies, learning new hobbies or playing sports instead of using substances are examples of...</p> <p>A: What are alternate activities?</p> <p>Discussion: <i>Alternate activities can be anything that promotes a healthy and productive lifestyle that offers everyone an “out” from participating in unhealthy behaviors. More often than not, your peers don’t want to participate in unhealthy behaviors either.</i></p>

FLASH FACTS

The average age of first consumption of alcohol for males is age 11 and for females the average age of first consumption of alcohol is age 13. (Harvard Health Publication)

Why do teens and pre-teens drink? Adolescence is a time of development - emotionally, mentally and physically. Through this time of transition, adolescents may be inclined to take risks, such as pushing legal limits related to alcohol use, and act impulsively, such as making decisions without thinking through the potential consequences of their actions. Additionally, there may be an expectation from peers to participate in drinking behaviors in order to be accepted and fit in with their friend group.



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ROUND 1 CATEGORY 4 - ALCOHOL USE LONG-TERM CONSEQUENCES

The following category addresses long-term consequences to alcohol use.

VALUE	QUESTION AND ANSWER
\$200	<p>Q: Alcohol abuse can affect brain development and growth. The brain stops fully developing during this timeframe.</p> <p>A: What is your mid-twenties?</p> <p>Discussion: <i>It's important not to drink alcohol if you're younger than 21 years old because your brain is still developing and underage alcohol consumption can affect its development.</i></p>
\$400	<p>Q: True or False: If I get into legal trouble due to substance use this can affect my athletic and school life.</p> <p>A: What is true?</p> <p>Discussion: <i>In addition to legal consequences, illegal substance use can lead to disciplinary actions at your school as well as on any athletic teams.</i></p>
\$600	<p>DAILY DOUBLE</p> <p>Q: High blood pressure, stroke, irregular heartbeat and blood clots are heart related issues that can be caused by...</p> <p>A: What is heavy, long-term alcohol consumption?</p>
\$800	<p>Q: Long-term alcohol use can have the following affects to this system in your body: balance and coordination issues, memory loss, sleep disruptions, nerve damage and behavior changes.</p> <p>A: What is the nervous system?</p>
\$1,000	<p>Q: This disease can be caused by heavy, long-term alcohol consumption resulting in scarring and permanent damage to the liver.</p> <p>A: What is cirrhosis of the liver?</p> <p>Discussion: <i>Causes of cirrhosis include: alcoholic liver disease, nonalcoholic fatty liver disease, chronic hepatitis C and chronic hepatitis B.</i></p>

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Host a discussion with your students with the following questions: *Why do you think some teens drink alcohol and use other drugs? What can teens do to have a good time and to feel excited without drinking or doing other drugs? When do you think people are old enough to make their own decisions about drinking and other drugs?*



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ROUND 1 CATEGORY 5 - ALCOHOL USE SHORT-TERM CONSEQUENCES

The following category addresses short-term consequences to alcohol use.

VALUE	QUESTION AND ANSWER
\$200	Q: True or False: Athletic performance can be impacted by alcohol use. A: What is true? Discussion: <i>Alcohol consumption can cause muscle cramps, decreased endurance level and a slowed reaction time.</i>
\$400	Q: BAC stands for this. A: What is Blood Alcohol Concentration ? BAC is the amount of alcohol that is present in the bloodstream. Discussion: <i>Too much alcohol in your bloodstream is called alcohol poisoning and can make you very sick and can even lead to death.</i>
\$600	Q: Alcohol reduces this stage of sleep, the stage of sleep where dreams occur. A: What is REM (rapid eye movement) sleep. Discussion: <i>Disruptions in REM sleep may cause daytime drowsiness, poor concentration and rob you of needed rest.</i>
\$800	Q: Confusion, slow reflexes, inability to remain conscious and trouble breathing are signs of this. A: What is of alcohol poisoning? Discussion: <i>Alcohol poisoning kills six people in the United States each day. If you believe someone has alcohol poisoning, call 911 immediately.</i>
\$1,000	Q: The inability to make good decisions and the inability to process information through asking “why,” “what” and “how” questions due to alcohol consumption is called this. A: What is lowered reasoning ability?

FLASH FACTS

Teens who begin drinking before the age of 15 are five times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after the age of 21. (Centers for Disease Control and Prevention)

The brain is still developing until people reach their mid-twenties. Regular, especially heavy, drinking impairs learning and memory. Youth may not only affect their brain on a single night or weekend of drinking, but possibly for the rest of their lives. Alcohol damages the two key areas of the brain that control cognitive reasoning and memory or learning. The prefrontal region of the brain controls thinking, planning, sound judgment decisions and impulse control; this area experiences the most change during adolescence. The hippocampus, involved in learning and memory, suffers the greatest from alcohol damage during the younger years.



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ROUND 2 CATEGORY 1 - DRUGS 101

The following category outlines basic drug information.

VALUE	QUESTION AND ANSWER
\$400	<p>Q: This type of drug is often used to treat pain. A: What are opioids? Discussion: <i>Opioids are commonly given out by doctors to treat pain and are to be used only under a doctor's prescription.</i></p>
\$800	<p>DAILY DOUBLE Q: This drug causes enhanced sensory perception, euphoria, drowsiness, slowed reaction time, coordination problems, increased heart rate and appetite, problems with learning and memory, hallucinations, anxiety and panic attacks. A: What is marijuana? Discussion: <i>Marijuana comes in many forms including, cigarettes, e-cigarettes, vapes, pipes, edibles, teas and oils. Marijuana is illegal federally and in Virginia.</i></p>
\$1,200	<p>Q: Examples of this type of drug are cocaine, amphetamine and methamphetamine. A: What is a stimulant? Discussion: <i>When using a drug like cocaine, the substance interferes with chemical messengers in the brain and blocks chemicals like serotonin and dopamine from being reabsorbed in the brain causing the "high" feeling.</i></p>
\$1,600	<p>Q: This type of drug can easily be found at home in products such as cleaning supplies. A: What are inhalants? Examples are: gasoline, spray paint, hair spray, and other aerosols and volatile solvents.</p>
\$2,000	<p>Q: When this neurotransmitter is released from the limbic system, it associates a positive experience with drug use and wants more. A: What is dopamine? Discussion: <i>When dopamine is released it signals for the brain to remember that something important has happened and needs to happen again.</i></p>

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Host a discussion with your students with the following questions: *How do you think people become addicted to opioids? What can you do with medication to make sure it isn't used incorrectly? What are ways you can talk to your friends and family about properly disposing of unused medication, as well as securing medication that could be dangerous?*



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ROUND 2 CATEGORY 2 - IN THE MEDIA

The following category outlines how media can influence alcohol, tobacco and other drug use.

VALUE	QUESTION AND ANSWER
\$400	<p>Q: The lyrics from “Young, Wild & Free” by Snoop Dog and Wiz Khalifa encourage listeners to...“So what we get drunk, so what we smoke weed, we’re just having fun, we don’t care who sees, so what we go out, that’s how it’s supposed to be, living young and wild and free”</p> <p>A: Any of the following are acceptable: What is use illegal substances? What is practice unhealthy drinking behaviors? What is use being young as an excuse to break the law and practice unhealthy behaviors?</p>
\$800	<p>Q: The average teen is exposed to drug references in popular music this many times per day.</p> <p>A: What is 85 times per day?</p>
\$1,200	<p>Q: Social media advertisements use techniques such as celebrities, humor and pop culture references to encourage this...</p> <p>A: What is youth substance use?</p>
\$1,600	<p>Q: How do the images below promote substance use?</p> <p>A: Any of the following are acceptable answers: What is fun, celebration, relaxation and romance?</p>
\$2,000	<p>Q: During the 2019 Super Bowl, Anheuser Busch spent this much on 8 commercial advertisements of their products.</p> <p>A: What is \$34 million? 15% of the 2019 Super Bowl ads focused on alcohol related products. Almost 90% of these advertisements were Anheuser-Busch brands.</p>

FLASH FACTS

Teens who begin drinking before they are 14 years old are five times more likely to be injured while under the influence, a little over six times greater of ever being in a motor vehicle crash and six times greater chance of being in a fight as compared to individuals who waited to drink alcohol until they were 21 years old. (Johns Hopkins Center on Alcohol Marketing and Youth)

It is important to remember to never drink alcohol and drive or accept a ride from someone who has been drinking. Statistics show that nearly a third of all alcohol-related teen traffic deaths occur during April, May and June.



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ROUND 2 CATEGORY 3 - ADDICTION

The following category outlines substance use disorder and statistics related to addiction.

VALUE	QUESTION AND ANSWER
\$400	<p>Q: This disorder occurs when a person's use of alcohol or another substance leads to problems at home, school and/or work.</p> <p>A: What is Substance Use Disorder?</p> <p>Discussion: <i>SUD is also referred to as substance abuse and includes misuse, dependence and addiction and can replace terminology such as "alcoholism."</i></p>
\$800	<p>Q: This percent of the individuals arrested for a crime tested positive for illegal opioid use at the time of their arrest.</p> <p>A: What is 60%?</p> <p>Discussion: <i>Additionally, 3% were drinking when they were arrested. Substance abuse can lead to crimes and misbehaviors that can be detrimental to wellbeing.</i></p>
\$1,200	<p>Q: Teens who start drinking before the age of 15 are this much more likely to develop alcohol dependence or abuse in their life than those who begin drinking at the age of 21 or older.</p> <p>A: What is 5 times?</p> <p>Discussion: <i>The brain is not fully developed until the mid-20s, brain function is impacted by early use and can be interpreted in the brain as a need for survival.</i></p>
\$1,600	<p>Q: Excessive alcohol consumption contributes to more than this many deaths among youth under the age of 21 in the United States each year.</p> <p>A: What is 4,300?</p>
\$2000	<p>Q: True or False: If a family member is diagnosed with Substance Use Disorder, because I share genes with them, I will be diagnosed with SUD.</p> <p>A: What is false?</p> <p>Discussion: <i>Individuals with family members who have SUD have a greater chance of developing an addiction, but this does not determine if someone will develop SUD or not.</i></p>

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Host a discussion with your students with the following questions: *Name two or three things you would like to achieve when you are an adult. How can drinking alcohol underage and illegal drug use get in the way of these goals? Who is someone you trust and can talk to about your future goals and how to stay away from alcohol, drugs and anything that may interfere with your future?*



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ROUND 2 CATEGORY 4 - SUBSTANCE USE INFLUENCES

The following category outlines influences of substance use and factors that put people at risk.

VALUE	QUESTION AND ANSWER
\$400	Q: True or False: It's okay to use substances if my parent or guardian provides it to me. A: What is false? Discussion: <i>If a parent or guardian tries to give you illegal drugs or alcohol, you can refuse.</i>
\$800	Q: Permissive parenting, inconsistent and harsh discipline and lack of supervision are categorized as this type of risk factor. A: What is a family based risk factor?
\$1,200	Q: This is when an individual over the age of 21 provides alcohol to someone underage. A: What is social providing? Discussion: <i>This individual can be a parent, older sibling, other family member or adult or even a stranger.</i>
\$1,600	Q: These are aspects of an individual, family or community that make it more likely that a person will experience a problem, such as substance misuse. A: What are risk factors?
\$2,000	Q: I feel good, to relax, to feel grown up, to belong to a friend group and boredom are excuses youth may use to do this... A: What is use substances?

FLASH FACTS

In 2017 12.5% of Virginia middle schoolers reported ever using an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vaping pens, e-hookahs and hookah pens).

Many youth do not realize that e-cigarettes do contain nicotine. Using nicotine during adolescence can damage parts of the brain that control attention, learning, mood and impulse control. Nicotine use during pre-teen and teen years may increase an individual's risk for future addiction to other drugs. E-cigarettes are a newer invention and scientists are still learning about the long-term health effects of e-cigarettes. E-cigarettes come in many shapes and sizes that can look like everyday items including: pens, USB flash drives, highlighters and even some clothing products have been made that incorporate e-cigarettes within the clothing.



SUBSTANCE USE PREVENTION JEOPARDY SCORE SHEET

ROUND 2 CATEGORY 5 - DRUG USE CONSEQUENCES

The following category outlines substance use disorder and statistics related to addiction.

VALUE	QUESTION AND ANSWER
\$400	Q: Heart disease, lung disease, cancer, mental illness, HIV/AIDS, hepatitis and addiction or dependency caused by drug use are referred to as this type of health effect... A: What are long-term health effects?
\$800	Q: This drug can cause the following short-term health consequences, increased heart rate and shallow breathing, dizziness and slow reaction time, red eyes and dilated pupils... A: What is cannabis or marijuana?
\$1,200	Q: Drugs that cause short-term effects such as slowed breathing, slurred speech, drowsiness, poor concentration and impaired coordination are classified as... A: What are depressants?
\$1,600	Q: This is a biological response to when the human body receives too much of a substance or mix of substances. A: What is an overdose? Discussion: In many cases overdoses are fatal, however if someone who has overdosed is treated in time, they may be saved. If you believe someone has overdosed, call 911 immediately.
\$2,000	Q: Drugs that cause short-term effects such as an increase in energy and alertness, anxiety and panic attacks and an increase in heart rate and blood pressure are classified as... A: What are stimulants?

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Host a discussion with your students with the following questions: *What would you do if you found out a friend was using drugs? How do you think your friend would respond to you when you let them know you are concerned? What would you tell a trusted adult about this situation? It's important to note to your students that their and their friends' safety is more important than a friend being angry at them for reporting their drug use.*



SUBSTANCE USE PREVENTION JEOPARDY SCORE SHEET

The score sheets below can be used to keep track of which team answers each question correctly so you can tally points at the end of each round to declare a winner. If no team answers the question correctly you can leave it blank. *Don't forget to add Daily Double points.*

TEAM 1

TEAM 2

TEAM 3

ROUND 1					
	Alcohol 101	Virginia Facts	Refusal Skills	Alcohol Use Long-term Consequences	Alcohol Use Short-term Consequences
\$200	Team _____	Team _____	Team _____	Team _____	Team _____
\$400	Team _____	Team _____	Team _____	Team _____	Team _____
\$600	Team _____	Team _____	Team _____	Team _____	Team _____
\$800	Team _____	Team _____	Team _____	Team _____	Team _____
\$1000	Team _____	Team _____	Team _____	Team _____	Team _____

ROUND 1 TEAM TOTALS:	Team 1 _____	Team 2 _____	Team 3 _____
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