

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

2014 National Drug IQ Challenge

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

1 In 2009, what percentage of 16 or 17-year-olds drove under the influence of drugs or alcohol?

- A. 1.2%
- B. 3.6%
- C. 6.3%
- D. 10.7%

2 Which of the following statements about the popular ADHD drug Adderall is true?

- A. It can make a person smarter.
- B. It can help a person focus, even if they don't have ADHD.
- C. It causes your body to need less sleep.
- D. None of the above.

3 A study that followed 1,000 people for more than 38 years showed that people who started smoking marijuana regularly as teenagers actually lost IQ points as they got older; and they never got them back, even if they quit as adults. On average, how many points were lost?

- A. 2
- B. 4
- C. 8
- D. 12

4 Some young people who abuse opioid painkillers like OxyContin switch to heroin—True or False?

- A. True
- B. False

5 Tobacco is the leading preventable cause of disease and death in the U.S. It causes:

- A. About 1 in every 5 early deaths
- B. About 1 in every 20 early deaths
- C. About 1 in every 100 early deaths
- D. About 1 in every 200 early deaths

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

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6 Alcohol and marijuana are the drugs most abused by teenagers. What comes next?

- A. Ecstasy (MDMA)
- B. Cocaine
- C. Bath Salts
- D. Prescription drugs and cough medicine
- E. Tobacco

7 What is the most common two-drug combination that results in death?

- A. Alcohol and cocaine
- B. Marijuana and alcohol
- C. Prescription painkillers and alcohol
- D. Prescription painkillers and LSD

8 We have heard a lot about the dangers of drugs called "bath salts." Which things are true about "bath salts?"

- A. They can cause paranoia, hallucinations, and violent behavior.
- B. They are made with amphetamine-like chemicals called cathinones.
- C. People often end up in the emergency room after taking them.
- D. They often contain unknown ingredients.
- E. All of the above.

9 K2 or Spice refers to a variety of herbal mixtures that produce experiences similar to marijuana, but in some cases more powerful and unpredictable. Which fact is NOT true about K2/Spice?

- A. They are more popular among boys than girls.
- B. The active ingredients come from natural plant material.
- C. They are abused by 11% of high school seniors.
- D. Some teens have had heart attacks after smoking them.
- E. Flavors are sometimes added to encourage you to buy them.

10 About how many 8th graders have tried an inhalant to get high?

- A. 1 in 5
- B. 1 in 10
- C. 1 in 25
- D. 1 in 200

For
the correct
answers go to
the last page.

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BRAINIAC

BONUS QUESTIONS:

1 Repeated drug abuse can change the brain and “hijack” the brain’s reward system. This means:

- A. Large amounts of the chemical dopamine flood your system, creating the “high.”
- B. Things that normally make you happy aren’t fun anymore.
- C. Drug cravings become nearly impossible to ignore.
- D. You have to wait 24 hours for your brain to go back to normal.
- E. a, b, and c.

2 Humans are in their early to mid twenties before their brain is fully mature. This is why people get concerned when teens use drugs, because chemicals can affect the developing brain. The last part of the brain to mature is:

- A. The medulla
- B. The amygdala
- C. The prefrontal cortex
- D. The hippocampus
- E. The cerebellum

[HTTP://DRUGFACTSWEEK.DRUGABUSE.GOV/IQCHALLENGE](http://drugfactsweek.drugabuse.gov/iqchallenge)

For the
correct
answers go to
the last page.

ANSWERS TO THE:

2014 National Drug IQ Challenge

1 The answer is c. This means in a high school with 200 juniors, more than twelve of them dangerously drove while under the influence. According to the Centers for Disease Control and Prevention, car accidents are the leading cause of death among young people aged 16 to 19. Learn more: <http://www.drugabuse.gov/publications/drugfacts/drugged-driving>

2 The answer is d. Lately many students without ADHD are obtaining Adderall from friends or relatives because they think it will help improve their school performance. Adderall is a stimulant just like illegal amphetamines, but it does not boost the mental ability of people who don't have ADHD. Although some people abuse Adderall to help them stay awake to study, missing sleep is bad for both brainpower and physical health. Learn more: <http://www.drugabuse.gov/drugs-abuse/prescription-drugs>

3 The answer is c. The study showed that people who began smoking marijuana heavily in their teens lost as much as 8 IQ points between the ages of 13 and 38. For people starting out with average IQ scores, a loss of 8 IQ points could drop them into the lower third of the intelligence range. Learn more: <http://www.drugabuse.gov/publications/drugfacts/marijuana>

4 The answer is a. When taken in large doses or when pills are crushed and injected, prescription opioids produce similar effects to heroin. Many prescription opioid abusers are turning to heroin because it is less expensive to obtain on the street. Learn more: <http://teens.drugabuse.gov/blog/post/prescription-opioid-abuse-can-lead-heroin-abuse>

5 The answer is a. According to the Centers for Disease Control and Prevention (CDC), cigarette smoking results in more than 443,000 premature deaths in the United States each year—about 1 in every 5 early deaths. An additional 8.6 million people suffer with a serious illness caused by smoking. Learn more: <http://www.drugabuse.gov/drugs-abuse/tobacco-addiction-nicotine>

6 The answer is d. Some prescription medications have psychoactive (mind-altering) properties and, because of that, are sometimes taken for non-medical reasons. In fact, prescription and drugstore cough and cold medicines are, after marijuana (and alcohol), the most commonly abused substances by Americans 14 and older. Learn more: <http://www.drugabuse.gov/publications/drugfacts/prescription-over-counter-medications>

7 The answer is c. Mixing drugs is always dangerous, and some combinations interact in ways that are particularly deadly. The number of people who died from mixing opioids and alcohol increased more than 300% from 1999 to 2010. Learn more: <http://teens.drugabuse.gov/drug-facts/opioids-and-pain-reliever-facts>

8 The answer is e. Bath salts are newly popular synthetic drugs that cause effects in the brain similar to amphetamines and MDMA (ecstasy), but potentially much more powerful. They are not to be confused with fragrant crystals like Epsom salts used for bathing. Manufacturers are constantly designing new cathinone chemicals to get around legal restrictions, so the effects of a particular product may be very unpredictable. Learn more: <http://www.drugabuse.gov/publications/drugfacts/synthetic-cathinones-bath-salts>

9 The answer is b. Labels on Spice products often claim that they contain “natural” psychoactive material taken from a variety of plants. Spice products do contain dried plant material, but chemical analyses show that their active ingredients are *synthetic* (or designer) cannabinoid compounds. Learn more: <http://www.drugabuse.gov/publications/drugfacts/spice-synthetic-marijuana>

10 The answer is b. A little more than 1 in 10 eighth graders have tried inhalants to get high. Common inhalants are glue, cleaning fluid, permanent markers, and spray paints. The National Inhalant Prevention Coalition (NIPC) reports that approximately 100 to 125 people lose their lives every year from “sudden sniffing death syndrome,” when inhalants cause the heart to stop. Learn more: <http://www.drugabuse.gov/drugs-abuse/inhalants>

BRAINIAC BONUS ANSWERS:

1 The correct answer is e. All drugs of abuse affect the brain's “reward” circuit, which is part of the limbic system. Normally, the reward circuit responds to pleasurable experiences by releasing the neurotransmitter dopamine, which creates feelings of pleasure. Drugs hijack this system, causing unusually large amounts of dopamine to flood the system. If a person is addicted to drugs, and stops using them, it may take many months or even longer for the brain to return to normal. Learn more: <http://teens.drugabuse.gov/drug-facts/brain-and-addiction>

2 The correct answer is c. The prefrontal cortex, or forebrain, is the thinking center of the brain. It powers our ability to plan, solve problems, control our actions, and make decisions. If it gets flooded with drugs, it could affect a teen's cognitive abilities--the ability to think effectively, make good decisions, and do well in school. Learn more: <http://teens.drugabuse.gov/drug-facts/brain-and-addiction>

