

KAHOOT title: *Toxic Trivia for Teens: A Not-So-Trivial Quiz Game*
EDUCATORS GUIDE

Welcome teachers, parents, and community leaders!

The Kahoot game “Toxic Trivia for Teens” was designed by poison center educators to help students learn about poisoning prevention concepts relevant to teens; including, but not limited to:

- Scenarios that may lead to teen poisoning.
- How substances of abuse effect the body.
- How to take medicine safely.
- Preventing childhood poisoning (for babysitters, older siblings, and future parents).

The program also addresses what to do if a poisoning is suspected. NOTE: Adults may enjoy and learn something from this Kahoot as well!

WHAT IS KAHOOT?

Kahoot! is an online game-based learning platform. Leaders create a “Kahoot,” which is a series of slides presenting questions (like a quiz). Students view the Kahoot on a shared screen (either in the classroom or on a device) and use their own computer, smart phone, or other device to enter answers. The platform automatically keeps track of students’ answers and tallies the scores at the end of the game. Kahoots are best played live in group settings, but can also be played solo. Kahoots can also be played virtually, with the aid of a virtual meeting platform (such as Zoom).

To design or host a Kahoot game, leaders will need an account with Kahoot. As of March 2021, schools have been able to secure free or low-cost accounts for their teachers. Students do not need an account to participate. To get more information, create an account, or to get help learning to use the Kahoot platform, please visit www.kahoot.com.

In particular, we recommend the KAHOOT! LIBRARY OF TUTORIAL VIDEOS:
<https://support.kahoot.com/hc/en-us/articles/360011948994-Starter-kit-video-tutorials>

FORMAT

In our game “Toxic Trivia for Teens” there are 15 true/false or multiple-choice questions, with 15 additional information-only slides. The game has been designed to be fun and educational on its own. This guide provides some optional, additional information to enhance students’ understanding of poisoning prevention concepts.

Below are the game’s questions and answers, as well as some talking points for leaders. A list of sources for more information is included at the end.

“TOXIC TRIVIA FOR TEENS” KAHOOT -- DIRECT LINK: <https://create.kahoot.it/share/toxic-trivia-for-teens-a-not-so-trivial-quiz-game/1545a0df-2ef5-42d9-a8d9-700a2fbf395d>

HOW TO USE THIS GUIDE

1. Start the Kahoot game using the link above. For help, visit www.kahoot.com. Share the screen with your students (either virtually or in the classroom).
2. Once you start the game, the game PIN will be displayed. Instruct your students to go to kahoot.it (NOTE: this is different than kahoot dot com) on their device and enter the game PIN.
3. Students will be asked to select a nickname.
4. Read aloud the suggested introduction below.
5. Begin the game. After each question, there will be an information-only slide. Read the accompanying talking points below out loud.

Optional: Contact your regional poison center to request magnets or other items in bulk to distribute to your students after playing the game. Please allow several weeks advance notice. Call 1-800-222-1222 and ask to be directed to the public educator or find your center online at www.aapcc.org.

INTRODUCTION

What would you do if you were babysitting a 3 year old, and discovered he had just gotten into some medicine? What would you do if you breathed the fumes from some bug spray and then felt sick? What would you do if you accidentally took the dog's heartworm pill instead of your daily vitamin?

These are all examples of poisoning. A poisoning is when someone is exposed to something in the wrong way or the wrong amount. When someone suspects a poisoning, they might rush to a hospital emergency department. Some might call their doctor or 9-1-1. Some might turn to the internet for answers. Today we are going to learn about a different resource that can help. You can call your local poison center, or "poison control."

Millions of poisonings happen every year. Someone calls a U.S. poison center about every 15 seconds. But poisoning is preventable. Today's Kahoot is going to help us learn how.

QUESTIONS, ANSWERS, ADDITIONAL TALKING POINTS

(correct answers highlighted in yellow).

	QUESTION	ANSWER	TALKING POINTS
1	Which is worse? Drinking a 10 ounce bottle of soy sauce or swallowing a silica gel desiccant packet?	a) Soy Sauce b) Desiccant packet	Many substances can be poisonous if used in the wrong way or the wrong amount. [News item shown on the screen: A college student almost died after drinking a bottle of soy sauce during a fraternity 'hazing.' Their injury was a result of salt poisoning.] Those silica gel desiccant packets are not poisonous, by the way. However, they are a choking hazard for children, which is why they often say "DO NOT EAT" in big letters.
2	What should you do if bitten by a rattlesnake?	a) Kill the snake. b) Cut open the wound and suck out the venom. c) Go to a hospital. d) Call your lawyer and make sure your will is up to date.	Don't believe what you see in the movies! Cutting the wound, trying to suck out the venom, applying ice, or using a tourniquet are all ineffective and might cause more harm. Also, doctors do not need to know what kind of snake bit you in order to treat you. So do not try to catch or kill the snake. If someone is bitten, stay calm. Go to a hospital. That's it. Poison control can also help you figure out what to do.
3	What is the best way to prevent children from eating or drinking harmful products?	1. Tell children all products under the sink are "off limits." 2. Store harmful products up high where children can't see or reach. 3. Mark all harmful products with a big red "X." 4. Only buy products that taste bad.	Children do not know what can hurt them. They put things in their mouths and are not always deterred by bad tastes. Parents, babysitters, and caretakers must keep all cleaning products, medicines, pesticides, and other harmful products up high--where kids can't see or reach. This includes products that someone might be carrying in a purse, backpack, or suitcase.

4	Both of these are medical emergencies, but which kills the most people each year?	<ul style="list-style-type: none"> a. Black widow spider bites b. Alcohol overdoses 	According to the U.S. Centers for Disease Control and Prevention (CDC), nearly 260 people die from excessive alcohol drinking <i>every day</i> . Spider bites can be painful, but are treatable; deaths are extremely rare.
5	True or False: Something made with <i>all-natural</i> ingredients is completely safe.	<ul style="list-style-type: none"> a. True b. False 	<i>Natural</i> does not always mean <i>safe</i> . Herbals, plants, and other “all-natural” products are made of chemical compounds, some of which could be harmful. [News item shown on the slide: A student died after drinking homemade poppy seed tea.]
6	Which is worse: swallowing a spoonful of bleach or a spoonful of 'vape juice'?	<ul style="list-style-type: none"> a. Spoonful of household bleach b. Spoonful of vape juice 	<p>Vape juice often contains liquid nicotine, which is very poisonous. Even a spoonful could make someone sick, and could be deadly to a small child.</p> <p>Swallowing a spoonful of bleach could cause mouth and stomach irritation, nausea, and vomiting.</p>
7	True or False? An adult can overdose on baby aspirin.	<ul style="list-style-type: none"> a. True b. False 	Baby aspirin and adult aspirin contain the same active ingredient--acetylsalicylic acid—just in different amounts. The Drug Facts label, found on all over-the-counter medicines, tells you the safe and effective dose.
8	Which of the following has been linked to teen cannabis (marijuana) use?	<ul style="list-style-type: none"> a. Acne b. Tooth decay c. Depression and suicide d. Brain cancer 	Studies show that cannabis affects a teen brain differently than an adult brain. This is because our brains are still growing and developing until our early 20's. Some drugs, like cannabis (marijuana), can interfere with this growth and development. Harmful effects of teen cannabis use may include problems with memory, learning, and emotions.

9	Your doctor prescribed medicine to you. Who else can safely take your medicine?	<ul style="list-style-type: none"> a. Your mother, because she is related to you. b. Your friend who has the same symptoms as you. c. Anyone as long as they are the same weight as you. d. None of the above. 	<p>Sharing pills can be dangerous. Only your healthcare provider knows what is safe for you to take.</p> <p>A common misconception among teens is that they can take someone else’s prescription ADHD medication to improve studying and grades. In fact, there is no data to support that. Taking someone else’s ADHD medicine won’t help you get better grades and could cause harm.</p>
10	A child you are babysitting eats a wild mushroom that might be poisonous. Should you try to make her throw up?	<ul style="list-style-type: none"> a. Yes b. No 	<p>Making someone throw up after they swallow something harmful does not help prevent illness, and could be dangerous. Instead, poison control can help. Call 1-800-222-1222. A trained healthcare professional will tell you exactly what to do. Poison centers are always open, and always free.</p>
11	Which of the following have been found in the vapor from e-cigarettes & vaping devices? Choose all that apply.	<ul style="list-style-type: none"> a. Formaldehyde (preserves dead things) b. Toxic metals c. Talcum powder d. Diacetyl, a chemical linked to lung disease. 	<p>E-cigarette vapor is NOT water vapor. We now know the aerosol that users inhale—and exhale—from the device can contain many toxic substances.</p> <p>Vape users report wheezing, coughing, shortness of breath, and lung damage. Vape users also can become addicted to nicotine.</p>
12	Which of these soft drinks did NOT originally contain a drug now considered potentially dangerous?	<ul style="list-style-type: none"> a. Dr. Pepper b. Coke c. 7-Up 	<p>When they were first invented many decades ago, Coke contained <i>cocaine</i> and 7-Up contained the drug <i>lithium citrate</i> which is used to treat some psychiatric disorders. We now know these drugs can be dangerous.</p> <p>This is not a new problem. There are many products that were once thought to be safe, but after more research or better science we found out they were actually dangerous. (A modern-day example is e-cigarettes and vaping devices.)</p>

13	What do you see when someone overdoses on an opioid (such as prescription pain medicine or heroin)?	<ul style="list-style-type: none"> a. Shaking b. Red face c. They are unconscious ("Passed out") and will not wake up. d. Uncontrollable laughing. 	<p>Opioid overdoses can lead to slowed or stopped breathing. A victim might look like they are sleeping but they are not. If someone can't wake up, even if you shake them or yell at them, they need immediate medical care.</p> <p>Most overdoses are accidents. [News item shown on the slide: The actor Heath Ledger died in 2008 from an accidental overdose to several of his own prescription medicines, including an opioid.]</p>
14	Who can help when you want to know if 2 medicines can be safely taken together? Choose all that apply.	<ul style="list-style-type: none"> a. 172 million search results in Google b. Your friend who took the same medicines yesterday c. Your pharmacist d. Poison control 	Do not waste time on the internet! Ask medicine questions to your healthcare provider, a pharmacist, or to poison control.
15	Who answers the phone when you call poison control (1-800-222-1222)?	<ul style="list-style-type: none"> a. Doctors, nurses, pharmacists b. Trained volunteers c. 9-1-1 operators d. Retired firefighters 	<p>Poison control centers are staffed by doctors, nurses, and pharmacists with additional training in treating poisonings from all kinds of sources. They are always open and always free. They protect your privacy, too. You can even call if you just have a question!</p> <p>[After Kahoot! shows the scores and the game is over] Take a moment to program the number into your smartphone: 800-222-1222.</p>

LINKS TO SUGGESTED RESOURCES

The American Association of Poison Control Centers

www.aapcc.org

Alcohol and Public Health. U.S. Centers for Disease Control and Prevention

<https://www.cdc.gov/alcohol/>

The American Lung Association: Impact of e-Cigarettes on Lungs

<https://www.lung.org/quit-smoking/e-cigarettes-vaping/impact-of-e-cigarettes-on-lung>

National Institute on Drug Abuse for Teens

<https://teens.drugabuse.gov/>

The Effects of Marijuana on the Teenage Brain: American Addiction Centers

<https://americanaddictioncenters.org/marijuana-rehab/effects-of-marijuana-on-teenage-brain>

Coca Cola's Scandalous Past

<https://teens.drugabuse.gov/blog/post/coca-colas-scandalous-past>

The Original 7-Up Was a Mind-Altering Substance

https://www.huffpost.com/entry/7up-history_n_5836322

News stories quoted in the Kahoot:

WHSV TV3: Police: Death of JMU student in February due to 'poppy tea'

<https://www.whsv.com/content/news/Police-JMU-student-dies-at-fraternity-house-369986691.html>

Reuters: Accidental overdose killed Heath Ledger: NY Coroner

<https://www.reuters.com/article/us-ledger/accidental-drug-overdose-killed-ledger-ny-coroner-idUSN0627874720080206>

The College Fix: UVA Police Investigate Soy Sauce Hazing

<https://www.thecollegefix.com/uva-police-investigate-soy-sauce-hazing-hospitalization/>

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