

KAHOOT title: *Toxic Trivia for Teens 2: Another Not-So-Trivial Quiz Game*
EDUCATORS GUIDE

Welcome teachers, parents, and community leaders!

The Kahoot game “Toxic Trivia for Teens 2: Another Not-So-Trivial Quiz Game” (links below) 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! *This program is an updated version of our original “[Toxic Trivia for Teens: A Not-So-Trivial Quiz Game.](#)”*

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

There are two versions of the updated game:

- A full version (20 true/false or multiple choice questions) with a word cloud discussion prompt at the end
- An abbreviated version (15 true/false or multiple choice questions) with no discussion prompt.

Both versions of the game have been designed to be fun and educational. We recommend using the full version only if the educator has time and capacity for a discussion following the game (as the last question is a discussion prompt). 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 2" KAHOOT -- DIRECT LINKS:

- Full version: <https://create.kahoot.it/share/toxic-trivia-for-teens-and-adults-2-another-not-so-trivial-quiz-game-full-version/7a8e52b0-3841-43a3-8b32-e023d463300e>
- Abbreviated version: <https://create.kahoot.it/share/toxic-trivia-for-teens-and-adults-2-another-not-so-trivial-quiz-game-abbreviated-version/24a1e13e-998d-4afc-8f80-93937773dfd5>

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).

Toxic Trivia for Teens 2: Another Not-So-Trivial Quiz Game FULL VERSION

	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	<p>Many substances essential for life, such as sodium, can be poisonous if used in the wrong way or the wrong amount.</p> <p>[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.]</p> <p>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.</p>
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.	<p>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.</p>
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.	<p>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.</p>

4)	Both of these are medical emergencies, but which kills the most people each year?	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 alcohol overdose <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.	a. True b. False	<i>Natural</i> does not always mean <i>safe</i> . Herbals, plants, and other all-natural products contain chemical compounds which could be harmful, especially in large amounts. Cyanide, capsaicin, nicotine, even poppies are natural and can certainly be harmful in the wrong way or amount.
6)	Which is worse: swallowing a spoonful of bleach or a spoonful of 'vape juice'?	a. Spoonful of household bleach b. Spoonful of vape juice	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. Swallowing a spoonful of bleach could cause mouth and stomach irritation, nausea, and vomiting.
7)	True or False? An adult can overdose on baby aspirin.	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)	True or False? Cannabis/marijuana does NOT impair driving.	a. True b. False	Cannabis/marijuana can reduce reaction time, focus, and motor skills, which are ALL needed for safe driving.
9)	Which of the following substances can lead to physical dependence (when your body/brain wants it to function normally)? (multiple select)	a. Coffee (caffeine) b. Cannabis/marijuana (delta-9 tetrahydrocannabinol/THC) c. Smoking or vaping (nicotine) d. Beer or wine (alcohol)	When you form dependence, your brain and body may start to develop tolerance (it wants more of that substance to feel normal). Tolerance can lead to an increase in substance use. Or, if someone quits, they may experience short-term withdrawal (when the brain has to readjust to maintain function). Sleep disruption is a common withdrawal symptom of many substances.

10)	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 medication can be dangerous. Only your healthcare provider knows what is safe for you to take. Your healthcare provider has carefully chosen medicines that will work for you by considering your allergies, potential side effects, and any interactions that your current medications may cause. It is important to only take medicines that are prescribed for you. Plus it is illegal to share them with others</p>
11)	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>
12)	Which of the following have been found in the aerosol from 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>The aerosol released from vape devices is not simply water vapor, it can contain many chemicals harmful to the lungs.</p> <p>Vape users often report wheezing, coughing, shortness of breath, and lung damage. Vape users also can become addicted to nicotine.</p>
13)	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>
14)	What do you see when someone overdoses on	<ul style="list-style-type: none"> a. Shaking b. Red face 	<p>Opioid overdoses can lead to slowed or stopped breathing. A victim might look</p>

	an opioid (such as prescription pain medicine or heroin)?	<ul style="list-style-type: none"> c. They are unconscious ("Passed out") and will not wake up. d. Uncontrollable laughing. 	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. Call 911 and administer naloxone if available, as it can reverse an opioid overdose (and is safe even without an opioid present!).
15)	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.
16)	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>
17)	What is the national Poison Help phone number? (HINT: We JUST showed you!)	<ul style="list-style-type: none"> a. 911 b. 800-867-5309 c. 800-222-1222 d. 800-123-4567 	
18)	True or False: Poison centers only take calls about little kids	<ul style="list-style-type: none"> a. True b. False 	ANYONE can call poison control, and we can help folks of all ages! Adults, teens, older adults; anyone!
19)	True or False: If I use a drug I shouldn't and call poison control, they'll call the police and get me in trouble.	<ul style="list-style-type: none"> a. True b. False 	Poison control centers are confidential services, we do not share your information with others. We only want to keep you safe from potential poisonings!
20)	Word cloud: who do you feel most comfortable talking to about substance use?	<i>There is no right or wrong answer here.</i>	<i>The idea is that participants will write in "friends," "parents," "teacher," "no one," etc., so that that the educator leading the discussion can use it to transition into a larger discussion about the importance of asking for help from a trusted source, ideally an adult. Fostering good communication skills is a key part of substance use prevention</i>

			<p><i>and harm reduction for everyone, especially for youth.</i></p> <p><i>If this Kahoot is run in a setting where there CAN'T be a discussion following this question, it may be best to end the game with the previous question and skip this one.</i></p>
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Toxic Trivia for Teens 2: Another Not-So-Trivial Quiz Game ABBREVIATED VERSION

	QUESTION	ANSWER	TALKING POINTS
1)	Which is worse? Drinking a 10 ounce bottle of soy sauce or swallowing a silica gel desiccant packet?	<p>c) Soy Sauce</p> <p>d) Desiccant packet</p>	<p>Many substances essential for life, such as sodium, can be poisonous if used in the wrong way or the wrong amount.</p> <p>[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.]</p> <p>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.</p>
2)	What should you do if bitten by a rattlesnake?	<p>e) Kill the snake.</p> <p>f) Cut open the wound and suck out the venom.</p> <p>g) Go to a hospital.</p> <p>h) Call your lawyer and make sure your will is up to date.</p>	<p>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.</p>
3)	What is the best way to prevent children from eating or drinking harmful products?	<p>5. Tell children all products under the sink are "off limits."</p> <p>6. Store harmful products up high where children can't see or reach.</p> <p>7. Mark all harmful products with a big red "X."</p>	<p>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</p>

		8. Only buy products that taste bad.	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?	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 alcohol overdose <i>every day</i> . Spider bites can be painful, but are treatable; deaths are extremely rare.
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6)	Which is worse: swallowing a spoonful of bleach or a spoonful of 'vape juice'?	c. Spoonful of household bleach d. Spoonful of vape juice	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. Swallowing a spoonful of bleach could cause mouth and stomach irritation, nausea, and vomiting.
7)	True or False? An adult can overdose on baby aspirin.	c. True d. 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)	True or False? Cannabis/marijuana does NOT impair driving.	c. True d. False	Cannabis/marijuana can reduce reaction time, focus, and motor skills, which are ALL needed for safe driving.
9)	Your doctor prescribed medicine to you. Who else can safely take your medicine?	e. Your mother, because she is related to you. f. Your friend who has the same symptoms as you. g. Anyone as long as they are the same weight as you. h. None of the above.	Sharing medication can be dangerous. Only your healthcare provider knows what is safe for you to take. Your healthcare provider has carefully chosen medicines that will work for you by considering your allergies, potential side effects, and any interactions that your current medications may cause. It is important to only take medicines

			that are prescribed for you. Plus it is illegal to share them with others
10)	A child you are babysitting eats a wild mushroom that might be poisonous. Should you try to make her throw up?	c. Yes d. No	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.
11)	Which of these soft drinks did NOT originally contain a drug now considered potentially dangerous?	d. Dr. Pepper e. Coke f. 7-Up	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. 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.)
12)	What do you see when someone overdoses on an opioid (such as prescription pain medicine or heroin)?	e. Shaking f. Red face g. They are unconscious ("Passed out") and will not wake up. h. Uncontrollable laughing.	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. Call 911 and administer naloxone if available, as it can reverse an opioid overdose (and is safe even without an opioid present!).
13)	Who can help when you want to know if 2 medicines can be safely taken together? Choose all that apply.	e. 172 million search results in Google f. Your friend who took the same medicines yesterday g. Your pharmacist h. Poison control	Do not waste time on the internet! Ask medicine questions to your healthcare provider, a pharmacist, or to poison control.
14)	Who answers the phone when you call poison control (1-800-222-1222)?	e. Doctors, nurses, pharmacists f. Trained volunteers g. 9-1-1 operators	Poison control centers are staffed by doctors, nurses, and pharmacists with additional training in treating poisonings from all kinds of sources.

		h. Retired firefighters	They are always open and always free. They protect your privacy, too. You can even call if you just have a question! [After Kahoot! shows the scores and the game is over] Take a moment to program the number into your smartphone: 800-222-1222.
15)	True or False: Poison centers only take calls about little kids	c. True d. False	ANYONE can call poison control, and we can help folks of all ages! Adults, teens, older adults; anyone!

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/>

Colorado's Monitoring Health Concerns Related to Marijuana Literature Review:

<https://marijuanahealthinfo.colorado.gov/Literature-review>

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:

The College Fix: UVA Police Investigate Soy Sauce Hazing

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

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