ONLINE/HIGH ICEBREAKERS

Questions with brief explanation of answers:

Cannabis cures cancer.

FICTION: Although some cannabis-based medicines may help reduce side effects of some cancer treatments, it is a myth that cannabis can cure cancer. The myth seems to have originated from laboratory studies where a high dose of THC (one of the main chemicals in cannabis) killed cancer cells in a petri dish. However, THC cannot selectively kill cancer cells in the human body while sparing healthy cells.

2023 saw the highest ever recorded number of cocaine-related deaths in Scotland.

FACT: Cocaine was implicated in 479 drug-related deaths in 2023, the highest ever recorded number

Ecstasy is a class A illegal drug.

FACT: In the Misuse of Drugs Act, which applies to the whole of the UK, ecstasy is a Class A illegal drug. This means a person caught in possession of it could face up to 7 years in prison, and/or an unlimited fine, as well as a criminal record. For supplying it, the maximum penalty is up to life imprisonment.

Regular use of ketamine may lead to bladder damage.

FACT: Regular ketamine use has been known to cause serious bladder problems, with the urgent and frequent need to pee. This can be very painful and the pee can be blood-stained. Sometimes the damage can be so serious that the bladder needs surgical repair or even removal).

A recent survey showed that 55% of 15 year olds in Scotland said they have tried cannabis.

FICTION: The Health Behaviour of School-Aged Children survey conducted by University of Glasgow in 2022 found that 19% of 15 year olds had ever used cannabis).

If someone has passed out after taking drugs, you should force them to drink water.

FICTION:

This is not recommended. An unconscious person could easily choke if forced to drink water. The correct thing to do if someone has passed out after taking drugs is to call 999 immediately and put them on their side into the recovery position).

A risk of taking ecstasy is overheating.

FACT: One of the effects of ecstasy/MDMA is that it raises body temperature, which can lead to overheating and potentially even death).

Giving an illegal drug to a friend for free doesn't count as dealing/supplying it.

FICTION: Giving an illegal drug to someone else, even for free, could result in someone being charged with the offence of supplying an illegal drug. This could mean a fine, a criminal record and possibly a prison sentence).

A survey in 2019 showed that 1 in 4 16-25 year olds said they had seen drugs for sale on social media.

FACT: "DM for Details" report by Volteface found that 1 in 4 (25%) of 16-25 year olds surveyed had seen drugs for sale on social media, with cannabis being the most common drug seen for sale).

"Street benzos" (illegally made/ sourced benzodiazepine tablets) are one of the leading causes of drug-related deaths in Scotland.

FACT: in 2023, "street benzos" were implicated in almost 50% of all drug-related deaths (572 of the total 1172).