

Answer Key

Round 1 – Harm Reduction

Substance Use – Multiple Choice (circle your answer)

1. What does the term "harm reduction" mean?
 - a. Encouraging substance use
 - ☒ b. Reducing the potential harms associated with a behavior
 - c. Eliminating all risk
2. Which of the following is a protective factor for youth?
 - ☒ a. Strong connections with supportive adults
 - b. Social isolation
 - c. Stigma and discrimination
3. You can identify fentanyl by...
 - a. Sight
 - b. Smell
 - ☒ c. None of these
4. Which of the following is considered a harm reduction strategy?
 - a. Using substances alone
 - ☒ b. Carrying naloxone and using a buddy system
 - c. Mixing drugs without knowing what they are
5. How long can it take to feel the full effects of cannabis edibles?
 - a. 30mins
 - b. 2hours
 - ☒ c. 4hours

Substance Use – Myth or Fact? (circle your answer)

1. Good harm reduction conversations focus on safety rather than judgment.
☒ TRUE or FALSE
2. Harm Reduction and abstinence are opposites.
TRUE or FALSE ☒

3. Most youth who try a substance develop a substance use disorder.

TRUE or **FALSE**

4. Mental health and substance use can affect each other.

TRUE or **FALSE**

5. Mixing substances increases the risk of overdose.

TRUE or **FALSE**

6. Drinking coffee can sober someone up after drinking alcohol.

TRUE or **FALSE**

7. Prescription medications are always safer than non-prescribed substances.

TRUE or **FALSE**

8. Naloxone restores breathing.

TRUE or **FALSE**

9. Naloxone works on opioid overdoses but not stimulant overdoses.

TRUE or **FALSE**

10. The only way to reduce the harms of using substances is to not use them at all.

TRUE or **FALSE**

Sexual Health – True or False? (circle your answer)

1. Using condoms correctly every time can reduce the risk of many sexually transmitted infections (STIs).

TRUE or **FALSE**

2. A person can have an STI and not know it because they have no symptoms.

TRUE or **FALSE**

3. Consent can be given when someone is heavily intoxicated.

TRUE or **FALSE**

4. You can contract certain STIs, such as herpes or HPV through skin-to-skin contact without having full sexual intercourse.

TRUE or **FALSE**

5. Internal condoms are made of latex and should not be used with oil- based lubricants.

TRUE or **FALSE**

6. Once you finish a round of antibiotics and cure an STI like chlamydia, you are immune to it and cannot get it again.
- TRUE or FALSE ☒
7. Most people who are infected with the Human Papillomavirus (HPV) clear the virus naturally from their bodies within two years without ever realizing they had it.
- ☒ TRUE or FALSE
8. A standard, yearly physical exam or Pap smear automatically includes a full screen for all major STIs.
- TRUE or FALSE ☒
9. When someone living with HIV takes medication that lowers their viral load to "undetectable" levels, they cannot pass the virus to a sexual partner.
- ☒ TRUE or FALSE
10. The Human Papillomavirus (HPV) vaccine is only beneficial for girls and women.
- TRUE or FALSE ☒

Round 2 – Pride History

Multiple Choice (circle your answer)

1. In August 1971, Canada's first large-scale public gay rights demonstration took place in the pouring rain. On which city's Parliament Hill did protesters gather to present a list of ten demands for equal rights?
- a. Toronto ☐
- ☒ b. Ottawa
- c. Montreal
- d. Vancouver
2. Which Canadian city hosted the country's first unofficial Pride parade in 1978, later securing an official municipal permit for its 1981 parade?
- ☒ a. Vancouver ☐
- b. Halifax
- c. Toronto
- d. Winnipeg

3. What major February 1981 event—involving mass police raids on four gay bathhouses—served as a massive tipping point that sparked the modern Toronto Pride movement?
- a. The Stonewall Riots
 - ☒ b. Operation Soap
 - c. The Brunswick Four Incident
 - d. The Fruit Machine Trials
4. In 1990, the culturally significant term "Two-Spirit" (*niizh manidoowag*) was officially coined by Indigenous LGBTQ+ individuals during an international gathering in which Canadian city?
- a. Saskatoon
 - b. Edmonton
 - ☒ c. Winnipeg
 - d. Montreal
5. In 2005, Canada made history by passing the Civil Marriage Act, becoming the fourth country in the world to legalize same-sex marriage nationwide. Which province was the very first to legalize it locally in 2003?
- a. British Columbia
 - b. Quebec
 - c. Nova Scotia
 - ☒ d. Ontario

Round 3 - STBBI

Silent Type: Chlamydia

Close Contact Crasher: MPOX

Long Term Commitment: HIV

The On Again, Off Again Type: Herpes

The Master of Disguise: Syphilis

The Social Butterfly: HPV

Round 4 – “Mystery theme”

1. **Word Scramble:** Re-arrange the letters to answer the question below and write the answer in the space provided. It’s also the name of this round’s trivia theme!

Question: What is called when there is a set of negative, and often unfair, beliefs, biased thinking, and prejudices about an individuals or group of people that show up in ways such as negative attitude or discrimination.

Answer:

GITSAM = STIGMA

2. **Fill-in-the-blank:** Fill in the missing letters for the terms that describe underlying drivers of stigma:

a. Unawareness

HINT: “I didn’t know, but now I know and want to understand.”

b. Ignorance

HINT: “I didn’t know, I don’t want to know, and don’t want to understand.”

c. Fear

HINT: “I am afraid of you.”

d. Hate

HINT: “I don’t like you, and I definitely don’t accept you.”

e. Superiority

HINT: “I’m better than you.”

3. **Match it up!** Draw a line from each of the 5 types of stigma on the left to their corresponding definition on the right. The order of the definitions is scrambled.

Internalized Stigma	The general societal atmosphere of attitudes and behaviours that negatively impact individuals or groups of people based on a specific characteristic or condition. It can also be about the policies, laws, and institutional & organizational practices that perpetuate stigma.
Enacted Stigma	When individuals expect to be judged, treated unfairly, or discriminated against because of their condition or identity.
Structural Stigma	Unfair treatment of a person or group based on aspects of their conditions or identity. The unfair treatment can show up as discrimination or a negative attitude. It is often seen or heard in an obvious way.
Anticipated Stigma	Compounded negative attitudes and discrimination experienced by individuals or groups who possess multiple stigmatized identities, circumstances, or conditions.
Intersectional Stigma	When individuals view themselves as the negative stereotypes, generalizations, and beliefs about their own condition or identity, leading to feelings of shame, worthlessness, or self-blame.

4. **Inside or Outside?** Circle your answer to indicate whether the items listed are how enacting stigma is experienced on the inside or shows on the outside of a person.

- a. Biased thinking - The tendency to favor or lean towards certain perspectives, beliefs, or types of people in a way that is often unconscious and not based on objectivity.

☒ **INSIDE** or **OUTSIDE**

- b. Condescension - Being overly sympathetic or patronizing behavior, where individuals are treated as helpless or inferior rather than as capable and autonomous.

INSIDE or **OUTSIDE** ☒

- c. Microaggression - Subtle, often unintentional comments or actions that reflect biased-thinking, such as backhanded compliments, assumptions, or insensitive remarks.

INSIDE or OUTSIDE ●

- d. Prejudice – Preconceived opinion, perception, or stereotype about a person or group that is not based on reason or actual experience.

● INSIDE or OUTSIDE

- e. Denial of access - Being outright denied entry or participation in programs or service based on personal characteristics.

INSIDE or OUTSIDE ●

5. **Closing word scramble** - Re-arrange the scrambled letters provided to answer the following question:

What is the general term for how stigma shows up as outward behaviour in ways like denial of access to services, social exclusion, or barriers being imposed?

TIRMNACISIDION = DISCRIMINATION