True or False

Quiz for First Nations Youth

First Nations Health Authority
Health through wellness

True or False

Everyone's relationship with substances is the same

First Nations Health Authority
Health through wellness

False

Everyone's experiences and reasons for using substances are different.

True or False

You don't need to be an expert to support a friend who may be struggling with substance use

First Nations Health Authority
Health through wellness

True

True or False

Shame and judgment make it easier for people to ask for help

First Nations Health Authority
Health through wellness

WOA

False

Supportive, non-judgmental conversations help people feel safer seeking support.

True or False

Culture can be an important part of healing and wellness

First Nations Health Authority
Health through wellness

With Open Arms

True

True or False

Only adults can help someone who is struggling with substance use

First Nations Health Authority
Health through wellness

WOA

False

Friends can play an important role by listening, caring, and connecting people to support.

True or False

People may use substances for many different reasons, including stress, curiosity or trauma

First Nations Health Authority
Health through wellness

Talk To
Someone

True

True or False

Having open and honest conversations can help reduce stigma around substance use

First Nations Health Authority
Health through wellness

True

Talk To Someone

True or False

If a friend uses substances, you should ignore it and never talk about it

With Open Arms

First Nations Health Authority
Health through wellness

False

Checking in with care and compassion can help keep friends connected and supported.

True or False

Talk To Someone

Harm reduction is about helping people stay safer and healthier

First Nations Health Authority
Health through wellness

True

True or False

It's okay to ask a trusted adult for help if you're worried about a friend

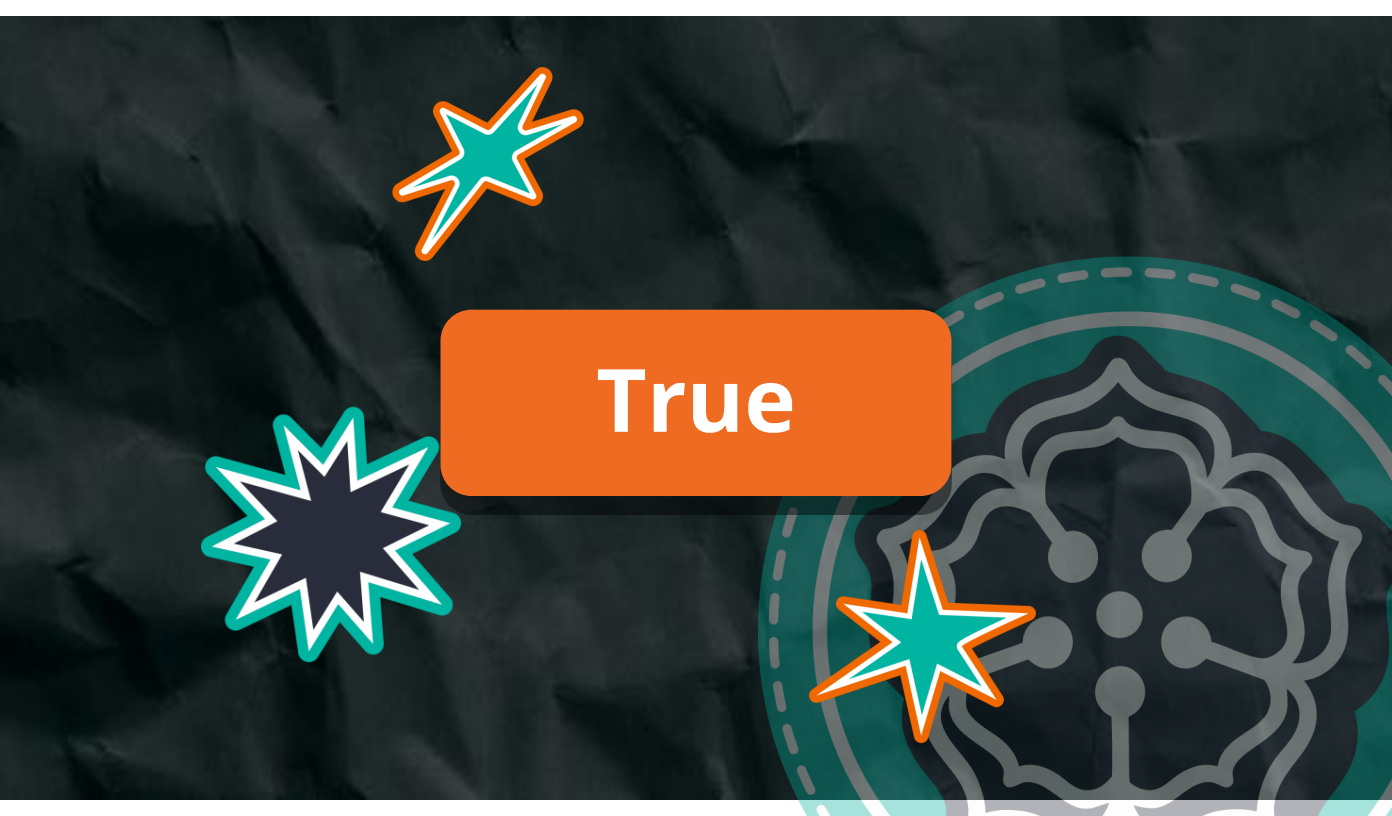
First Nations Health Authority
Health through wellness

True

True or False

People should be treated with respect regardless of whether they use substances

First Nations Health Authority
Health through wellness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True or False

Wellness only means being physically healthy

First Nations Health Authority
Health through wellness

False

Wellness includes mental, emotional, spiritual, cultural, and physical well-being.

True or False

The With Open Arms campaign encourages supportive conversations about substance use

First Nations Health Authority
Health through wellness

WOA

True

WOA

True or False

You need special training to support a friend who may be struggling with substance use

First Nations Health Authority
Health through wellness

False

You can support a friend by listening, caring, and connecting them to help when needed.

True or False

Substance use can be influenced by factors such as stress, curiosity, trauma, or peer pressure

First Nations Health Authority
Health through wellness

WOA

True

True or False

With Open Arms

People who use substances should be judged for their choices

First Nations Health Authority
Health through wellness

False

The campaign promotes compassion, respect and reducing stigma.

With Open Arms

True or False

Culture and connection can support healing and wellness

First Nations Health Authority
Health through wellness

True

True or False

Talking openly with a trusted friend can help someone feel less alone

First Nations Health Authority
Health through wellness

True

WOA

True or False

Harm reduction means helping people stay safer and healthier

First Nations Health Authority
Health through wellness

WOA

True

True or False

The best way to help a friend is to ignore concerns about their well-being

First Nations Health Authority
Health through wellness

False

Checking in and showing care can make a positive difference.

Talk To Someone

True or False

Everyone's journey with substance use and wellness is different

First Nations Health Authority
Health through wellness

True

True or False

It is okay to ask a trusted adult for help if you are worried about a friend

First Nations Health Authority
Health through wellness

True

True or False

Shame and stigma make it easier for people to seek support

First Nations Health Authority
Health through wellness

False

Stigma can create barriers to getting help.

True or False

A supportive conversation starts with listening and respect

First Nations Health Authority
Health through wellness

WOA

True

True or False

Only adults can help reduce stigma around substance use

First Nations Health Authority
Health through wellness

False

Youth can help create supportive and respectful environments too.

With Open Arms

True or False

Wellness includes mental, emotional, cultural, spiritual, and physical health

First Nations Health Authority
Health through wellness

True

Talk To Someone

True or False

Being "open arms" means accepting and supporting people without judgment

First Nations Health Authority
Health through wellness

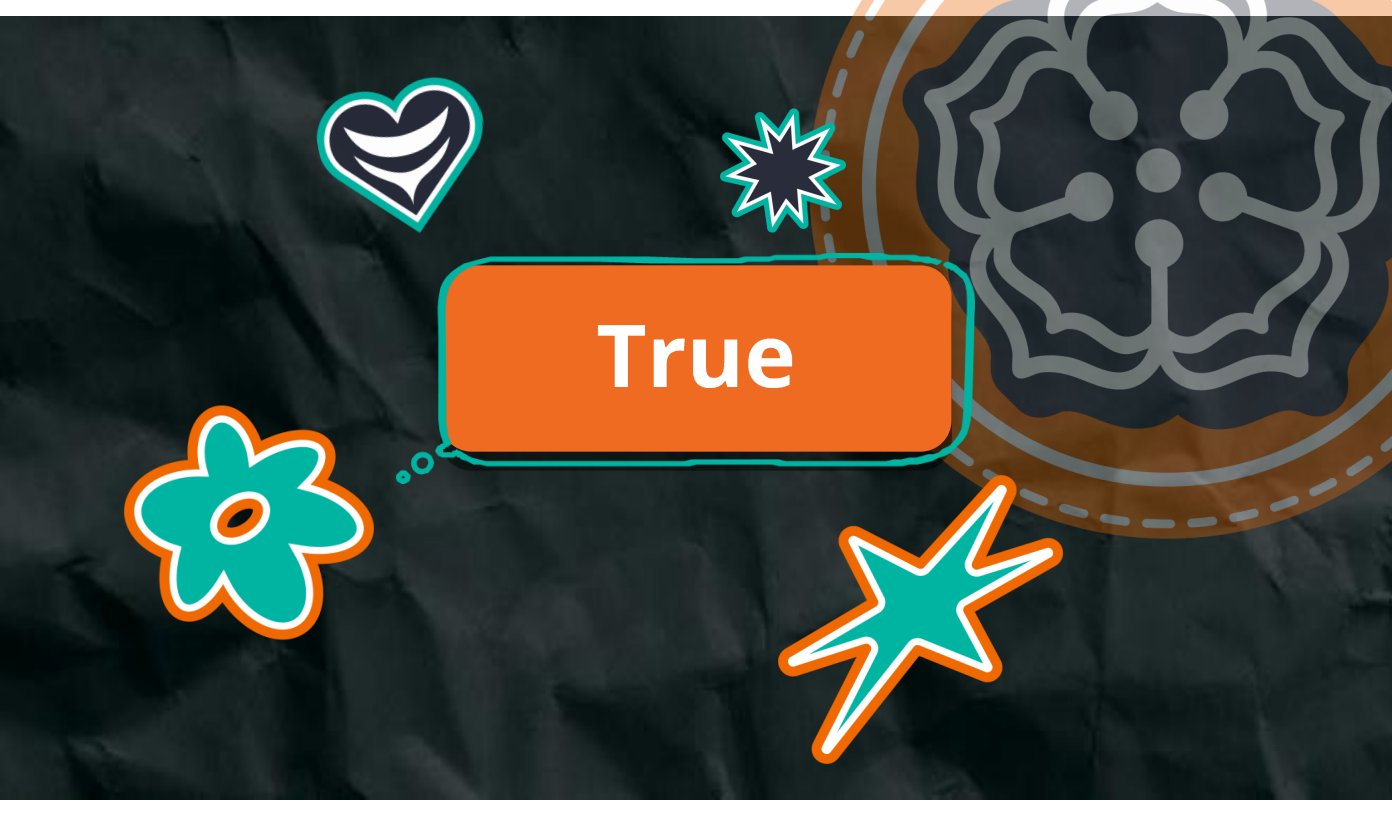
True

True or False

Bonus Question

Being a good friend means listening, showing empathy and helping someone connect to support when they need it

First Nations Health Authority
Health through wellness


True

True or False

Harm reduction is about helping people stay safer, regardless of where they are on their wellness journey

First Nations Health Authority
Health through wellness

Talk To
Someone

True or False

You have to agree with everything a friend does in order to support them

First Nations Health Authority
Health through wellness

False

You can care about someone while encouraging safer choices and healthy boundaries.

WOA

True or False

With Open Arms

A youth can make a difference by checking in on a friend who may be struggling

First Nations Health Authority
Health through wellness

True

With Open Arms

True or False

Harm reduction is only for adults

First Nations Health Authority
Health through wellness

False

Youth can learn about safer choices, support resources, and ways to help friends.

True or False

Treating people with respect can help reduce stigma

First Nations Health Authority
Health through wellness

True

True or False

With Open Arms

If a friend is struggling, it's okay to reach out to a trusted adult for support

First Nations Health Authority
Health through wellness

True
WOA

True or False

Harm reduction recognizes that everyone's experiences and choices are different

First Nations Health Authority
Health through wellness

True

True or False

Shaming someone is an effective way to help them make healthy choices

First Nations Health Authority
Health through wellness

WOA

False

Judgment can create barriers to trust and support.

True or False

Being a good listener is one way to support a friend

First Nations Health Authority
Health through wellness

True

True or False

Culture, community, and connection can all support wellness and healing

First Nations Health Authority
Health through wellness

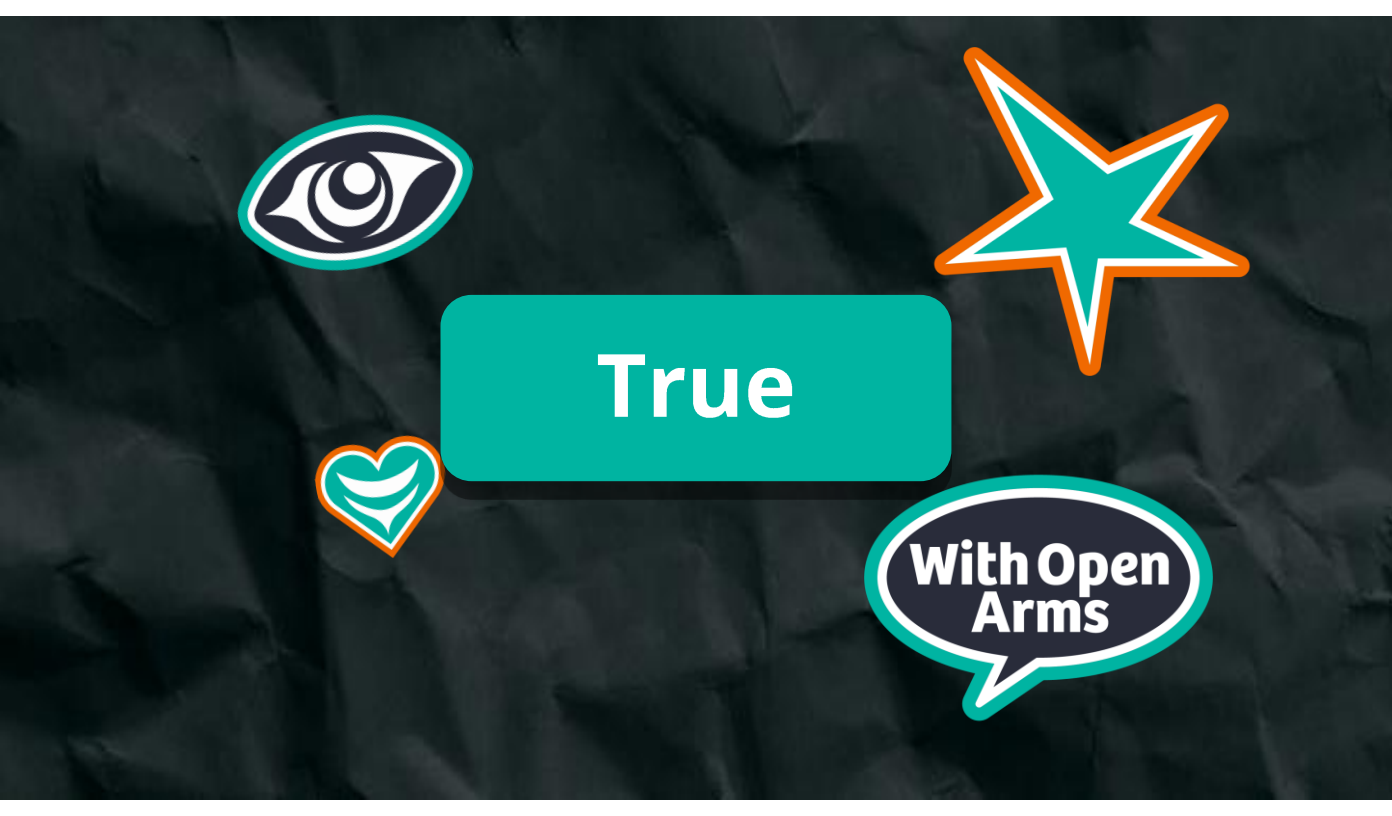
True

Talk To Someone

True or False

It is important to know your own limits and practice healthy boundaries

First Nations Health Authority
Health through wellness


True
With Open Arms

True or False

If you're worried about someone, you should keep it a secret no matter what

First Nations Health Authority
Health through wellness

False

If someone's safety is at risk, it is important to seek help from a trusted adult.

True or False

Harm reduction includes providing information that helps people make safer decisions

First Nations Health Authority
Health through wellness

True
WOA
With Open Arms

Talk To Someone

True or False

Everyone deserves compassion and support

First Nations Health Authority
Health through wellness

WOA

True

True or False

Being supportive means talking with someone, not talking about them behind their back

First Nations Health Authority
Health through wellness

True
WOA

True or False

If a friend tells you they are having a hard time, listening without interrupting is a helpful first step

First Nations Health Authority
Health through wellness

True

True or False

A caring text message can help someone feel connected and supported

First Nations Health Authority
Health through wellness

True

True or False

Harm reduction is about keeping people safe, not judging them

WOA

First Nations Health Authority
Health through wellness

True

True or False

Asking someone "How are you really doing?" can open the door to a supportive conversation

First Nations Health Authority
Health through wellness

True
WOA

True or False

With Open Arms

Hope, kindness, and connection can be powerful tools for wellness

First Nations Health Authority
Health through wellness

True

True or False

Discussion Question

Harm reduction starts with caring about people and meeting them where they are

First Nations Health Authority
Health through wellness

True

With Open Arms