Myth buster, True/ False Ketamine Quiz Instructions

Aim: Explore facts around ketamine and assess young people's current knowledge level.

In a group (Approx 10): Create space for participants to stand in a line with a TRUE/FALSE sign at either end of line.

Distribute Myth buster cards to individuals.

Read each statement out. Ask participants to stand by either TRUE/ FALSE sign, or between, to show what they think.

Encourage some to share reasoning and facilitate discussion, offer chance to change position following this.

Share the answer with everyone.

Individually: Place TRUE/FALSE signs at either end of table with Myth buster cards in a pile. One at a time, read statements and decide to place them near the TRUE or FALSE sign.

Once complete read the answers and discuss together.

In pairs or a small group: As for individual but discuss statement on each Myth buster card in turn and explain why it's TRUE or FALSE.

In a large group (15 +): Have Myth buster cards in a Power Point format (talkabouttrust.org website) read each statement aloud and ask people to stand up if they think TRUE. Encourage discussion. Share the answers with everyone.



A “K-hole” is an intense effect of ketamine. Someone can feel detached from their body: unable to move or speak.

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True:

A “k-hole” is a dissociative state which can paralyze someone physically.

It can cause intense hallucinations and mental confusion.

Some people have shared this can be unsettling/unpleasant.



Ketamine is a Class B illegal drug if taken or sold without a medical prescription.

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True:

Ketamine is a Class B controlled drug, which means that possession, supply, or production is a criminal offence.



Taking ketamine regularly can cause memory problems and make it difficult to concentrate.

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True:

Regular ketamine use disrupts how the brain works.

It can damage short-term memory, reduce attention span, and make learning new information harder.



Ketamine is a stimulant that speeds up a person's reaction times and sharpens their focus.

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False:

Ketamine is a dissociative anaesthetic.

This means that it slows down the central nervous system, affecting coordination, speech, and sensory perception.



Ketamine can make it harder to notice an injury.

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False:

Ketamine can dull pain. Someone might not realise if they become injured.

If an injury goes unnoticed it could get worse without treatment.



Taking an unknown powder is safe if a friend says it is harmless.

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False:

We can’t know exactly what is in any powder given to us by someone else.

Drugs are often mis-sold, mixed with cheaper more harmful products or shared with unknown strengths.

Each time may be completely different from a previous experience.



Frequent ketamine use can cause severe stomach pain, sometimes called “K-cramps”.

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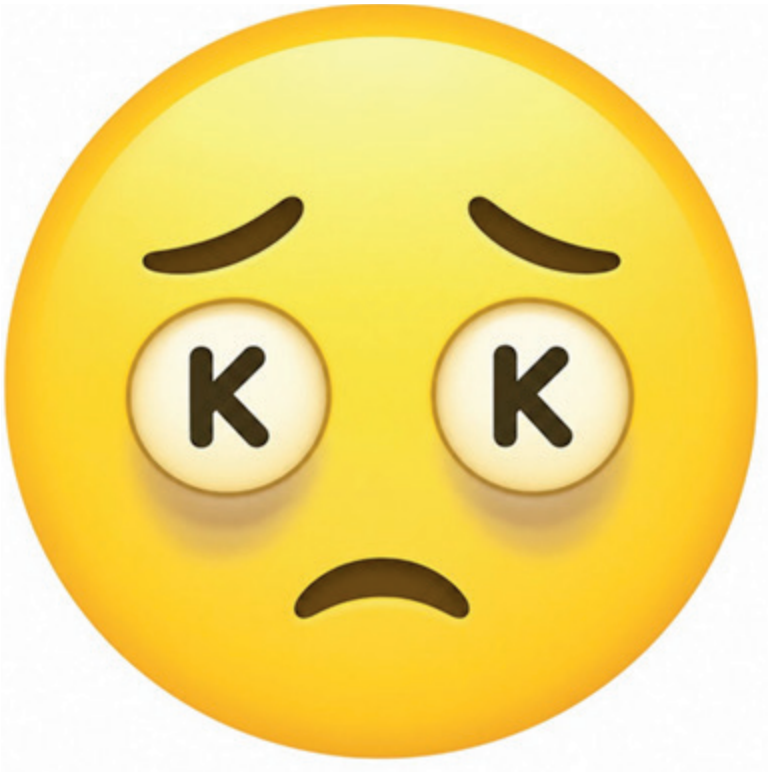
True:

‘K cramps’ are intense stomach pains that can happen with frequent ketamine use.

They can be a sign that ketamine is damaging the body, including the bladder and digestive system.



You can’t become dependent on Ketamine.

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False:

People can become dependent on ketamine, even though withdrawal may not feel as physically intense as from alcohol or other drugs.

Over time, a person may feel they need to use more ketamine, more often, to get the same effects.

This can lead to dependence and make it difficult to cut down or stop.



If someone falls asleep after taking ketamine, they can just be left to sleep it off.

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False:

Ketamine slows down body messages and causes drowsiness.

If someone is unconscious stay with them and check that they are breathing normally.

If they cannot be woken, place them in the recovery position and call 999.

Always seek help for someone who has become unwell.

Remember – it is illegal to carry drugs on your body and not illegal to have drugs in your body.



Taking ketamine with alcohol is okay because both substances are relaxing.

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False:

Mixing alcohol and ketamine is not safe because both substances slow down the central nervous system.

This increases the risk of unconsciousness and choking.

People have died when their central nervous system has become so suppressed they stop breathing.