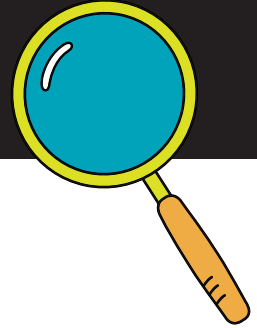




Two Truths and a Myth

Can you tell what's true and what's not?



2+
Players

HOW TO PLAY: Each card has three statements about alcohol, vaping, pills, peer pressure and other substance-related situations. Two are true. One is a myth. Together, try to figure out which statement is the myth.

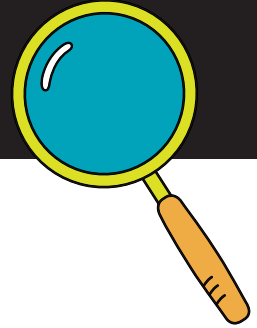


Medicine	What's the myth?	Alcohol	What's the myth?
1. Medicine should be taken according to its directions. 2. If two people have the same symptoms, it's okay for them to share medicine. 3. Taking medicine the wrong way can be harmful.		1. Most high school students drink alcohol. 2. Alcohol can make it harder to make good decisions. 3. Alcohol can slow reaction time.	
Fake Pills	What's the myth?	Dangerous by Design	What's the myth?
1. A fake pill can be made to look like real prescription medicine. 2. You can always spot a fake pill by looking closely at its color and shape. 3. A pill that didn't come from a pharmacy may not be what someone says it is.		1. Some alcoholic drinks can look like soda or juice. 2. Words like "hard" or "spiked" can be clues that a drink contains alcohol. 3. A colorful can is always alcohol-free.	
Vaping	What's the myth?	THC Drinks	What's the myth?
1. Vapes can contain nicotine. 2. Vaping can expose you to harmful chemicals. 3. Vape clouds are just harmless water vapor.		1. THC can be added to drinks. 2. THC drinks can't make you high. 3. THC drinks can come in cans that look similar to sodas, seltzers and other kid-friendly beverages.	
Nicotine	What's the myth?	Asking Questions	What's the myth?
1. Nicotine is addictive. 2. Sweet flavors make nicotine safer. 3. Nicotine can affect a young person's developing brain.		1. If it was safe for a friend, it's probably safe for you. 2. How something looks doesn't always tell you what's in it. 3. Someone can sound confident and still be wrong.	



Two Truths and a Myth

Can you tell what's true and what's not?



2+
Players

HOW TO PLAY: Each card has three statements about alcohol, vaping, pills, peer pressure and other substance-related situations. Two are true. One is a myth. Together, try to figure out which statement is the myth.



THE MYTH: #2

A medicine that's right for one person may not be right for someone else. Never take medicine that was prescribed to someone else.

THE MYTH: #1

Most teens don't drink. In 2024, only 6.6% of adolescents ages 12-17 reported drinking alcohol in the past month.

THE MYTH: #2

Fake pills can look real. Looks alone can't tell you what's in a pill, and fake pills can be made from fentanyl and other dangerous substances.

THE MYTH: #3

Some alcoholic beverages use colorful packaging and familiar flavors. Check labels for clues such as "hard," "spiked," "ABV" and "21+."

THE MYTH: #3

Vapes create an aerosol, not harmless water vapor. That aerosol can contain nicotine and other substances that are harmful to breathe.

THE MYTH: #2

Drinking THC does not make the effects or risks disappear.

THE MYTH: #2

Fruit, candy and other flavors don't make nicotine safer. Nicotine is highly addictive and can change the way your brain works.

THE MYTH: #1

Just because something was safe for a friend doesn't mean it will be safe for you. People react differently to pills, vapes, alcohol and other substances, and you often don't know exactly what's in them.