**Ketamine Awareness Quiz for Key Stage 3 Pupils**

**Questions:**

1. **What is ketamine primarily used for in medical settings?**
   * a) Pain relief and sedation
   * b) Weight loss
   * c) Treating infections
   * d) Enhancing athletic performance
2. **Which of the following is a short-term effect of ketamine use?**
   * a) Improved memory
   * b) Hallucinations
   * c) Increased appetite
   * d) Enhanced coordination
3. **What is ketamine bladder syndrome?**
   * a) A condition where the bladder becomes overactive
   * b) A condition caused by chronic ketamine use leading to severe bladder pain and frequent urination
   * c) A type of bladder infection
   * d) A temporary side effect of ketamine use
4. **What are some potential long-term effects of ketamine misuse?** (Select all that apply)
   * a) Cognitive impairment
   * b) Improved cardiovascular health
   * c) Bladder and kidney damage
   * d) Enhanced immune system
5. **Is it legal to possess ketamine without a prescription in the UK?**
   * a) Yes, it is completely legal
   * b) No, it is illegal and can result in imprisonment and fines
   * c) Only if you are over 18
   * d) Only if you use it for recreational purposes
6. **What should you do if you or someone you know is struggling with ketamine misuse?**
   * a) Ignore the problem and hope it goes away
   * b) Seek help from a trusted adult or healthcare professional
   * c) Continue using ketamine to avoid withdrawal symptoms
   * d) Try to manage it on your own without any support
7. **Which of the following is a reason why people might misuse ketamine?**
   * a) To improve their academic performance
   * b) To experience its dissociative and hallucinogenic effects
   * c) To enhance their physical strength
   * d) To treat common colds
8. **What is the legal classification of ketamine in the UK?**
   * a) Class A drug
   * b) Class B drug
   * c) Class C drug
   * d) Over-the-counter medication

**Answers:**

1. **What is ketamine primarily used for in medical settings?**
   * **a) Pain relief and sedation**: Ketamine is primarily used as an anaesthetic in medical settings. It is effective for pain relief and sedation during surgeries and other medical procedures
2. **Which of the following is a short-term effect of ketamine use?**
   * **b) Hallucinations**: One of the short-term effects of ketamine use is hallucinations. Users may experience altered perceptions of reality, including visual and auditory hallucinations
3. **What is ketamine bladder syndrome?**
   * **b) A condition caused by chronic ketamine use leading to severe bladder pain and frequent urination**: Ketamine bladder syndrome, also known as ketamine cystitis, is a condition resulting from chronic ketamine use. It causes severe bladder pain, frequent urination, and can lead to significant urinary tract damage
4. **What are some potential long-term effects of ketamine misuse? (Select all that apply)**
   * **a) Cognitive impairment**: Long-term misuse of ketamine can lead to cognitive impairments, affecting memory and other mental functions
   * **c) Bladder and kidney damage**: Chronic use of ketamine can cause severe damage to the bladder and kidneys, leading to conditions like ketamine bladder syndrome
5. **Is it legal to possess ketamine without a prescription in the UK?**
   * **b) No, it is illegal and can result in imprisonment and fines**: In the UK, ketamine is classified as a Class B drug. Possession without a prescription is illegal and can lead to severe legal consequences, including imprisonment and fines
6. **What should you do if you or someone you know is struggling with ketamine misuse?**
   * **b) Seek help from a trusted adult or healthcare professional**: If you or someone you know is struggling with ketamine misuse, it is crucial to seek help from a trusted adult or healthcare professional. Professional support can provide the necessary treatment and guidance for recovery
7. **Which of the following is a reason why people might misuse ketamine?**
   * **b) To experience its dissociative and hallucinogenic effects**: People might misuse ketamine to experience its dissociative and hallucinogenic effects, which can include feelings of detachment from reality and intense hallucinations
8. **What is the legal classification of ketamine in the UK?**
   * **b) Class B drug**: Ketamine is classified as a Class B drug in the UK. This classification means it is illegal to possess, supply, or produce ketamine without proper authorisation