



INTENSE BY NATURE

THERE'S SO MUCH MORE TO LIFE! FIND YOUR OWN INTENSITY!

INTENSEAUNATUREL.COM

25th DRUG AWARENESS WEEK
ALCOHOL - DRUGS - GAMBLING

Québec 

Not everyone behaves the same way when it comes to alcohol or drugs. Some never touch the stuff, while others experiment once and never try again. Drinking or using drugs may give you a feeling of pleasure or relaxation. But drug use can have serious downsides.

INTENSE BY NATURE

FOR EXAMPLE, WHEN YOU ARE INTENSELY INVOLVED IN AN ACTIVITY YOU MIGHT...

But, when you drink or use you might...

WAKE UP ALL SMEARED

WITH INK ALL OVER
YOUR FINGERS,
BUT SO HAPPY YOU
FINALLY FINISHED
YOUR COMIC STRIP
LAST NIGHT.

with dirt but have no clue
why—it must have to do
with last night!

FEEL YOUR HEART POUNDING

BEFORE TAKING THE STAGE
WITH YOUR GUITAR.

because you had unprotected sex after
drinking too much last night and are
afraid you picked up a sexually transmit-
ted disease or might be pregnant.

BE OUT OF BREATH

FROM SWIMMING
15 LAPS OF CRAWL.

from persistent nausea because
you drank too much last night.

BE PART OF THE GANG

THAT ORGANIZED A FASHION SHOW TO
RAISE MONEY FOR A HUMANITARIAN CAUSE.

that wound up at the police station after
being caught drinking in the park.

FEEL LIKE A HERO

AFTER SCORING THE WINNING
GOAL FOR YOUR SOCCER TEAM
AT THE REGIONAL FINALS.

but not be one because you
thought you were standing on a
wall 200 meters high when you
were really just hallucinating on
the edge of a curb.

HAVE TEARS IN YOUR EYES

FROM WHIPPING DOWNHILL ON YOUR SNOWBOARD.

because you were really nasty
to your best friend after using
drugs at a party last night.

WHY SOME CHOOSE TO USE

Sometimes people use alcohol or drugs because of peer pressure; others may do so because of personal problems or lack of confidence. Others use because they think everyone else is doing it. But here's some news—young people in your age group have generally reduced their use of alcohol, cannabis, and other drugs since 2000. It's the same story with gambling! Participation in gambling has dropped since 2002.

HOW ABOUT CHOOSING TO GET INVOLVED IN HEALTHY ACTIVITIES?

FOLLOW YOUR PASSION OR GET INVOLVED IN AN ACTIVITY THAT LETS YOU...

- Feel good about yourself.
- Discover your strengths and weaknesses.
- Believe in your future and set some new goals for yourself.
- Have a circle of friends you can trust.
- Maintain good family relations.
- Develop good social skills (asserting yourself, having respect for others, etc.).
- Maintain a healthy lifestyle in terms of physical activity, eating, and sleeping.

ALL THAT...

can help you steer clear of problems with alcohol, drugs, and gambling.

INTENSE BY NATURE. FIND YOUR INTENSITY!

HOW ABOUT...

DOING SOMETHING INSTEAD OF DRINKING OR USING?

Having a passion, playing on a team or doing community services are all ways of choosing to find your own intensity naturally! It's all about deciding to take a pass on the alcohol or drugs and do something else instead.

TAKE PART IN NEW ACTIVITIES OR KEEP ON DOING WHAT YOU ALREADY LOVE—IT'S YOUR CHOICE!

WHY NOT TRY...

Getting involved in recreational activities or sports organized by your neighbourhood or town. From knitting and hip-hop to table soccer, kick-boxing, or swimming, the choice is yours!

Restoring your dad's old sports car or install a turbo-charged motor on the family rider mower. Some municipalities organize races every summer you can take part in.

Joining a volunteer group in the neighbourhood or at school, help the elderly, be a homework tutor, give single parents a hand so they can take a break, volunteer in community kitchens, etc.

Taking part in extracurricular activities (music, theater, cooking, photography, a science club, etc.). There's no end to the possibilities!

Contributing to a student newspaper or community radio as a reporter, journalist, photographer, columnist, host or researcher.

Doing things with your family, like games, outdoor activities, or projects to fix up your house inside or out.

Taking part in individual or team sports.

Taking classes in dance, painting, carpentry, music, or whatever interests you. Improve, excel, have fun—anything is possible!

Planning an activity to raise money for a language immersion trip or a humanitarian cause.

GET MOVING, GET INVOLVED, BE CREATIVE—THERE'S SO MUCH MORE TO LIFE THAN ALCOHOL, DRUGS, AND GAMBLING!

Whether you like sports, the arts, science, fashion, mechanics, literature, math challenges, being involved in the community, or helping your neighbours, animals, or the whole planet—there's something for you. No matter what you're into, getting involved in your favourite activities is naturally intense!

DRINKING AND DRUG USE HAVE CONSEQUENCES...

Alcohol and drugs change how your brain functions. These substances affect communication between nerve cells and disrupt the senses. They distort your judgment and throw your behaviour and physical coordination off balance. They change how you react and influence your decisions—and that can have all kinds of consequences, for example:

- Relationship problems
- Injuries from fights or accidents
- Unprotected or nonconsensual sex leading to a sexually transmitted infection or unwanted pregnancy
- Health problems (headaches, digestive and nervous disorders, overdose, etc.)
- Psychological problems (despair, anxiety, mood swings, irritability, depression, suicidal thoughts, etc.)
- Academic problems (low motivation, absenteeism, poor grades, suspension, dropout, etc.)

IF YOU ABUSE DRUGS OR ALCOHOL...

BINGE DRINKING: A DEADLY CHALLENGE

Drinking a large quantity of alcohol in a short amount of time can lead to alcohol poisoning and even death in less than an hour.

SIGNS OF ALCOHOL POISONING:

- Significantly impaired response or lack of response
- Loss of consciousness or deep sleep
- Difficulty breathing
- Weak pulse
- Repeated vomiting
- Excessive sweating
- Clammy skin or hypothermia (cold skin)

If a person has one or more of the following signs, **IMMEDIATELY CALL 911**. Never leave that person alone.

ARE YOU UNSURE ABOUT HOW SERIOUSLY INTOXICATED A PERSON IS? Stay by that person and call the Info-Santé 8-1-1 line or the Poison Control Centre (1-800-463-5060)... both these services will be able to help you.

SYNTHETIC DRUGS

These drugs don't literally fry your mind, but they can cause temporary or permanent damage to certain parts of the brain. No matter what they look like or where they come from, it's impossible to know what's in them. **SO USING THEM MEANS TAKING A RISK.**

Synthetic drugs are produced by amateur underground chemists known as "cooks." They also take risks—like explosions, fire, and injury—and also pollute the environment.

DOSE MAY CONTAIN:

- The drug in its pure state
- The drug mixed with other chemicals
- A substance altogether different from what you think you're getting

FOR THE USER, THE EFFECT MAY BE:

- Extremely strong
- Different from what's expected
- Nothing at all
- Dangerous, even poisonous

SO-CALLED "NATURAL" DRUGS

Even though so-called "natural" drugs like cannabis and cocaine come from plants, using them isn't risk-free. Think about the risks!

GAMBLING

Many people think tricks and strategies help you win more often. Time for a reality check! Chance alone determines who wins.

The same goes for online games and practice sites—it's generally acknowledged that the odds of winning on practice sites, where people play without betting money, are higher than on sites where people have to bet money.

MIXING ALCOHOL AND ENERGY DRINKS

The stimulating effect of caffeine in energy drinks can mask the depressive effect of alcohol on the nervous system. So if you combine energy drinks with alcohol, you might not think you're impaired when in fact you really are.

Got questions about drinking, drugs, or gambling? Talk to someone you can trust.

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YOU CAN GET HELP AND INFORMATION:

- From a trusted adult relative or friend
- From a teacher or school counselor
- From the three free and confidential help and information services listed below

CALL:

Tel-jeunes at 1-800-263-2266

Drugs: help and referral at 1-800-265-2626

In the Montréal area call 514-527-2626

Gambling: help and referral at 1-800-461-0140

In the Montréal area call 514-527-0140

Someone will answer your call, 24 hours a day, 7 days a week.

Visit the website **intenseaunaturel.com** for more information on drinking, drugs, and gambling.

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