

IT'S NOT WORTH  
THE RISK

# TRUE OR FALSE

DRUG  
AWARENESS  
WEEK

ALCOHOL  
DRUGS  
GAMBLING

[Quebec.ca/AlcoolDroguesJeu](http://Quebec.ca/AlcoolDroguesJeu)

Québec 

**1.**  

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**ENGAGEMENT IN ACTIVITIES  
INCREASES SELF-CONFIDENCE.**

**TRUE**

**FALSE**



Getting involved (engagement) in an activity you're interested in can help you boost your self-awareness (what you like, what your strengths are, and so on) and self-confidence, find friends who share similar interests, interact with helpful and supportive adults, be more assertive, learn how to control your emotions, and develop a sense of belonging to your community—all of which makes you feel better about yourself.

All these strengths and skills, by their very presence in people's lives, have a protective effect that reduces the likelihood of problems, particularly related to alcohol or drug use, or to gambling.

Engagement can also help you:

- Build self-esteem
- Develop skills and talents
- Be better prepared to overcome obstacles
- Have faith in your future and set goals
- Form a trusted group of friends
- Get along well with family
- Develop healthy habits, in terms of physical exercise, diet, and sleep

# TRUE

**2.**  

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**THERE ARE PLENTY OF OPPORTUNITIES  
FOR ENGAGEMENT.**

**TRUE**

**FALSE**



For example, you can:

- Do extracurricular activities at lunchtime (improv, drama, cooking, etc.)
- Participate in student life (recycling manager, class president, etc.)
- Participate in recreational activities and organized sports in your neighborhood or town/city
- Volunteer with a community or school group
- Do things with your family (play board games, go on bike rides, etc.)
- Join a sports team
- Take lessons (dance, painting, piano, etc.)
- Help friends with projects

**TRUE**

**3.**  

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**DRUG AND ALCOHOL USE  
IS INCREASING AMONG  
HIGH SCHOOLERS.**

**TRUE**

**FALSE**



According to **Enquête québécoise sur le tabac, l'alcool, les drogues et le jeu chez les élèves du secondaire**, fewer young people are using drugs and alcohol.



**FALSE**

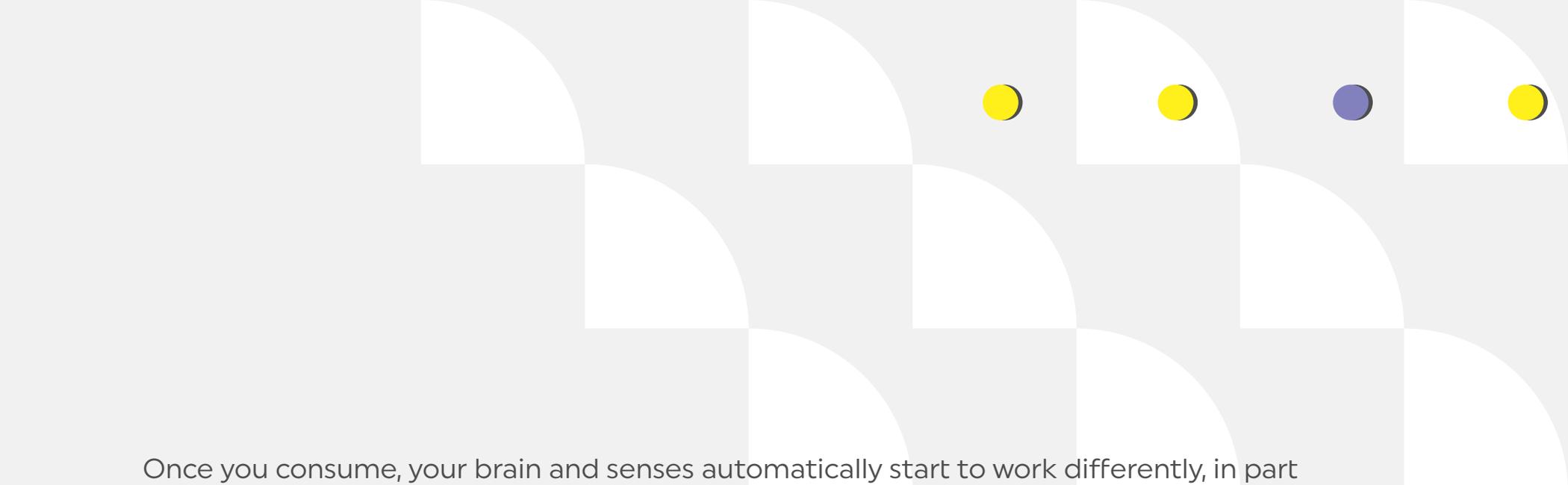
**4.**  

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**IF YOU'RE CAREFUL, YOU CAN USE  
CANNABIS OR ALCOHOL WITHOUT  
ANY EFFECTS.**

**TRUE**

**FALSE**



Once you consume, your brain and senses automatically start to work differently, in part because communication between nerve cells is altered. You might do things that are out of character and that you wouldn't normally do. This affects your judgment so you might make decisions that are bad for your health or well-being.

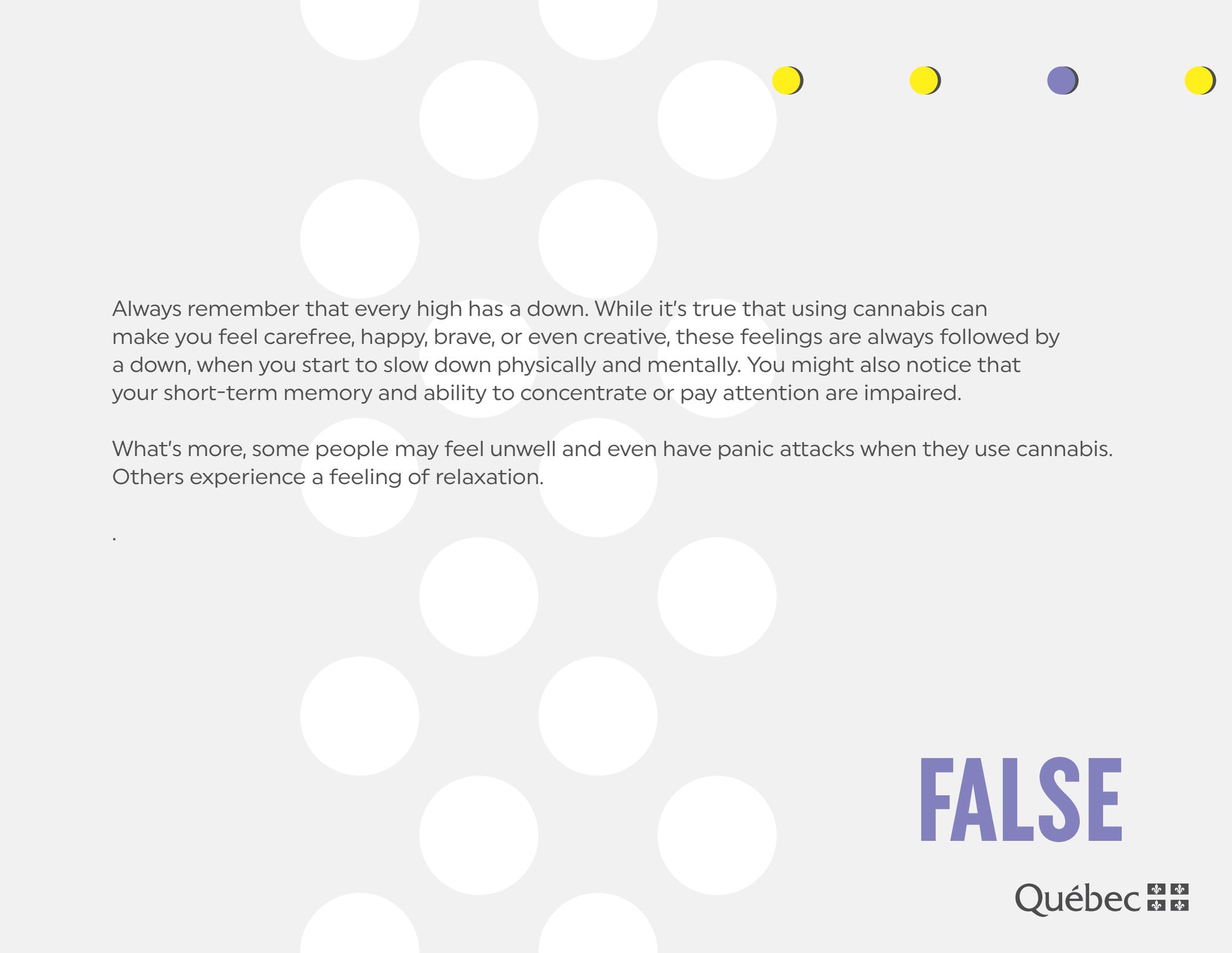
**FALSE**

**5.**  
**—**

**USING CANNABIS HAS ONLY  
PLEASURABLE EFFECTS.**

**TRUE**

**FALSE**



Always remember that every high has a down. While it's true that using cannabis can make you feel carefree, happy, brave, or even creative, these feelings are always followed by a down, when you start to slow down physically and mentally. You might also notice that your short-term memory and ability to concentrate or pay attention are impaired.

What's more, some people may feel unwell and even have panic attacks when they use cannabis. Others experience a feeling of relaxation.

**FALSE**

**6.**

**WHEN IT COMES TO ALCOHOL OR DRUG USE, TEENS ARE AT NO GREATER RISK THAN ADULTS OF SUFFERING THE CONSEQUENCES.**

**TRUE      FALSE**

In your teens, your brain isn't fully formed, you haven't finished growing, and your personality is still coming together.

This is why young people are at greater risk of developing:

- Problems associated with using alcohol or another drug such as cannabis
- An addiction

About one in every eleven people who use cannabis will experience some kind of disorder as a result during their lifetime. For teens, the figure rises to one in six.

In addition, some studies suggest that impaired cognitive function (judgment, attention span, ability to make decisions, etc.) may persist if people use cannabis regularly over a long period, especially if they start in their teens.

# FALSE

**7.**  

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**CANNABIS WAS LEGALIZED BECAUSE  
IT HAS NO EFFECTS ON HEALTH.**

**TRUE FALSE**

The exact opposite is true: **Because cannabis is a health and safety risk**, the government wants to regulate things like the composition and quality of the drug in order to minimize the risk.

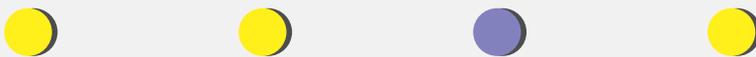
**FALSE**

**8.**

**THE EFFECTS OF ALCOHOL OR  
OTHER DRUGS WILL ALWAYS BE  
THE SAME EACH TIME.**

**TRUE**

**FALSE**



You can never be sure what effect a drug will have because too many different factors come into play at the same time. This is what we call The Law of Effect (E = PIC).

The factors are:

The product (P): Quantity, purity, frequency of use, speed of use, how it is taken (ingested, smoked, injected, etc.), use with other products.

The individual (I): Height, sex, weight, state of physical or psychological health, state of mind, past experiences, metabolism, and predisposition.

The context (C): Location, ambiance, companions, time of day.

If one of these factors changes, the drug's effect can also change.

# FALSE

**9.**  

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**MIXING AN ALCOHOLIC DRINK  
WITH AN ENERGY DRINK REDUCES  
THE EFFECTS OF ALCOHOL.**

**TRUE FALSE**

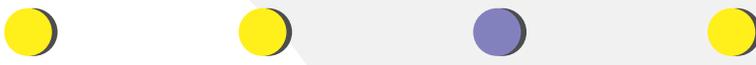
Mixing the two only impedes your ability to recognize the symptoms of alcohol intoxication. This type of drink can give you the impression of being totally in control when you're far from it. The risk of becoming severely intoxicated is magnified. You can experience the same negative consequences as if you had drunk only alcohol.

**FALSE**

**10.**

**NO SERIOUS NEGATIVE CONSEQUENCES  
CAN COME FROM USING CANNABIS  
OR DRINKING.**

**TRUE FALSE**



When alcohol or another drug disrupts the brain, you are more likely to act inappropriately. For example, you might:

- Say something unkind to someone you like
- Get in a fight
- Post images or comments on social media that will be harmful to you if seen by your friends and family, teachers, a potential employer, etc.
- Have unprotected sex and contract a sexually transmitted infection or face an unplanned pregnancy
- Drive impaired or get into a car where the driver is impaired by drugs or alcohol, and run the risk of an accident

# FALSE

**11.**

**THERE ARE TRICKS FOR WINNING  
WHEN YOU GAMBLE.**

**TRUE FALSE**

When gambling (e.g., playing poker) the player's skill and chance both play a role. There are no tricks or surefire ways to win. Chance always influences the outcome.

**FALSE**

**12.**

**THERE ARE NO STRATEGIES FOR  
REDUCING OR AVOIDING THE RISKS OF  
DRUG AND ALCOHOL USE AND GAMBLING.**

**TRUE**

**FALSE**

Although it is not advisable to use drugs and alcohol as a teen because your brain is still developing and may be affected by these kinds of psychoactive substances, there are plenty of strategies for reducing or avoiding the risks of drugs, alcohol, and gambling. For example:

- Choose not to drink, use drugs, or gamble.
- Bring non-alcoholic drinks to parties.
- Alternate alcoholic drinks and soft drinks.
- Don't drink on an empty stomach and pace yourself.
- Decide in advance to limit your drinking.
- Decide in advance not to use certain substances and tell somebody you'll be with about your decision so they can help you stick to it.
- Go to parties with a friend where you agree to keep an eye on each other.

- Don't do risky physical activities or sports if you've been drinking or doing drugs.
- Don't drive a motorized vehicle (moped, ATV, car, etc.) if you've used drugs or alcohol.
- If you're going to drink or do drugs, plan your transportation ahead of time to avoid injuring yourself or putting your life and the lives of others at risk.
- Don't accept a ride from someone who's been drinking or doing drugs.
- Don't mix substances, like alcohol and drugs or alcohol and energy drinks, since each substance can amplify or mask the other's effects.
- If you're going to gamble, set yourself a limit in advance and tell a friend who's going to be there so you have someone to back you up.

# FALSE

# HELP AND INFORMATION RESOURCES:

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**Drugs: Help and Referral**

**Gambling: Help and Referral**

**Tel-Jeunes**