

# DRUG AWARENESS WEEK

## NOVEMBER 19 TO 25, 2006

### ACTIVITY GUIDE

#### CEGEP

This year, to support Drug Awareness Week from November 19 to 25, 2006, we are suggesting three original activities for the students at your Cegep. These activities were prepared by the Student and Community Affairs Department at Collège François-Xavier-Garneau. Here, we are presenting an overview of the activities. The complete texts are available in the *Drug Awareness Week* section of the [www.dependances.gouv.qc.ca](http://www.dependances.gouv.qc.ca) Web site.

#### C'MON, LET'S TALK

# 1

#### 1, 2, 3 GIVE ME THE KEYS!

This is a simulation activity during which the group of students must convince an intoxicated friend who is determined to drive to hand over the keys.

#### Objectives

- To increase student awareness of the risks associated with driving a vehicle with faculties weakened by alcohol or drugs.
- To increase student awareness of the different causes of impaired driving.

# 2

#### IF YOU ROLL ONE, DON'T ROLL AWAY

Host a booth based on the theme of cannabis and its influence on driving. Participants will be asked to answer the questionnaire "If you roll one, don't roll away" and to interact with the booth facilitator.

#### Objective

- To increase student awareness of the risks associated with driving an automobile while under the influence of cannabis.

# 3

#### CONFERENCE: SYNTHETIC DRUGS, STREET DRUGS

This activity entails organizing a conference on synthetic drugs. This will involve contacting an organization or a person that could help you in that activity.

#### Objectives

- To provide general information on synthetic drugs
- To increase student awareness of the dangers of illegal drugs and the consequences of the abusive consumption of these drugs.



# THE EFFECTS OF DRUGS ON DRIVING

Since the 1970's, several studies have been conducted in order to ascertain the effect that drugs other than alcohol have on driving, and the risk of a deadly traffic accident that they represent. The Société de l'assurance automobile du Québec conducted an epidemiological study between 1999 and 2002, which produced the following key findings:

- According to urine samples collected during the study, drugs were found in 12% of drivers who were randomly stopped on the road;
- According to urine samples that were taken, the presence of drugs was detected in close to 33% of dead drivers. This percentage was 25% when blood, the biological specimen that is more indicative of recent consumption, was tested;
- The two main drugs found on deceased drivers were cannabis (13%) and benzodiazepines (close to 10 %) (blood samples);
- The risk of being involved in a fatal automobile accident after having ingested cannabis, cocaine or benzodiazepines is 2 to 5 times higher than for sober drivers;
- Mixing (alcohol/drugs or several drugs) substantially increases the risk of a fatal traffic accident.



## CONTEST

**November 19 to December 15, 2006**  
**“What’s the combination?” Contest**

In order to encourage young people to visit the [www.dependances.gouv.qc.ca](http://www.dependances.gouv.qc.ca) and [www.parlonsdrogues.com](http://www.parlonsdrogues.com) Web sites, the ministère de la Santé et des Services sociaux has organized the “What’s the Combination?” contest. In addition to giving young people the opportunity to win great prizes, this contest conveys important information on dependencies intended to help young people make informed choices when it comes to drinking alcohol and taking other drugs.

**To enter: [www.parlonsenouvertement.com](http://www.parlonsenouvertement.com)**

All information relating to the contest is available on-line at the address indicated above.

**IN ADDITION TO A MACBOOK, THERE ARE INSTANT PRIZES TO BE WON!**