



DRUG
AWARENESS WEEK
NOVEMBER 18 TO 24, 2007

it's not

HEAR

to talk
about it

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Québec 

Chugging alcohol: Be careful! It can kill you!

Chugging alcohol means drinking a large quantity of alcohol in a very short period of time.

Chugging alcohol is often done in response to a challenge or a test.

Did you know that chugging alcohol can cause a dangerous level of intoxication, and can even cause death?

In fact, the media have reported the deaths of several young people caused by acute alcohol intoxication.

Call 911 immediately if one of your friends shows one or more of the following signs after consuming alcohol or other drugs: non-responsiveness, loss of consciousness, trouble breathing, weak pulse, or repeated vomiting.

A person who shows one or more of these signs should never be left alone.

If you have any doubt about the severity of a person's intoxication, do not leave him or her alone, and call the Info-Santé CLSC service in your region or the Centre Antipoison du Québec (1-800-463-5060).

These services are there to help you.

know more about drugs

Product	Nicknames	Effects	Dangers	And also ...
ALCOHOL	drinks, beer, coolers, spirits, hard stuff, wine, shooter, etc.	<ul style="list-style-type: none"> • Relaxation, euphoria • Lowered inhibitions • Impression of feeling hot • Slowed reflexes • Blurred vision • Dizziness 	<ul style="list-style-type: none"> • Coordination problems, slowed pulse • Confusion, loss of consciousness • Respiratory depression, coma, death 	<ul style="list-style-type: none"> • Even though alcohol is available for sale, it is still a drug. • Alcohol consumption increases the risk of accidents of all types. • Major consumption over the long term can cause serious health problems (cirrhosis of the liver, ulcers and cancers).
CANNABIS	HASHISH hash, cube, dime bag, blast HASHISH OIL resin, liquid hash MARIJUANA pot, mari, joint, skunk, weed, grass, marijane, bat, hemp, boom	<ul style="list-style-type: none"> • Disorientation • Euphoria • Relaxation • Reduced anxiety • Mood disorders • Distorted perception, loss of the concept of time • Accelerated pulse 	<ul style="list-style-type: none"> • Damage to the throat and lungs • Problems concentrating • Increased passivity • Risk of respiratory infection 	<ul style="list-style-type: none"> • The type of growing practiced in Québec gives marijuana a very high level of THC (main active ingredient in cannabis). • This can lead to the risk of hallucination or psychosis when used regularly.
MAJOR STIMULANTS	AMPHETAMINES speed, wake-up, pep pills, uppers, ice, peach, crystal, ampie COCAINE base, crack, coke, snow, crystal, meth, freebase, rock MDMA ecstasy, x, dove, xtc, love, yin yang, E	<ul style="list-style-type: none"> • Agitation and stimulation • Reduced hunger and fatigue • Increased alertness and muscle strength • Feeling of strength • Notion of being grandiose, euphoria 	<ul style="list-style-type: none"> • Bizarre and violent behaviour, irritability • Panic, anguish • Paranoia, hallucinations, delirium • Loss of appetite and weight • Nosebleeds • Illness or infection related to intravenous injections • Breathing problems • Fever, heart problems (infarctus) • Convulsions, coma, death • Stroke 	<ul style="list-style-type: none"> • These drugs are sometimes mixed with dangerous substances such as PCP. There is no list of ingredients on the package! • With MDMA, there is an increased threat of dehydration if you do not drink enough water (during raves, for example).

Are you interested in learning more about alcohol, cannabis, and designer drugs? Visit www.parlonsdrogue.com. You can also consult the publications of the ministère de la Santé et des Services sociaux online, at www.depandances.gouv.qc.ca (documentation/publications section on substance abuse).

the Law of Effect

Did you know that the effect that is caused when a person consumes alcohol or another drug is different in every situation, regardless of your age? Why? Because of the Law of Effect.

Product: What the person consumes + **Individual:** The person who consumes it + **Context:** Where and when the individual consumes the product = **EFFECT**

Here are four examples

PRODUCT	+	INDIVIDUAL	+	CONTEXT	=	EFFECT
1 BEER + 1 JOINT	+	Alexander is depressed	+	Driving to see his girlfriend who just broke up with him	=	DANGER
1 GLASS OF CHAMPAGNE	+	Jessica is in a good mood	+	Celebrating her 18th birthday	=	FUN
1 JOINT	+	Alyssa doesn't care about anything	+	Alone at 9:00 a.m. instead of being in math class	=	RISK
1 REFRESHING DRINK	+	Tommy is jumping for joy	+	At the arena with his friends after winning a hockey game	=	FUN

You can use the Law of Effect to analyze consumption situations in order to see whether they are risky or even dangerous.

PRODUCT + INDIVIDUAL + CONTEXT = EFFECT

a true story

Hello,
My name is Matthew. I would like to tell you a true story. I am telling you because I think about it often, and it came to my mind just last night when my gang told me that I was boring because I didn't want to take part in the scooter race that they were planning after leaving the party.

Once upon a time, there was this guy, a real daredevil - he knew how to party! He wasn't afraid of anything, and nothing could stop him. His name was Kanthappentome. His friends were a little envious of him, but they were also a little uncomfortable around him. His friends sometimes asked him "Don't you think you're going a little overboard with all these stunts? You're going to break your neck one of these days!".

Kanthappentome always gave the same answer: "You're just a bunch of sissies. I know what I'm doing. Watch this!"

So his friends laughed with him and encouraged him in his stunts. He could drink more than anyone, and he drove faster than anyone. Deep down, we all looked up to him. Everyone thought that he was really brave and strong.

It's too bad he died so young in such a stupid accident. It never should have happened. He was a good friend - the kind you don't meet every day - and he was never afraid of anything. He really was a great guy. I'll miss him.

Matthew

You don't know who to talk to?
... who to ask if you have questions?
... who to ask for help?

Help is available

From a teacher or worker at your school.

From an adult who you trust in your family or in your entourage.

From one of the following free, confidential services (available 24 hours per day, 7 days per week).

Tel-jeunes

Toll-free: 1-800-263-2266
Montréal: 514-288-2266

Drugs: Help and Referral

Toll-free: 1-800-265-2626
Montréal: 514-527-2626

Go to

dependances.gouv.qc.ca
parlonsdrogue.com
and get lots of valuable tips about how to stay free of dependency.

Santé et Services sociaux

Québec



With the participation of:
• ministère de l'Éducation, du Loisir et du Sport