



# ALCOHOL, DRUGS, GAMBLING: WHERE ARE YOU AT?

DRUG AWARENESS WEEK 2009  
A week to focus on the facts.

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Québec



## ALCOHOL, DRUGS, GAMBLING: WHERE ARE YOU AT?

### DO YOU KNOW HOW TO RECOGNIZE SUBSTANCE ABUSE?

There are warning signs of a dependency on alcohol or drugs\*.  
Do you know how to recognize them?  
**Here are a few:**

**FREQUENCY AND QUANTITY** – You use a substance frequently (once a week or more), for example alcohol, marijuana, amphetamines, cocaine, ecstasy, etc., and the quantity that you use increases.

**REGULARITY** – You use one of these substances or another drug on a regular basis, for example, once a week or more for at least one month.

**STARTING AGE** – The younger you are when you start to use drugs regularly, the greater the risk of developing a dependency.

**HIGH-RISK SITUATIONS** – Your use of alcohol or drugs is interfering with different aspects of your life (family relations, school performance, friendships, physical health).

### FOR EXAMPLE, HAS DRUG OR ALCOHOL USE ALREADY CAUSED YOU TO:

- Have health issues (digestive problems, overdoses, infections, nasal irritations, cuts and wounds, etc.)?
- Experience psychological problems (anxiety, depression, difficulty concentrating, suicidal thoughts, etc.)?
- Have trouble in your relationships with family or friends or in your romantic relationships?
- Experience problems at school?
- Spend and maybe even lose a lot of money?
- Commit a criminal act, even if you weren't caught (theft, violence, vandalism, selling drugs, impaired driving, etc.)?
- Take risks (unprotected or careless sex, riding a bike, driving a vehicle, athletic activities under the influence of alcohol or drugs, etc.)?

### DOES ANY OF THIS SOUND FAMILIAR?

☐ IF YES, SPEAK TO SOMEONE YOU TRUST OR CALL TEL-JEUNES AND TALK ABOUT IT SO THAT YOU CAN SEE THINGS MORE CLEARLY.

\*Inquiry performed by the youth team at the Centre de réadaptation Ubalde-Villeneuve based on the DEP-ADO screening test from ASI / Adolescent and from the DSM – IV.



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Here is a list of reasons people turn to drugs and alcohol. **WHERE ARE YOU AT?**

People who use drugs or alcohol do it for different reasons:

## REASON 1 PLEASURE

Having fun is what matters most when we're with friends. Life is short, school days are long – when we want to have a good time, we may turn to drugs or alcohol.

## REASON 2 CURIOSITY

The desire to experience new things may make us want to try, just to see...

## REASON 3 FRIENDS

If your friends have tried pot or were out drinking one night, you may want to do the same thing. After all, whatever our friends like, we like too.

## REASON 4 ESCAPE

Some people use drugs or alcohol to escape from a reality they would rather not see. These are the people who are most at risk for developing a dependency.

## DO YOU KNOW THE REASONS FOR SUBSTANCE ABUSE?

### IF YOU WANT TO TRY OR IF YOU ARE ALREADY USING DRUGS OR ALCOHOL

You are responsible for your choices and you assume the consequences, but, before using drugs or alcohol, get informed and talk with someone you trust. If you decide to use drugs or alcohol, watch out for situations that put you at risk for developing a dependency. For example:

### PROTECTIVE FACTORS: HOW WELL DO YOU KNOW THEM?

The protective factors listed here will help reduce your chances of developing a substance abuse problem:

### FIRST THING IN THE MORNING? NO WAY!

Using drugs or alcohol in the morning dulls your mind and takes away all motivation, even for doing the things you enjoy.

### AT SCHOOL? NO WAY!

Using drugs or alcohol interferes with your ability to concentrate. You may have trouble following what the teacher is saying and class may feel like it will never end, not to mention the potential consequence: suspension, detention or failure.

### BEFORE SPORTS? NO WAY!

You can never be sure exactly what effect a drug will have on your body but you will be less alert and you run a greater risk of hurting yourself. That's the opposite of what you want!

### ALONE? NO WAY!

If you use drugs or alcohol alone, ask yourself why. Do you feel isolated? Is it hard to find someone you can trust? Do you have low self-confidence? Are you experiencing problems at home? At school? Look for support and help from someone you trust or contact Tel-jeunes.

### TO ESCAPE YOUR PROBLEMS? NO WAY!

Using alcohol or drugs does not make your problems go away. In fact, it can cause others and complicate the ones you already have. Facing your problems and looking for support and help is the only way to rise above them. Alcohol and drugs will never help you to fix the things that are bothering you.

### SO, ARE YOU COVERED?

Think carefully. If you're missing some of these protective factors, you can acquire them through personal reflection or by seeking help from people you trust.

- Have good self-esteem;
- Know our strengths as well as our weaknesses;
- Believe in our future and set goals;
- Surround ourselves with friends we can trust and who make us feel good;
- Build a good relationship with our parents;
- Get involved in projects, develop interests and participate in sports or activities on a regular basis.





# ALCOHOL, DRUGS, GAMBLING: WHERE ARE YOU AT?

**DO YOU KNOW  
THE EFFECTS OF  
CHUGGING ALCOHOL  
AND MIXING  
SUBSTANCES?**

## **CHUGGING ALCOHOL: A DEADLY DANGER**

Chugging alcohol can lead to a dangerous level of intoxication and even death in less than an hour. That is why it is so important to closely monitor the signs in a person who may have ingested a large quantity of alcohol in a short amount of time.

## **WHAT SHOULD BE DONE IN A CASE OF SEVERE INTOXICATION?**

If one of your friends exhibits one or more of the following signs after consuming alcohol or other drugs:

- Significant loss or absence of ability to react;
- Weak pulse;
- Trouble breathing;
- Loss of consciousness or deep sleep;
- Repeated vomiting;
- Excessive perspiration;
- Clammy skin or hypothermia (cold skin).

You should call **9-1-1**. The person who is exhibiting one or more of these signs should never be left alone. If you are not sure how severely intoxicated a person is, call the **Info-Santé hotline** at 8-1-1 or the **Centre anti-poison** (1-800-463-5060). They will know how to help you.

## **MIXING SUBSTANCES CAN BE DANGEROUS!**

Mixing drugs with other drugs or with other substances, such as alcohol or medication (antibiotics, antidepressants, cold medicine, Ritalin®, etc.), can be dangerous.

### **To put it simply, here's what can happen:**

- A combination of the effects of both substances: the mix could produce an effect that is too powerful for your body to withstand;
- A multiplication of the effects of each of the consumed substances: the total effect is more powerful than the effect of each substance alone; the consequence will be extreme and impossible to predict.

### **As an example:**

Mixing GHB and alcohol may cause breathing problems, amnesia, pseudo-coma and, ultimately, death.

## **YIKES! ARE YOU SURPRISED?**

YOU MAY NOT BE THE ONLY ONE, SO TALK ABOUT IT WITH PEOPLE AROUND YOU.



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## WHAT TO DO WHEN EVERYTHING IS GOING WRONG?

### USEFUL!

Do you feel like you're losing your grip, losing control or losing your way? Here is a list of tips that can help you to get your life back on track (you can also use it to help someone close to you):

- **Seek help from people you trust.**
- **Take the time to think about your use of drugs or alcohol.**  
Pay attention to what you use, when, where, how and why.
- **Become aware of the advantages and disadvantages.**  
Do things become easier when you use drugs or alcohol? What happens when you don't use them?
- **Find ways to reduce or stop your use of drugs and alcohol** (avoid certain friends, prepare responses to people who ask questions about changes in your habits, participate in activities that you enjoy).
- **Most importantly, talk with someone** who knows about the issue of substance abuse. It is very difficult to get out of this situation without help.

### YOU CAN GET HELP:

- From a teacher or a staff member at your school;
- From an adult who you trust in your family or your community;
- From one of these three free and confidential services (24 hours a day, 7 days a week):

**Tel-jeunes at 1-800-263-2266** (In the Montréal area, call 514-288-2266.)

**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.)

## VISIT

**[dependances.gouv.qc.ca](http://dependances.gouv.qc.ca)**  
**[parlonsdrogue.com](http://parlonsdrogue.com)**  
**[tasjuste1vie.com](http://tasjuste1vie.com)** (French only)

and discover tons of tips on  
how to steer clear of any kind  
of dependency.

Santé  
et Services sociaux

Québec



With the participation of:

• ministère de l'Éducation, du Loisir et du Sport