

OPTION — 03 —

THERE'S SO MUCH MORE
TO LIFE!



➔ SO WHICH OPTION WORKS FOR YOU?

Drug Awareness Week
Alcohol Drugs Gambling / tasjuste1vie.com

Québec 

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 2000.

HOW ABOUT CHOOSING TO GET INVOLVED IN HEALTHY ACTIVITIES?

FOLLOW YOUR PASSION! GET INVOLVED WITH 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.



THERE'S SO MUCH MORE TO LIFE THAN ALCOHOL, DRUGS, AND GAMBLING!



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.

THERE'S MORE TO LIFE THAN ALCOHOL, DRUGS, AND GAMBLING!

FOR EXAMPLE, WHEN YOU GET INVOLVED
IN AN ACTIVITY YOU MIGHT...

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

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 transmitted disease or might be pregnant*.

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.

Be **OUT OF BREATH** ➤ FROM **SWIMMING** 15 LAPS OF CRAWL.

➤ from persistent *nausea* because you drank too much last night.

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 the curb.

Be **PART OF THE GANG** ➤ THAT **ORGANIZED** A FASHION SHOW TO RAISE MONEY FOR A HUMANITARIAN CAUSE.

➤ that *was taken to the police station* after being caught drinking in the park.

Wake up all **SMEARED** ➤ WITH INK, 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!

- TRY SOME NEW ACTIVITIES OR KEEP ON DOING WHAT YOU ALREADY LOVE – IT'S YOUR CHOICE!

WHY NOT TRY...

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** life! It's all about deciding to take a pass on the alcohol or drugs and **DO SOMETHING ELSE INSTEAD.**

OPTION 08

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!**

OPTION 06

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

OPTION 09

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

OPTION 15

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.

OPTION 03

Taking part in individual or team sports.

OPTION 07

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

OPTION 05

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

OPTION 12

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

OPTION 14

Joining a book club, photography club, or cheerleading squad. **Being part of a group makes everything more interesting.**

SO WHICH OPTION WORKS FOR YOU?

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 out there for you!

Get moving, get involved, be creative – there's so much more to life than alcohol, drugs, and gambling!

OPTION 10

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.

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 you're worried that someone has alcohol poisoning, don't leave them alone. Call Info-Santé in your area or the Québec poison control centre (1-800-463-5060), and someone will help you.

GAMBLING

Many people think tricks and strategies help you win more often. Time for a reality check! Chance alone determines who wins. **And of course, nobody ever hears about the losers!**

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.

SYNTHETIC 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.

A 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 intense
- Different from what's expected
- Nothing at all
- Dangerous, even poisonous

INFORMATION ON SO-CALLED "NATURAL" DRUGS

Even though so-called "natural" drugs like cannabis and cocaine come from plants, using them isn't risk-free. And when a new drug hits the market, whether natural or synthetic, nobody knows its short or long term effects on the body and brain. **Think about the risks!**

**GOT QUESTIONS ABOUT DRINKING, DRUGS,
OR GAMBLING?**

Talk to someone YOU CAN TRUST.

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 services listed below

CALL:

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

**SOMEONE WILL ANSWER YOUR CALL,
24 HOURS A DAY, 7 DAYS A WEEK.**

VISIT THE WEBSITE: tasjuste1vie.com
for more information on drinking, drugs, and gambling.