

STAY IN CONTROL

YOU'VE GOT

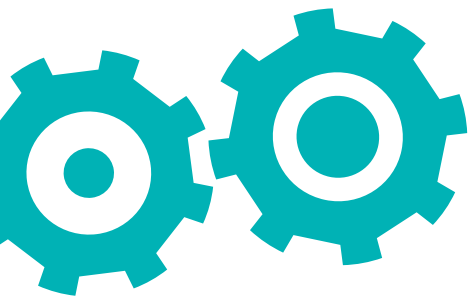
WHAT IT TAKES

DRUG AWARENESS WEEK
ALCOHOL - DRUGS - GAMBLING

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Québec 

YOU'VE GOT WHAT IT TAKES



TO BUILD YOUR SKILLS.

At your age, there are tons of activities just waiting for you to discover! But what you might not always realize is that these activities aren't just a way to expand your horizons and meet new people—they help build your skills too. And not just practical stuff like knowing your hockey rules or learning a language, but also personal and social competencies that help develop your personality. The more you improve your personal skills (stress management, perseverance, pride, self-knowledge, etc.) and social skills (assertiveness, critical thinking, team spirit, etc.), the more prepared you'll be to deal with all sorts of situations as you make your way through life.

There are plenty of ways to acquire or build skills. You can do an internship, get a job, explore different arts, play music, go hunting or fishing, pick up a sport, get involved in community radio, and more. All of these rewarding activities can help you develop a range of competencies and knowledge.

AND YOU'VE GOT WHAT IT TAKES TO STAY IN CONTROL. JUST PUT IT IN PRACTICE!

To make decisions based on what you really want, you need to know yourself and be able to recognize your limitations and the reasons behind your choices.

By getting involved in activities and other occupations, you not only develop interests but also personal and social competencies that will help you protect yourself from the consequences and risks associated with alcohol, other drugs, and gambling. You'll learn to have fun without using and get satisfaction from the things you do—and you'll find it easier to choose appropriate behavior and make smart life decisions. It's a process that will help you foresee the consequences of your actions in situations such as those involving alcohol and other drugs.

**BEING ABLE TO FORESEE THE CONSEQUENCES OF YOUR ACTIONS
WILL HELP YOU MAKE THE BEST CHOICES FOR YOU.**

YOUR COMPETENCIES CAN SERVE YOU WELL.

FOR EXAMPLE:



MARY

works out at a fitness center.



She's developing her ability to adopt healthy lifestyle habits.



She decides to quit smoking, a choice that fits with her values, including doing what it takes to stay healthy.



JESSICA

is about to take her driving test.



She's learning to control her emotions and follow the rules.



She has decided not to use illegal substances.



PETE

works at a summer camp.



He's developing his ability to take care of other people.



This makes him more attentive to others. He recently stepped in when a friend wanted to drive under the influence.



ALEX AND KATE

are involved in theater.



They're learning to push their limits and deal with stress in a healthy way.



They would never think of using alcohol or other drugs to manage their stress or emotions!



KAREN

is taking on-the-job training.



She's developing her sense of responsibility.



She has decided to cut back on her drinking or other drug use, and to avoid it altogether if she has to work the next day.



LUKE

has gone back to school.



He's learning to invest time and effort in something that will bring him long-term satisfaction.



He's also learned to say no to short-term kicks, like alcohol and other drugs, to ensure he achieves his goals.

When you think about it, you can see how the skills you pick up stay with you and help you in your decisions about everything else you do.

SOME CHOICES ARE ALWAYS BETTER THAN OTHERS.

USE YOUR COMPETENCIES TO RECOGNIZE GOOD DECISIONS.

SENSE OF RESPONSIBILITY
Yesterday, I drank...

- ...way too much—and flunked my exam today.
- ...two big glasses of water before the game to prevent sunstroke.

TASTE FOR ADVENTURE
With my friend,
I took a trip...

- ...to the hospital—I don't even know what drugs I took.
- ...to Ottawa—it was great!

PERSONAL COMMITMENT
To think that I...

- ...landed this job—it's exactly what I was looking for!
- ...fell behind in my classes because I was more into partying.

SELF-CONTROL
The other day I knocked...

- ...on the door of potential employers to find a part-time job during my studies.
- ...my friend off his feet after drinking too much.

SELF-ESTEEM
I can't believe I...

- ...had the guts to reapply to that vocational program—I was accepted!
- ...was dumped by that girl because I looked so stupid after I smoked up to try and relax.

WHEN YOU USE ALCOHOL OR OTHER DRUGS, OR GAMBLE, YOU CAN LOSE CONTROL:



“I was playing poker, and I know I’m good because I’ve practiced online. I don’t know what happened, but I was really unlucky and **SPENT ALL MY RENT MONEY.**”

— Dave

Gambling, including in-person and online poker, is a game of chance. What’s more, it’s generally recognized that you can win more easily on practice sites than in real games.



“My friend took some pills, but **HE HAD A BAD REACTION AND FELT AWFUL.** I had to take him to the hospital—it was really scary!”
— John

Synthetic drugs are chemical substances. You never know what’s in them or where they came from. The effects are completely unpredictable, ranging from no effect at all to unpleasant and sometimes serious physical and psychological effects, and even death.



“**I LOST MY LICENSE** because I drove after smoking marijuana.”
— Doug

Driving under the influence of drugs is illegal and can be detected by the police. It can lead to legal action and a criminal record, just like with alcohol.



“I had too much to drink the other day and slept with a girl, without protection. And now **I JUST FOUND OUT I’VE GOT CHLAMYDIA.**”
— Ricky

When you’re under the effects of alcohol, your judgment is impaired and your inhibitions are lower than usual, which means you may act inappropriately or in a way that doesn’t really correspond to what you want. You’re more at risk of making decisions with potentially negative consequences—decisions you wouldn’t have made otherwise.



“After the party, I was stopped at a checkpoint. I’d had a few vodkas with energy drinks and didn’t feel drunk at all. But when I took the breathalyzer, **I WAS OVER THE LEGAL LIMIT** and lost my license.”
— Kyla

Mixing alcoholic beverages and energy drinks makes it harder to recognize the symptoms of alcohol intoxication (delayed reflexes, fatigue, poor physical coordination, etc.) because of the caffeine consumed. These mixes can make you feel fully in control of yourself even if you’re not, and the risk of becoming severely intoxicated is magnified.



“I smoke weed, but I don’t think I overdo it... Still, **I’M HAVING MORE TROUBLE CONCENTRATING.** The further I get into the year, the more it looks like I might fail, and nobody wants to work on a team with me anymore.”
— Rachel

Cannabis use impairs your senses and perception of time and space and adversely affects your concentration and short-term memory. Some people may also find that cannabis alters their self-perception and causes a lot of anxiety. Longer-term cannabis use may lead to loss of motivation and serious physical and psychological health problems.

WHEN IT COMES TO ALCOHOL AND OTHER DRUGS, ARE YOU IN CONTROL?

The most important thing to ask yourself is whether you really need to use alcohol or other drugs in the first place. If you do decide to, it's important to think about preventing the possible consequences and to learn how to develop appropriate strategies, like having a designated driver, limiting how much you consume, or making an arrangement with a friend to look out for each other at a party.

Whether you use alcohol and other drugs on an occasional or recreational basis, there are immediate and predictable effects, and other effects that are much more unpredictable and undesirable. Since alcohol and other drugs change our behavior and influence our decisions, their use involves risks and can result in negative consequences. The more you use, the higher the risks and the more serious the potential consequences. You must therefore think critically and determine why and how you use.

That's why you should always reflect on your drug and alcohol decisions and habits and ask yourself: am I in control of my use?

Remember: You've got what it takes to make your own choices!

THERE ARE RISKS AND CONSEQUENCES OF USING ALCOHOL AND OTHER DRUGS.

If you use alcohol or other drugs, you need to assess the short- and long-term risks. It's best to use your judgment and learn to know your limits to stay in control of the situation.

For example, there are especially serious consequences associated with the use of synthetic drugs. These drugs are created in illegal labs by people with no qualifications, so it's impossible to know exactly what's in them. The effects are therefore totally unpredictable, ranging from no effect to overdose.

Uncontrolled use (mixing drugs, mixing alcohol and energy drinks, excessive use of alcohol or other drugs) can also lead to serious consequences. Some effects, like a hangover, are immediately obvious and can adversely affect your studies or work, but there are also physical injuries, accidents, and unprotected sexual relationships that can have longer-term impacts.

Binge drinking, which consists of drinking a large quantity of alcohol in a short period of time, may cause ACUTE INTOXICATION leading to repetitive vomiting, breathing difficulties, and loss of consciousness. It can even cause death.

Contact your community's emergency services if any of your friends have one or more of the following symptoms after using alcohol or other drugs:

- ▶ Significant or total inability to react
- ▶ Loss of consciousness or deep sleep
- ▶ Respiratory distress
- ▶ Weak pulse
- ▶ Repeated vomiting
- ▶ Excessive perspiration
- ▶ Damp or cold skin (hypothermia)

A person with one or more of these symptoms should never be left alone.



DID YOU KNOW?

In Québec alone, on average, 2,500 people are injured and 190 die each year as a result of impaired driving due to alcohol.

If you repeatedly use alcohol or other drugs in an uncontrolled way, other consequences may arise in the longer term, such as loss of interest in what you usually like to do, relationship problems with family and friends, difficulties at school or work, financial problems and, ultimately, physical and psychological health problems and addiction.

WANT TO TALK

ABOUT THE USE OF ALCOHOL OR OTHER DRUGS,
OR ABOUT GAMBLING?

WORRIED ABOUT YOUR USE OR THAT OF A FRIEND?



CALL:

TEL-JEUNES

1-800-263-2266 or
teljeunes.com

DRUGS: HELP AND REFERRAL

1-800-265-2626 or
514-527-2626 [Montréal area]

GAMBLING: HELP AND REFERRAL

1-800-461-0140 or
514-527-0140 [Montréal area]

CALLS ARE ANSWERED 24/7.



**YOU CAN ALSO GO TO
THE WEBSITE:**

RESTEENCONTROLE.COM

