

ALCOHOL / DRUGS / GAMBLING

**THERE'S  
NO MAGIC  
FORMULA**

**STAY IN CONTROL**

DRUG AWARENESS WEEK

ENSEMBLE    
on fait avancer le Québec



**TRUE  
OR  
FALSE?**

ACTIVITY FOR GROUPS AGES 13 TO 16

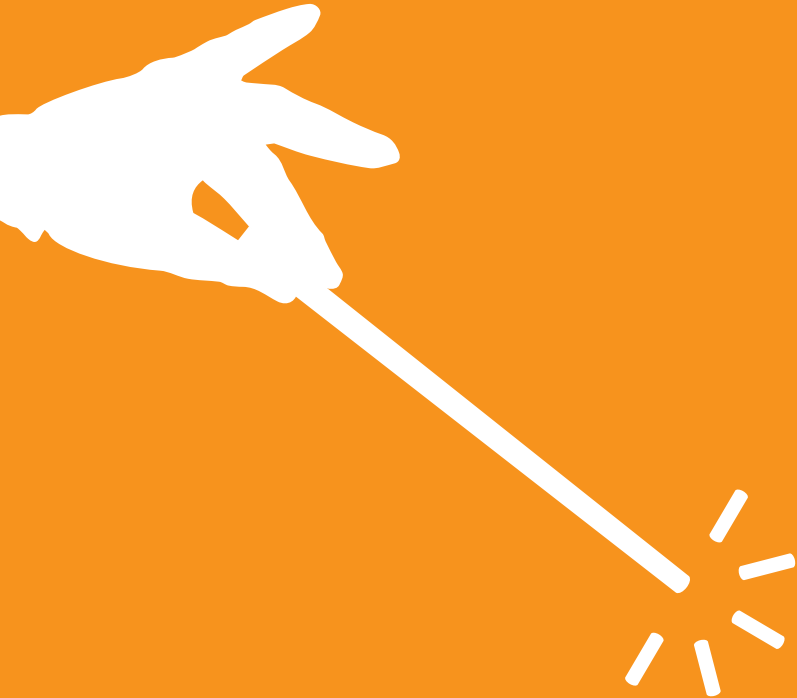
Québec 

# STATEMENT 1

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Knowing yourself is the key  
to asserting who you are!

**TRUE OR FALSE?**





To better assert who you are, you have to really know the characteristics of your personality:

- What's important to you
- Your interests
- Your tastes, what you like and dislike
- Your strengths and weaknesses

Knowing yourself means you can:

- Make better choices
- Increase your self-confidence and wellbeing
- Recognize those who share your tastes or interests and keep them close

The characteristics of your personality make you unique. We are all different, and that's what makes us all important.

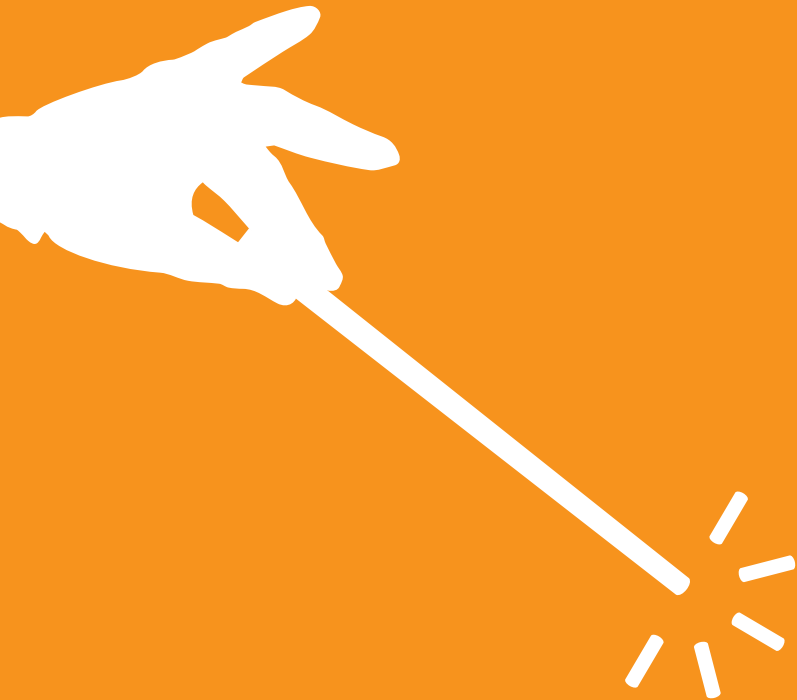
So don't be shy about asserting who you are, and be proud of yourself!

# STATEMENT 2

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We can state who we are in a number of ways, not only by expressing ourselves verbally.

**TRUE OR FALSE?**





# TRUE

By expressing yourself verbally, you can share your ideas, needs, and how you feel.

But you can also express yourself in other ways:

- By making any type of decision
- By creating, for example, when you write, draw, or dance
- By participating in activities that you like

**Question:**

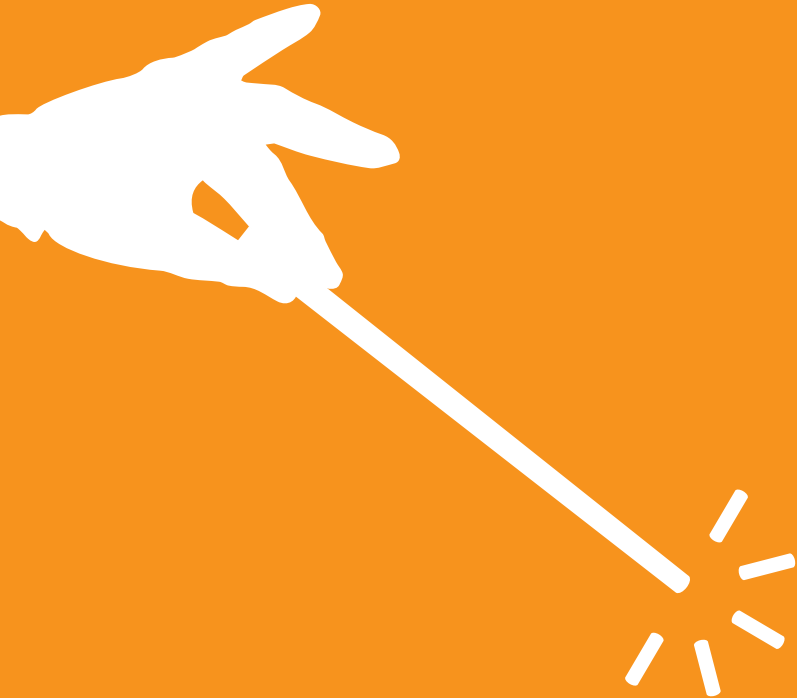
Do you have any examples of situations where you were assertive?

# STATEMENT 3

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More and more high school students are consuming alcohol or other drugs.

**TRUE OR FALSE?**





**FALSE**

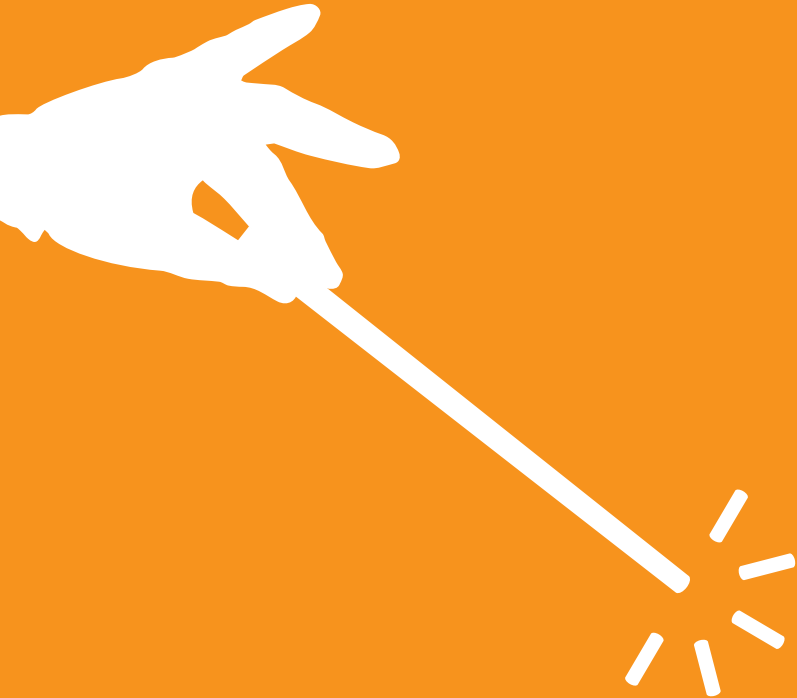
Young people aged 12 to 17 have generally reduced their use of alcohol and drugs like marijuana in recent years.

# STATEMENT 4

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Any alcohol used has an effect on the brain and body.

**TRUE OR FALSE?**







# TRUE

Alcohol is a psychoactive substance!

- Affects brain function
- Affects communication between nerve cells
- Distorts judgment and risk perception
- Influences behavior
- Reduces coordination of movement

One hour after alcohol consumption, the brain is no longer the same. A person:

- May feel relaxed
- Is a little more talkative
- Feels less shy
- May become more emotional or excited

Drinking more means more consequences!

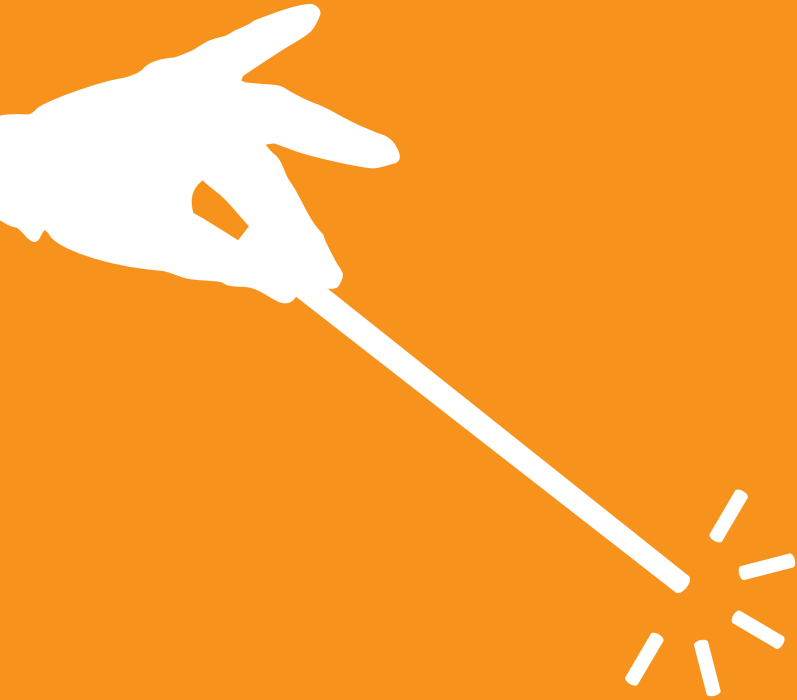
- Even less sound judgment
- Slower reaction time
- Blurred vision
- Loss of balance, unsteadiness
- Incoherent speech
- Possibility of getting angry or depressed
- Difficulty thinking straight

# STATEMENT 5

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Like all drugs, marijuana is also a psychoactive substance that affects the brain and body. It affects communication between nerve cells and impairs the senses.

**TRUE OR FALSE?**





All drugs, like marijuana, affect the brain and body.

### **Psychological effects:**

- Feeling of wellbeing and relaxation
- Tendency to talk more than usual
- Poorer concentration and short-term memory
- Spontaneous urge to laugh
- Altered perception of time and space
- Distorted sensory perception (colors look brighter, sounds are more intense)

Among certain people, marijuana can:

- Trigger hallucinations
- Alter self-perception
- Cause anxiety

### **Physical effects:**

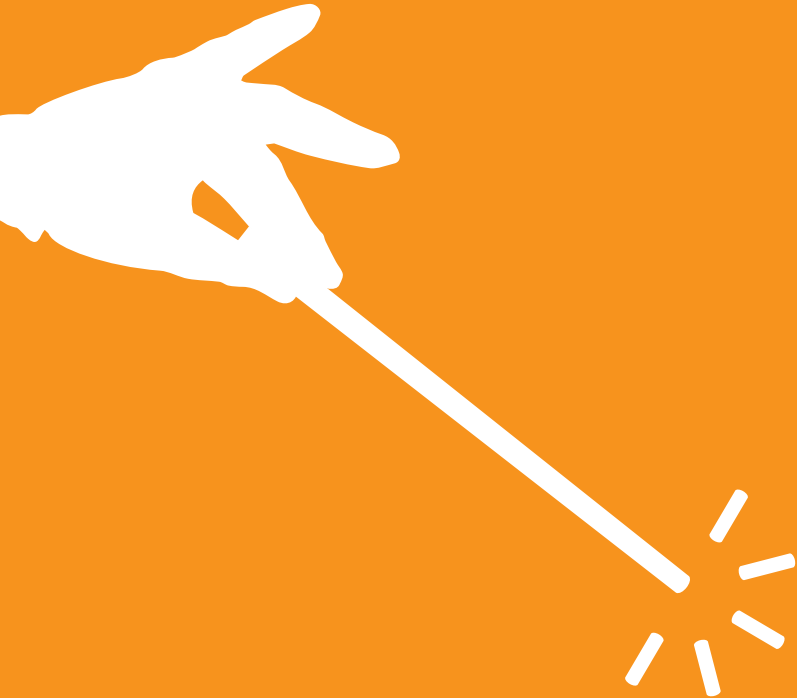
- Rapid heart rate
- Poor coordination of movement and balance
- Increased appetite
- Dry mouth and sore throat
- Swelling of the blood vessels (red eyes)
- Drowsiness

# STATEMENT 6

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If a person uses alcohol or marijuana, they are not at any risk and cannot suffer any unpleasant or serious consequences due to such use.

**TRUE OR FALSE?**





# FALSE

At first a person might feel relaxed, but even small doses can quickly lead to unpleasant feelings and negative consequences. For example, they might:

- Make decisions they wouldn't have made if they hadn't used
- Post pics or comments on social media that could cause problems with their family and friends, school, or potential employers
- Say hurtful things, even to people they care about
- Pick a fight (even with a friend)
- Have unprotected sex and contract a sexually transmitted infection or face an unplanned pregnancy
- Decide it's okay to get in a car with someone else who's been drinking or doing drugs

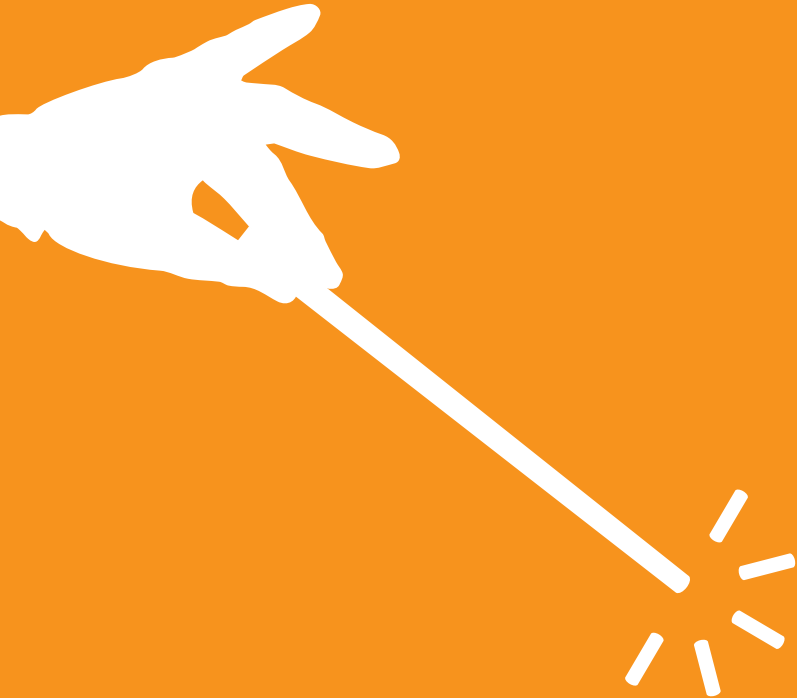
The more a person uses, the greater the risks and consequences could be.

# STATEMENT 7

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Mixing an alcoholic drink with an energy drink reduces the effects of alcohol.

**TRUE OR FALSE?**





# FALSE

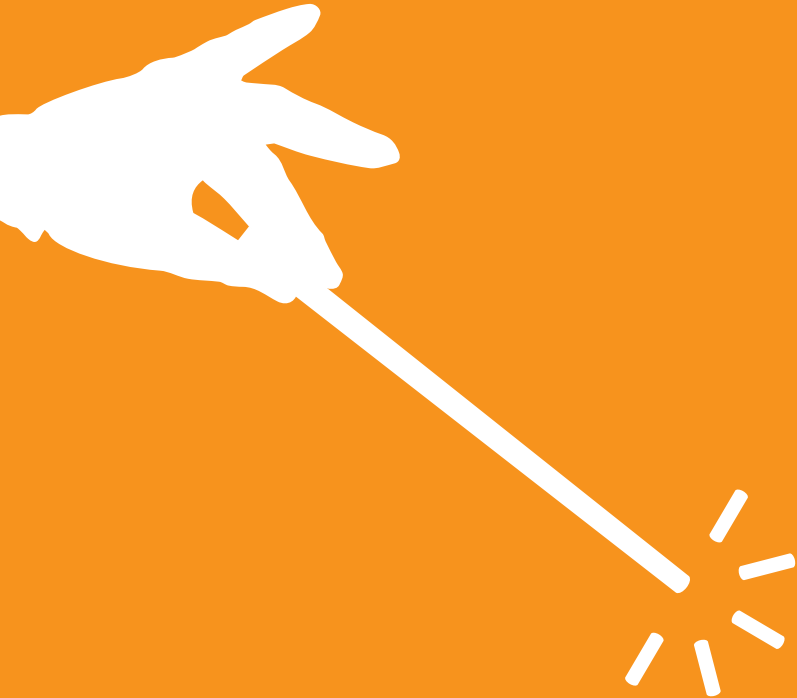
Mixing the two only impedes your ability to recognize the symptoms of alcohol intoxication. This type of drink can give you the impression of being totally in control when you're far from it. As a result, you may face the same negative consequences you would if you had just had alcohol.

# STATEMENT 8

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Always having the same thing or the same amount lets you anticipate exactly what effect a substance will have on a person.

**TRUE OR FALSE?**







# FALSE

A number of factors can influence the effect a substance (alcohol or another drug) will have on a person. This phenomenon is called the Law of effect.

When a characteristic associated with the following three factors changes, the experience changes as well:

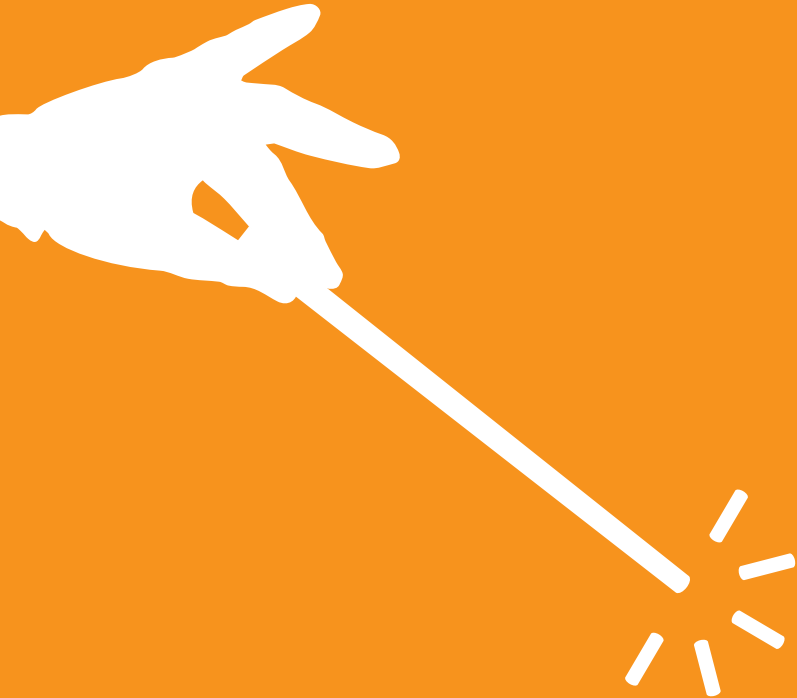
- Substance: product quality (alcohol percentage or drug make-up), rate of use, and so on
- Individual: age, height, weight, physical condition (e.g., fatigue; illnesses or infections, like a cold; or an empty stomach), state of mind, mood (generally, drugs amplify the emotion felt before use), and so on
- Circumstances: location, ambience, time of day, people you are with, conflicts, and so on

# STATEMENT 9

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In terms of gambling, there are foolproof tips and tricks for winning at poker every time.

**TRUE OR FALSE?**





# FALSE

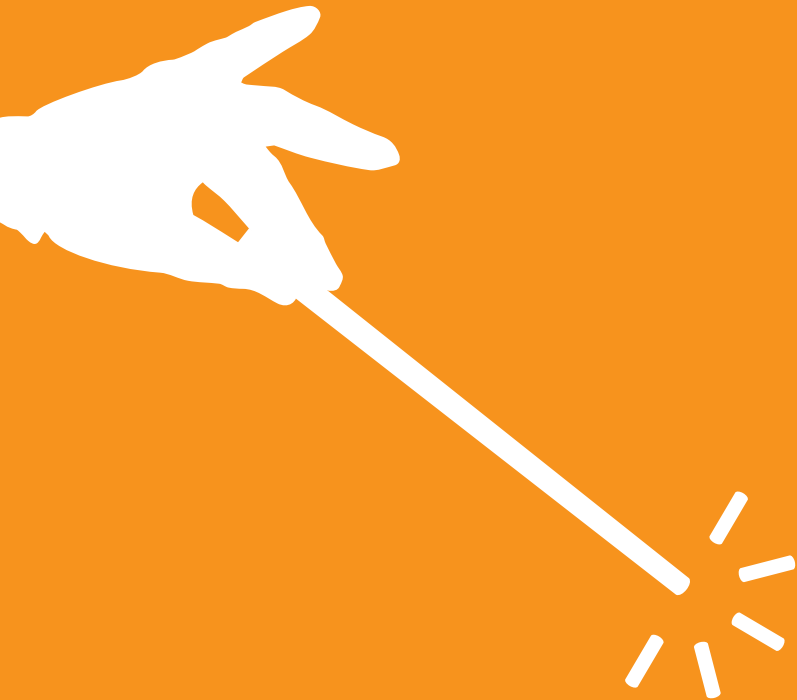
When gambling (e.g., playing poker), the gambler's skill and luck both play a role.  
Luck always influences the outcome.

# STATEMENT 10

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Sometimes, being assertive is more difficult due to the situation, the people present, or the emotions felt.

**TRUE OR FALSE?**





# TRUE

When our opinions are different from other people's, for example, it might be more difficult for us to express our points of view for fear of being rejected or mocked. That's completely normal.

But it's always best to calmly say what we really think and feel.

That way, we keep our self-respect and we help others get to know us and see who we are and what we want.

## Questions:

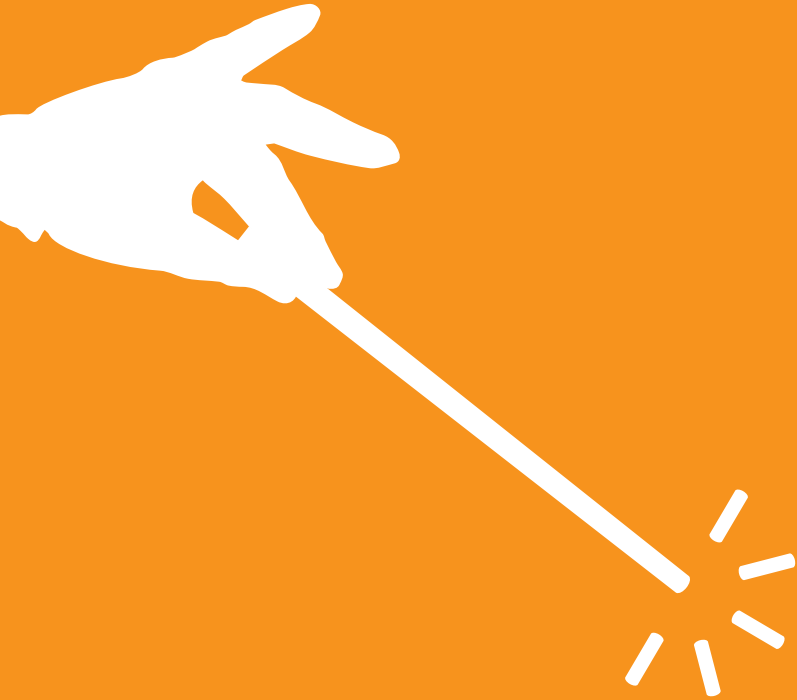
- When is it more difficult for you to express yourself?
- What do you or could you do to express yourself in these situations?

# STATEMENT 11

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There are a number of ways to be assertive with others when alcohol, other drugs, and gambling are involved.

**TRUE OR FALSE?**



A graphic consisting of several orange, thick, rectangular bars of varying lengths radiating from a central point, resembling a sunburst or a stylized 'E' shape.

# TRUE

Here are some strategies to help you reduce or prevent the risks related to drinking or doing drugs:

- Just say NO. If someone insists, say NO some other way, like “No, thank you,” “I’m not interested,” and so on.

You can also try other ways:

- Try humor: “No thanks, I am pretty attached to my brain!” “No, thanks. I quit 10 years ago!” and so on
- Suggest doing something else. There’s so much more to life than drugs and alcohol!
- And if they still insist, walk away! That might be a bit drastic, but it will make you feel more in control of the situation.

**Question:**

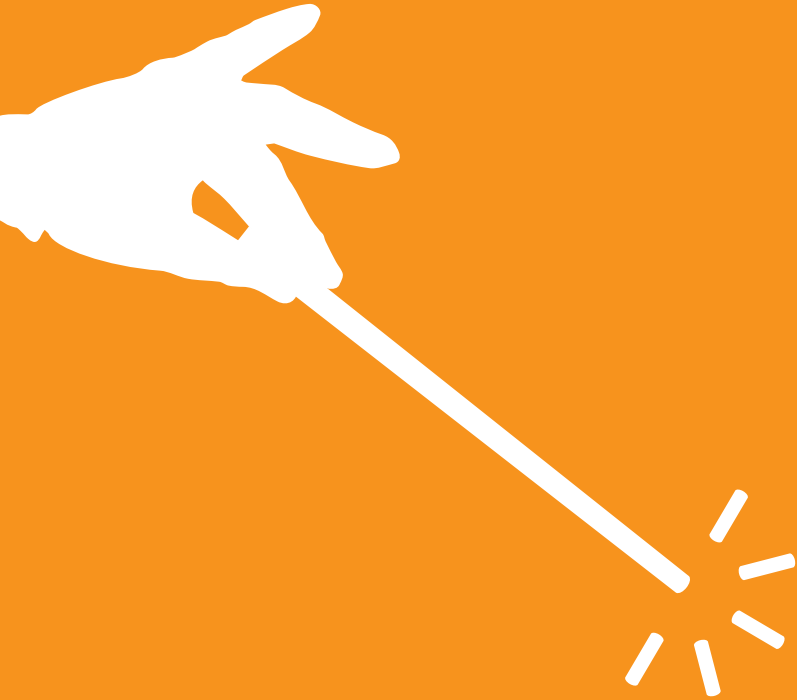
Can you think of other replies?

# STATEMENT 12

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There are strategies for reducing or preventing the risks and consequences of drug and alcohol consumption.

**TRUE OR FALSE?**







Even though teenagers should not drink or take drugs because their brains have not finished developing and can be sensitive to psychoactive substances like alcohol and other drugs, if you decide to take them, here are some strategies for reducing or preventing the risks and consequences.

- Decide ahead of time to limit your drug or alcohol use and talk to a friend who will help you stick to your decision.
- When you bring your own drinks to a party with friends, for example, bring some soft drinks too. It's best to drink slowly, alternate between alcoholic and soft drinks, and not drink on an empty stomach.
- Plan your transportation ahead of time to avoid injuring yourself or putting your life and the lives of others at risk.

**Question:**

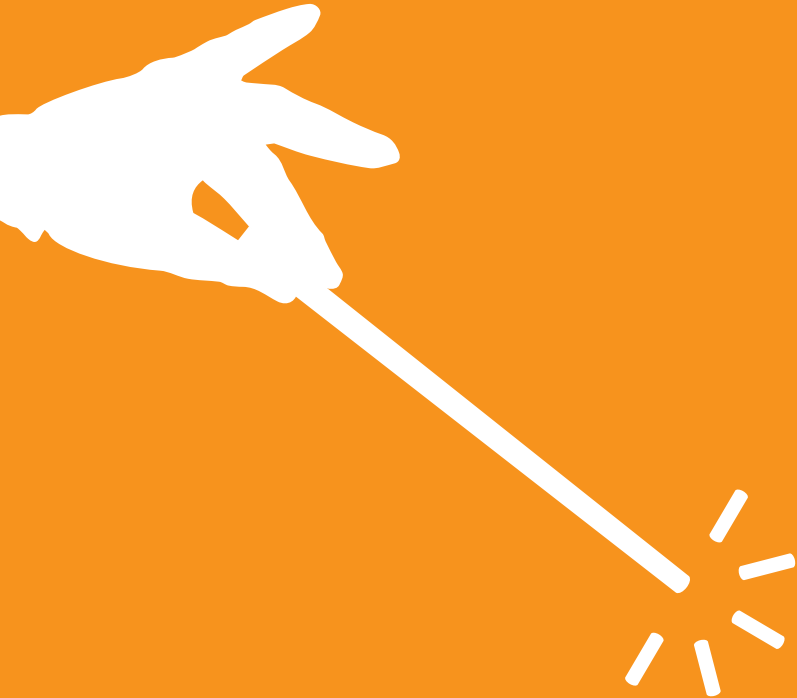
Do you know of any other strategies?

# STATEMENT 13

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Knowing yourself well and knowing the risks and consequences that can be associated with drug or alcohol use help you make better choices for yourself.

**TRUE OR FALSE?**





Knowing yourself better, appreciating who you are, and respecting yourself are key to making good decisions in life, including when it comes to alcohol, drugs, and gambling.

When you know the facts about alcohol and drug use, you make informed decisions, avoid the risks and consequences that may be associated with it and stay in control!