

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  
OF ABORIGINAL YOUTH AGE 13 TO 24

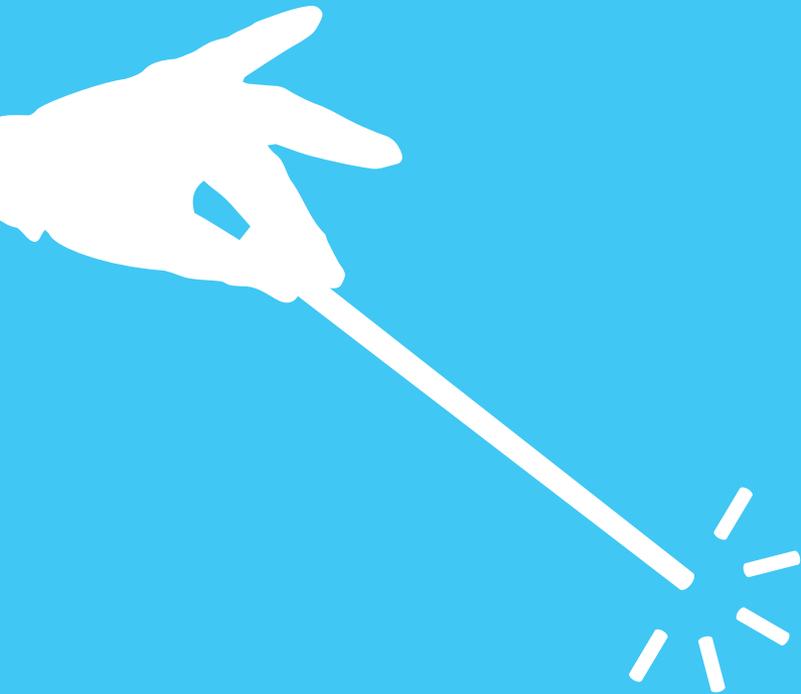
Québec 

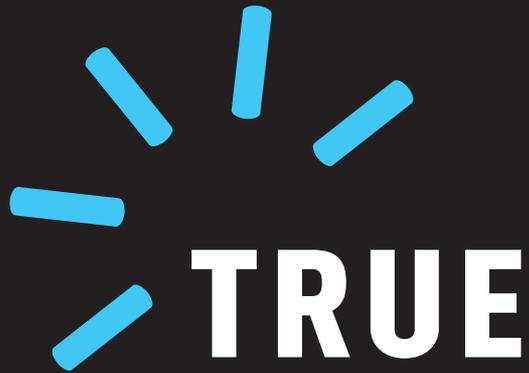
# STATEMENT 1

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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.

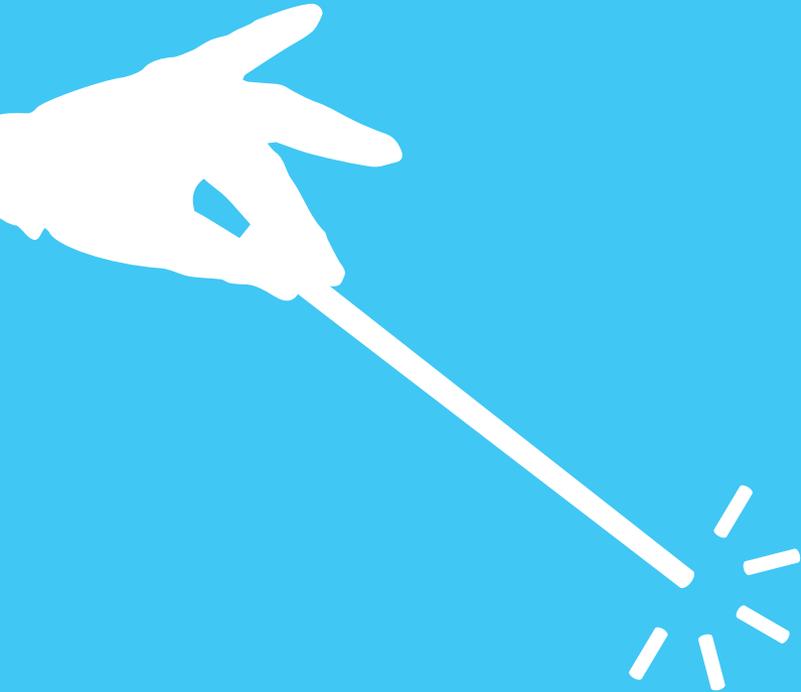
So don't be shy about asserting who you are, and be proud of yourself!

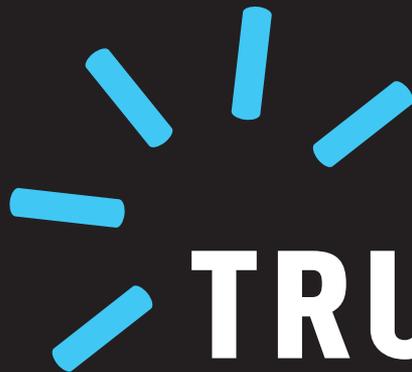
# STATEMENT 2

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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:**

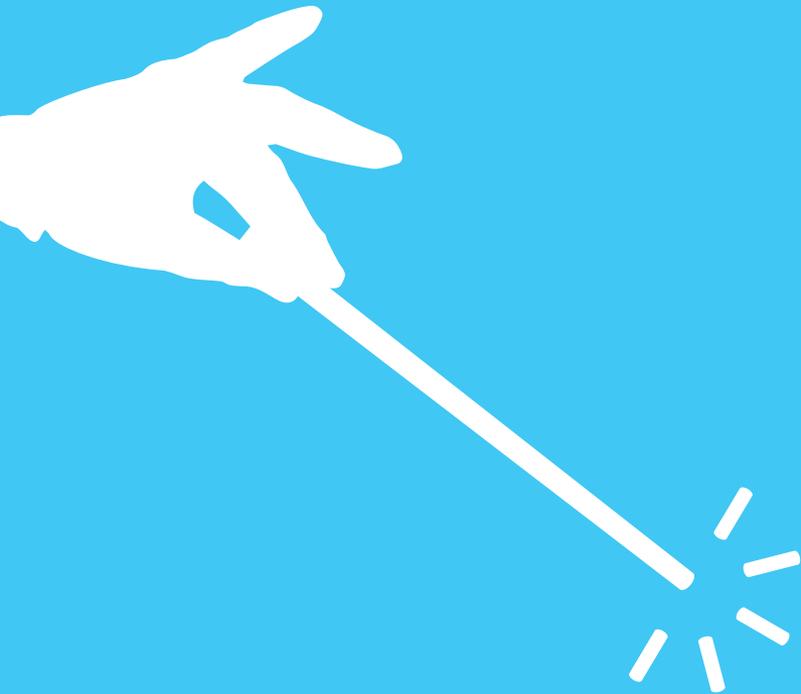
Do you have any examples of situations where you were assertive?

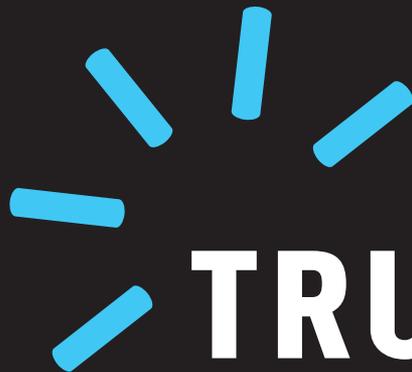
# STATEMENT 3

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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!

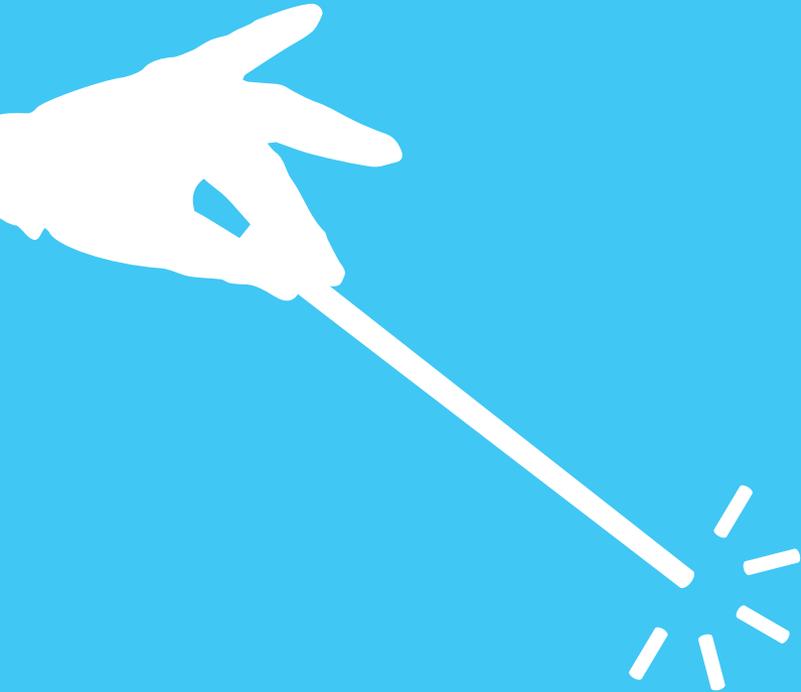
- Even less sound judgment
- Slower reaction time
- Blurred vision
- Loss of balance, unsteadiness
- Incoherent speech
- Possibility of getting angry or depressed
- Difficulty thinking straight

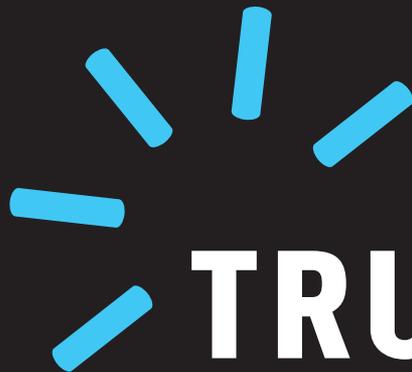
# STATEMENT 4

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Excessive consumption of alcohol (five or more drinks in one session) is dangerous and can result in long-term consequences.

**TRUE OR FALSE?**



A graphic consisting of several light blue, thick, diagonal bars of varying lengths radiating from a central point, resembling a stylized sunburst or a fan.

# TRUE

Excessive consumption of alcohol and habitual excessive consumption of alcohol increase the risks and can have a number of effects:

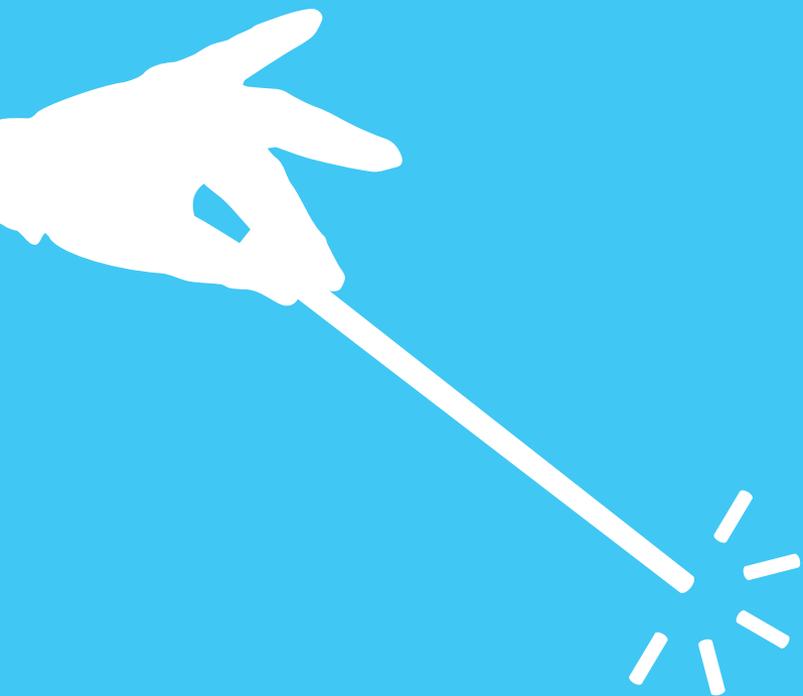
- **Physical health:** significant increase in the risk of accidents causing injury or death, increase in unsafe sexual behavior that can result in a sexually transmitted infection or an unplanned pregnancy, effects on brain development that can cause impulsive behaviors, and impacts on the development of certain cancers, liver diseases, high blood pressure, and brain damage
- **Mental health:** increased risk of abuse or dependency, depressive and disinhibiting effect of alcohol may cause someone with suicidal thoughts to act on those thoughts, depression
- **Psychosocial effects:** relationship problems, problems at work or at school, criminal behavior, delinquency, violence

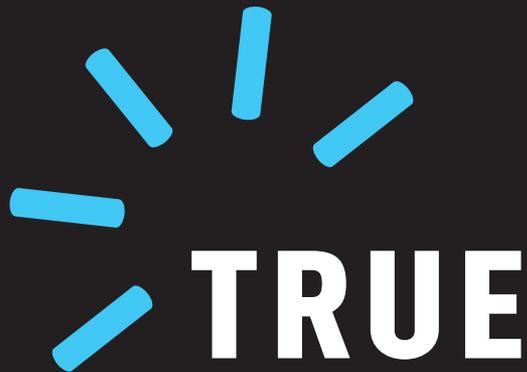
# STATEMENT 5

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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:**

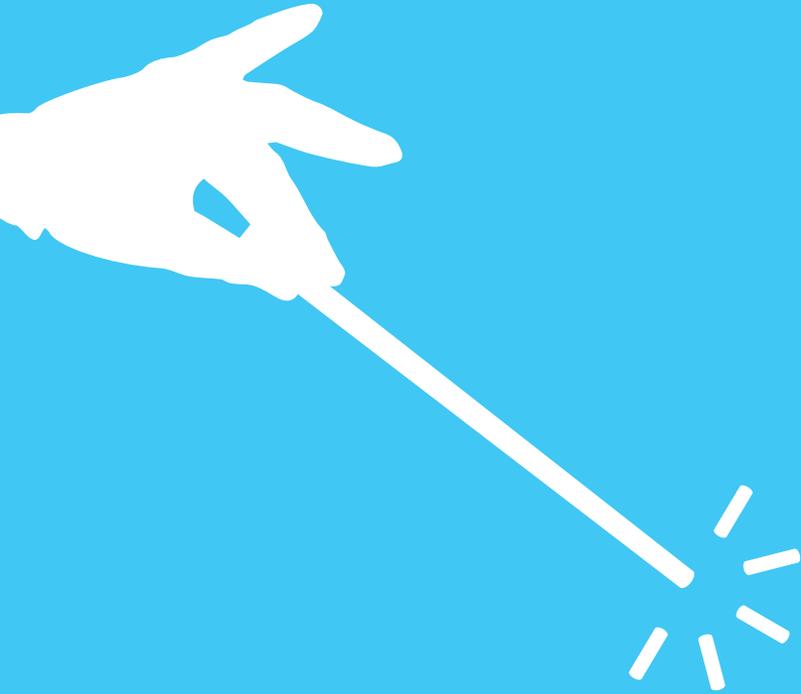
- Rapid heart rate
- Poor coordination of movement and balance
- Increased appetite
- Dry mouth and sore throat
- Swelling of the blood vessels (red eyes)
- Drowsiness

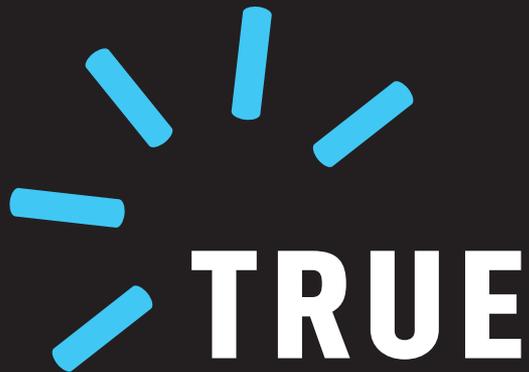
# STATEMENT 6

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Sometimes decisions made under the influence of alcohol or drugs cause unpleasant and serious consequences.

**TRUE OR FALSE?**





When the brain is affected by alcohol or drugs, your judgment may be impaired and the likelihood that you will do some of the following is increased:

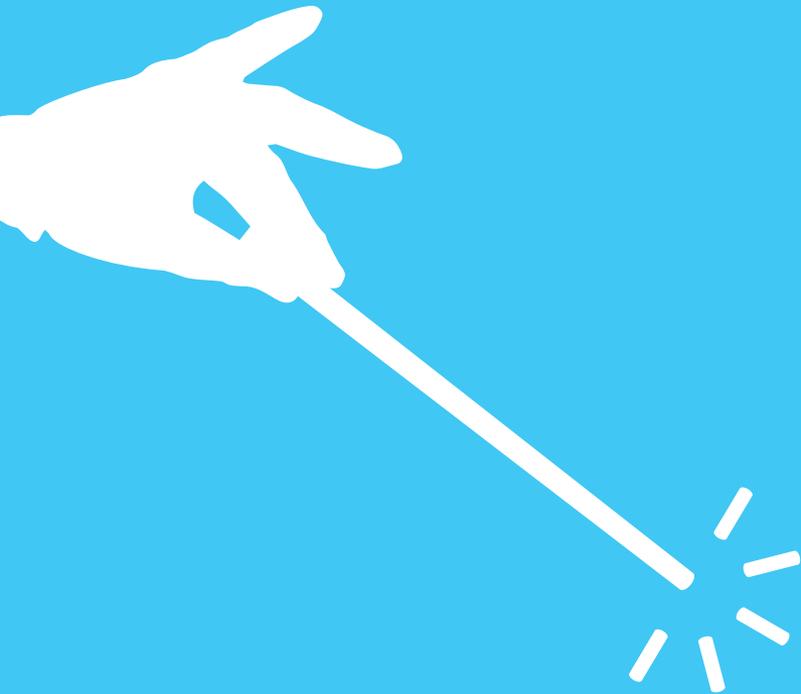
- Act inappropriately toward people you care about (be unpleasant or fight), post pics or comments on social media that could cause you problems with your family and friends, your school, or potential employers
- Engage in unprotected sex and contract a sexually transmitted infection or face an unplanned pregnancy
- Decide to drive with faculties impaired by alcohol or drugs. An arrest in such condition means the loss of your driver's license, a fine, and a criminal record that may affect your employment or your ability to travel outside Canada. This situation also increases the risk of having an accident in which you or others could be seriously hurt or killed.

# STATEMENT 7

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

**TRUE OR FALSE?**





# FALSE

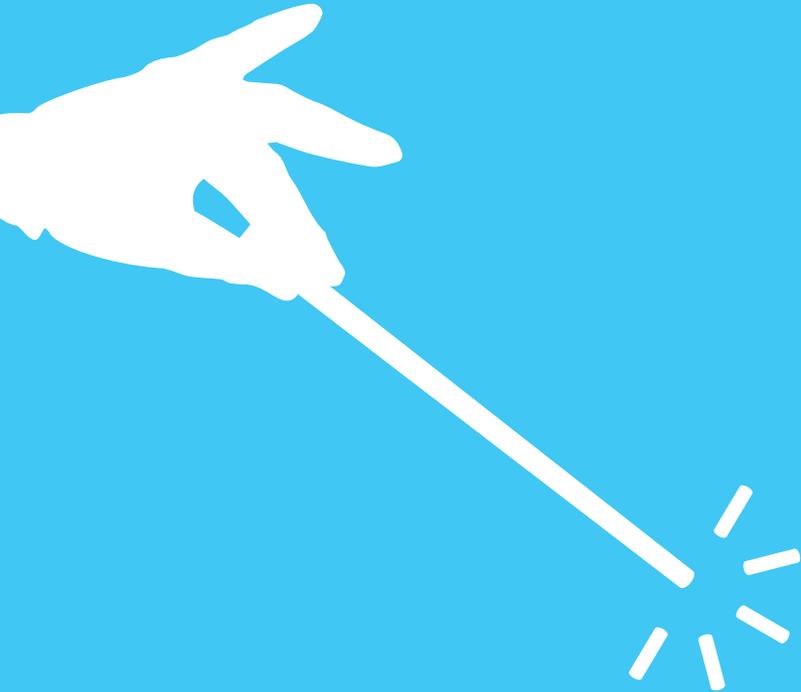
Mixing the two only impedes your ability to recognize the symptoms of alcohol intoxication. This type of drink can give you the impression of being totally in control when you're far from it. As a result, you may face the same negative consequences you would if you had just had alcohol.

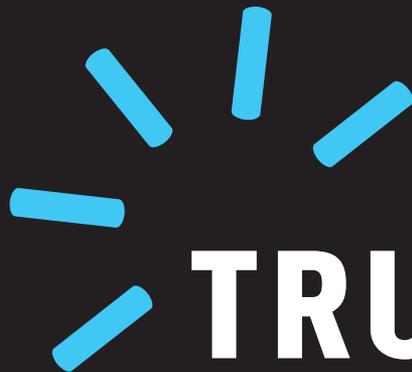
# STATEMENT 8

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Whatever their form, color, or origin, it's impossible to know exactly what synthetic drugs contain.

**TRUE OR FALSE?**



A graphic consisting of several light blue, thick, diagonal bars of varying lengths radiating from a central point, resembling a stylized sunburst or a fan.

# TRUE

As for any drug sold on the black market, you can never be sure of what a synthetic drug is made of.

One dose might contain:

- The desired substance in its pure state
- The substance mixed with other products
- A substance altogether different from what you think you're getting

And that means you may experience:

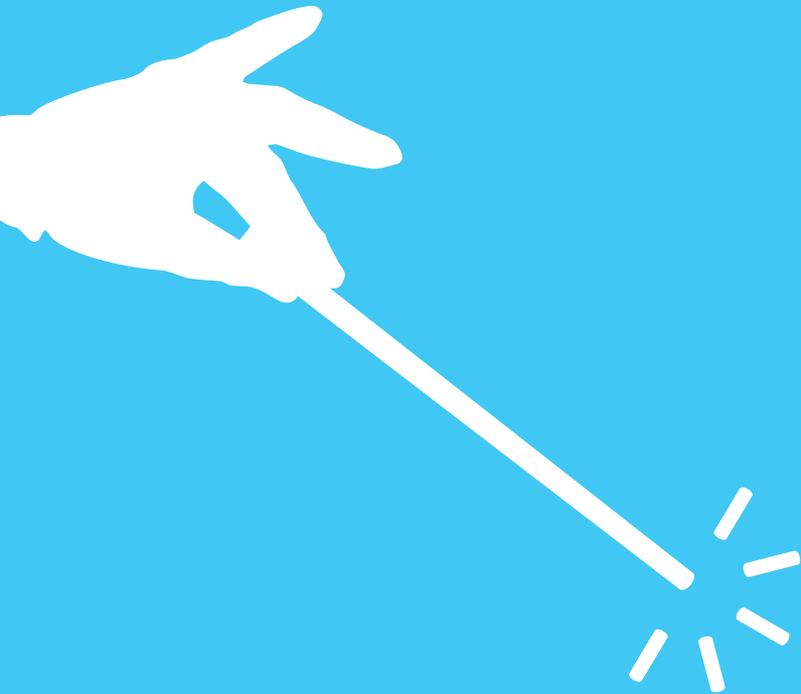
- No effect
- A partial or full effect
- An extremely strong, dangerous, and even toxic effect

# 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

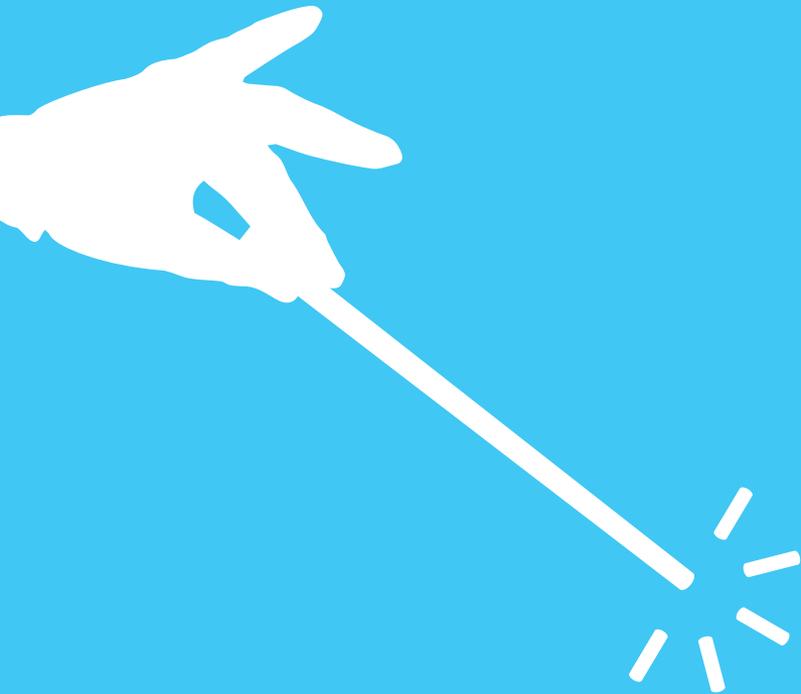
When gambling (e.g., playing poker), the gambler's skill and luck both play a role.  
Luck always influences the outcome.

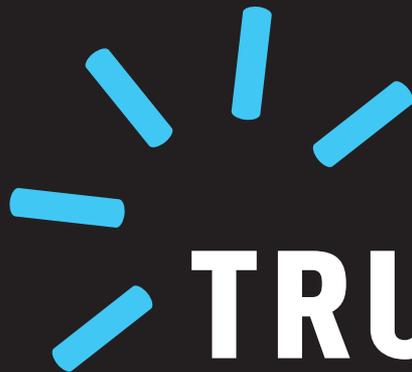
# STATEMENT 10

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

**TRUE OR FALSE?**



A graphic consisting of several light blue, thick, diagonal lines radiating from a central point, resembling a sunburst or a stylized 'T' shape.

# 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 ridiculed. 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, see who we are and what we want.

## Questions:

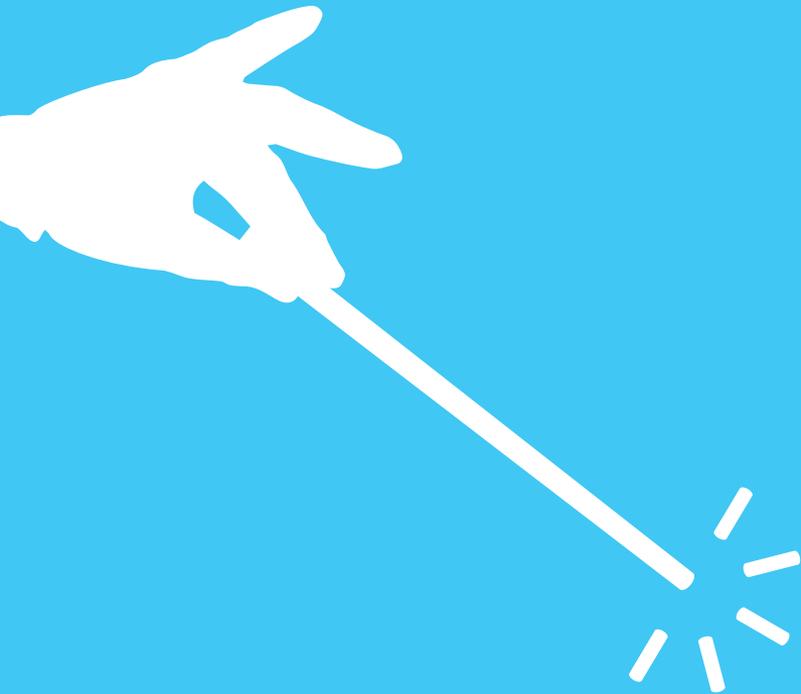
- When is it more difficult for you to express yourself?
- What do you or could you do to express yourself in these situations?

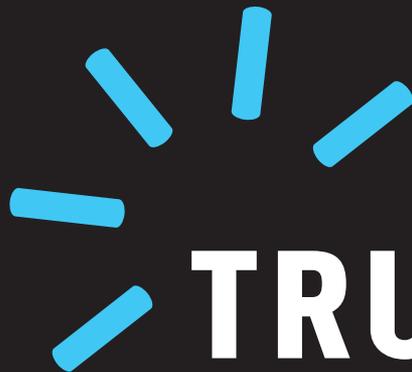
# STATEMENT 11

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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 light blue, thick, diagonal bars of varying lengths radiating from a central point, resembling a stylized sunburst or a fan.

# 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:**

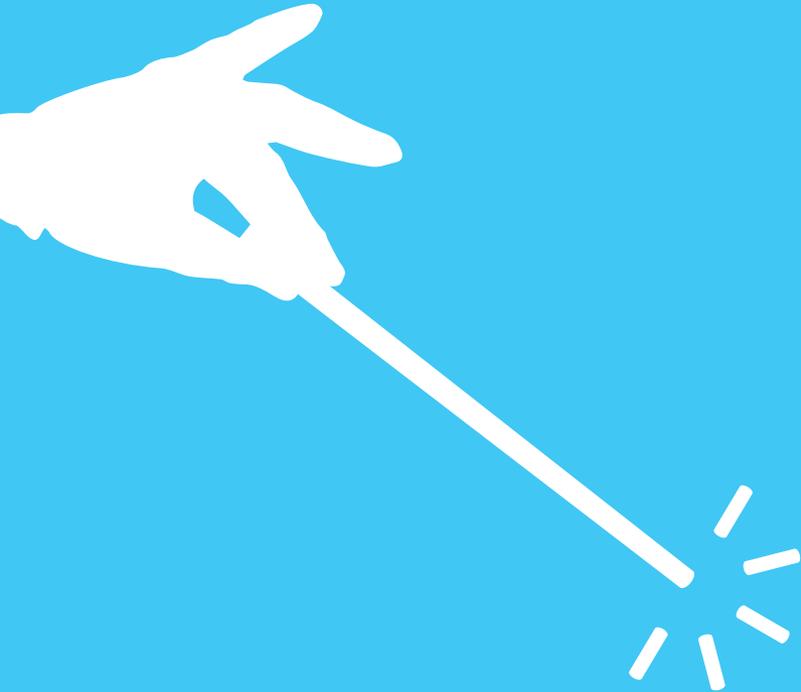
Can you think of other replies?

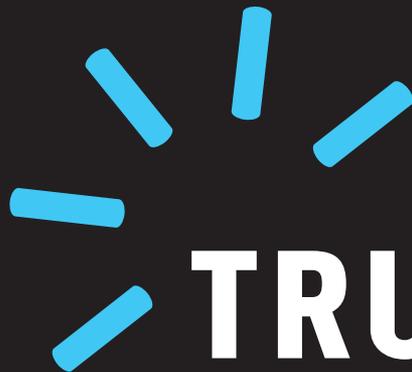
# STATEMENT 12

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If you do decide to drink or take drugs, there are strategies for reducing or preventing the risks and consequences of drug and alcohol use.

**TRUE OR FALSE?**



A graphic consisting of several blue, thick, diagonal lines radiating from the top left towards the center, resembling a stylized sunburst or a fan of light.

# TRUE

Here are some strategies for reducing or preventing the consequences of drug and alcohol use:

- When you bring your own drinks to a party or dinner 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.
- Decide ahead of time to limit your drug or alcohol use or not to use a certain substance, and talk to a friend who will help you stick to your decision.
- Avoid mixing things. Don't drink while using another drug, and don't take more than one drug at a time.
- Plan your transportation ahead of time to avoid injuring yourself or putting your life and the lives of others at risk.

**Question:**

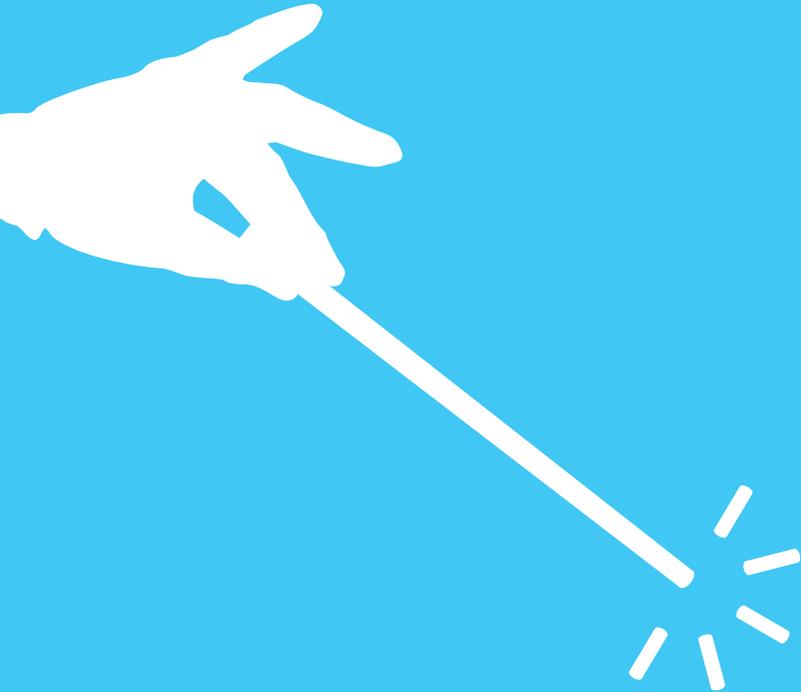
Can you think of other strategies?

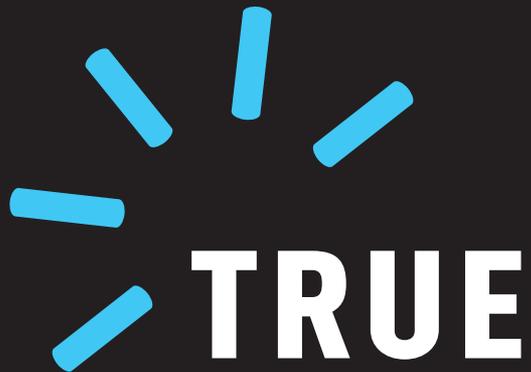
# STATEMENT 13

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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!