

AGE 17-24 ACTIVITY

An illustration of a person's profile from the chest up, facing right. They are holding a lit cigarette in their right hand. On their left arm, there are three gears: one on the shoulder, one on the elbow, and one on the forearm. The person is wearing a dark blue shirt. The background is a dark, muted green.

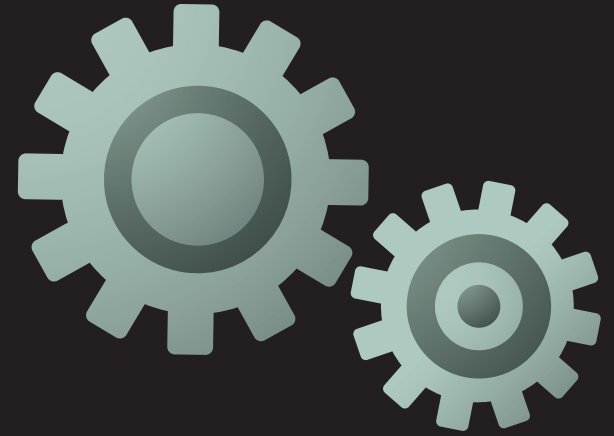
IT CAN BECOME
AUTOMATIC.

DRUG AWARENESS WEEK
ALCOHOL / DRUGS / GAMBLING

ACTIVITY FOR GROUPS
AGE 17 TO 24

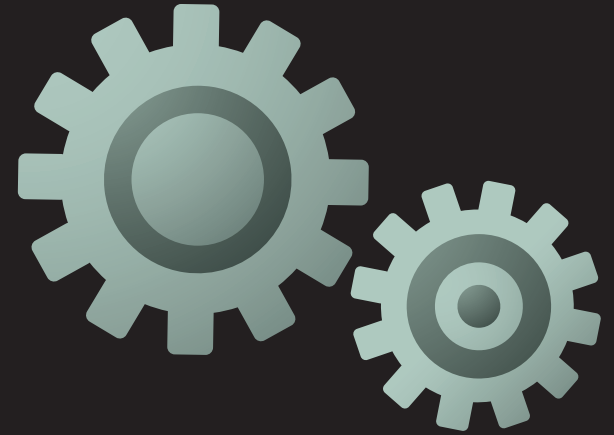
QUESTION

What do you think about the ways of dealing with stress presented in the first video?



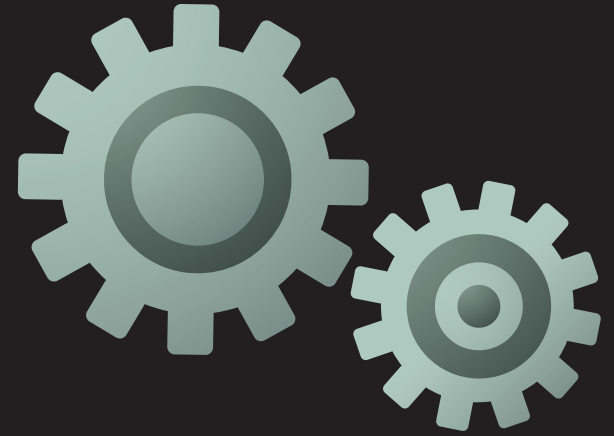
QUESTION

Do you have examples of stressful situations in your life or in the lives of people your age in general?



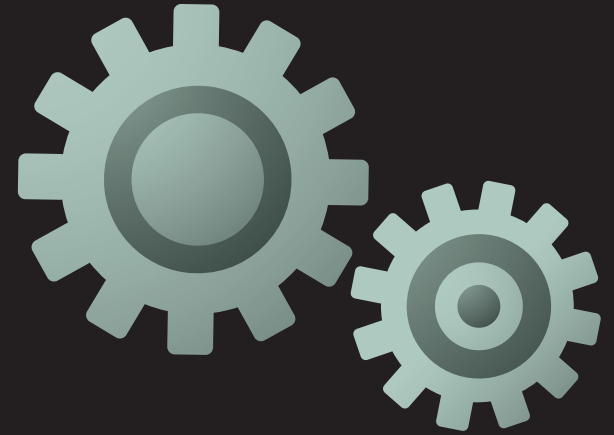
QUESTION

What ways do you know of, or use, to deal with stress and solve problems?

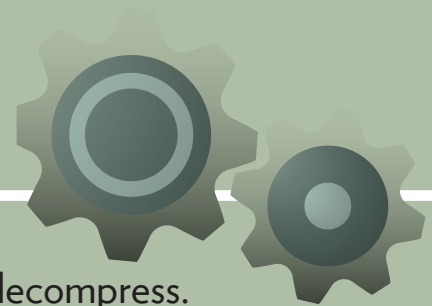


QUESTION

In your opinion, why might it be helpful to talk to someone you trust when you're going through a tough time?



ANTI-STRESS TOOLBOX



There are a lot of tools that can help you adapt to new situations and decompress. Here are a few of them:

- **LAUGH.** Laughing releases hormones that help reduce stress. It's good for your whole body. Don't hesitate to laugh with your friends or watch funny videos or TV shows if you're dealing with a stressful situation.
- **BREATHE.** Breathing affects the body's response to stress. Taking a moment to stop, inhale deeply, and exhale slowly until there is no air left can help reduce your stress.

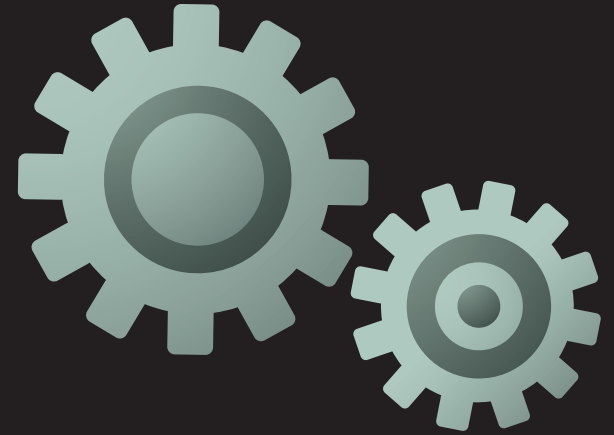
- CUDDLE with a pet. Studies have shown that petting an animal can have a soothing effect. If you don't have a pet, you can borrow one from a friend or go to a pet shop or animal shelter.
- HELP someone. The mere act of helping someone or doing a good deed reduces stress levels. Thinking about someone else lets you take a step back from your own situation. By getting a bit of distance, you may even find a solution or see your situation in a new light, which makes this approach extra helpful!
- GET MOVING. Staying in shape and being active helps reduce stress. If, for example, you feel stressed out before an exam or an interview, go for a long walk or take the stairs. You can even go up and down a few times in a row.
- HAVE FUN. Sometimes just getting your mind off things can make you feel less stressed. You can read a book, go to the movies, write, dance, cook, watch videos, or just do something fun.
- LISTEN to relaxing music or music that you like. Music can help you relax, unwind, decompress, or externalize your feelings.

Inspired by Catherine Raymond's translation of *Tool Box* by Nathalie Wan, research coordinator at the Centre for Studies on Human Stress, published in *Mammoth Magazine*, No. 16, Fall 2016.

STATEMENT 1

Marijuana affects both the brain
and the body.

TRUE OR FALSE?



TRUE

Drugs affect both the brain and the body.
Marijuana can have the following effects:

Psychological effects:

- Feeling of well-being and relaxation
- Tendency to talk more than usual
- Reduced concentration and short-term memory
- Spontaneous laughter
- Altered perception of time and space
- Distorted sensory perception (colors look brighter, sounds are more intense)
- Slower reaction time

For some people, marijuana can:

- Trigger hallucinations
- Alter self-perception
- Cause a lot of anxiety

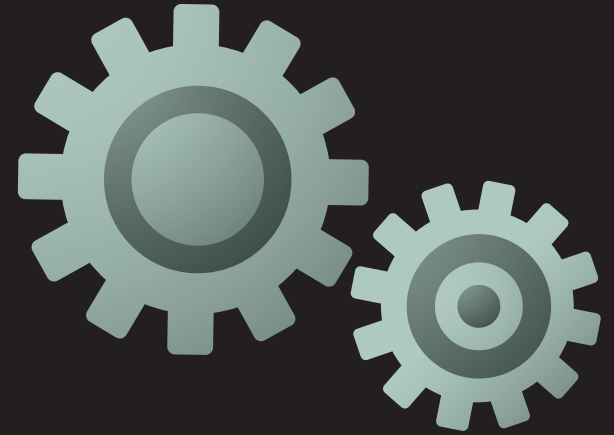
Physical effects:

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

STATEMENT 2

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

TRUE OR FALSE?

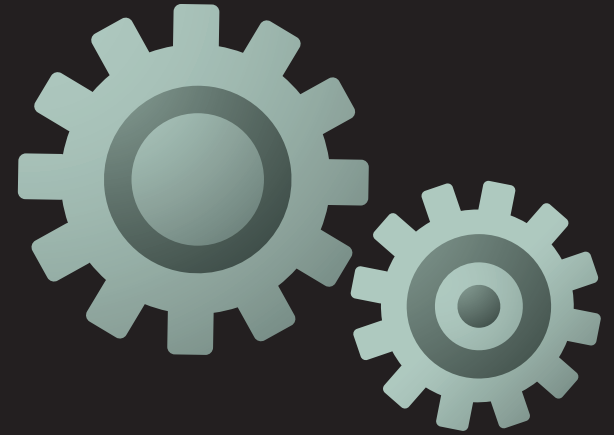


FALSE



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, which actually makes it more likely that you'll get severely intoxicated. As a result, you may face the same negative consequences you would if you had just had alcohol.

STATEMENT 3



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

TRUE OR FALSE?



As for any drug sold on the black market, you can never be sure of the contents of synthetic drugs.

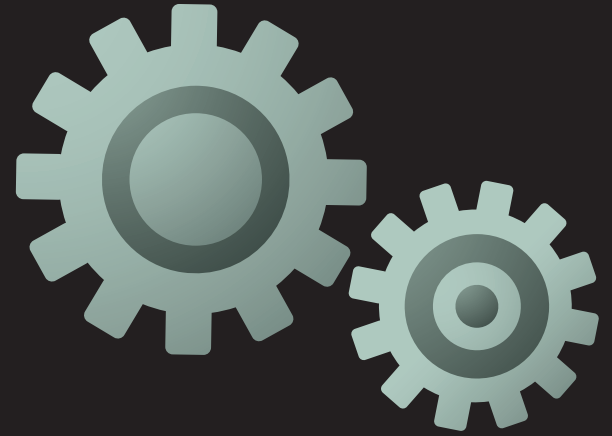
A dose may contain:

- The desired substance in its pure state
- The substance mixed with other products
- A substance altogether different from the one you want

And that means you may experience:

- Nothing at all
- A partial or full effect
- An extremely strong, dangerous, and even toxic effect

STATEMENT 4



There are foolproof tricks for winning every time when you gamble or play games like poker for money.

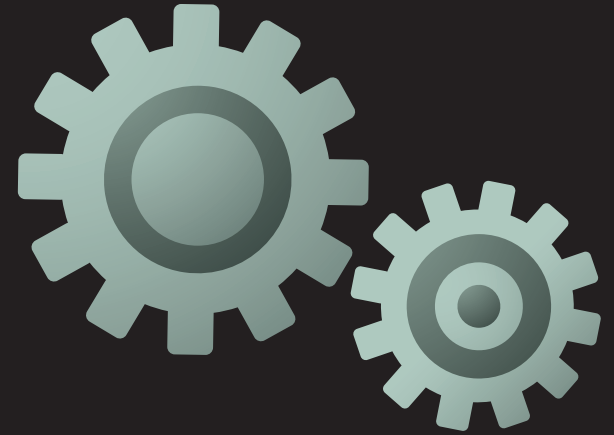
TRUE OR FALSE?

FALSE

A dark brown hand icon with three fingers pointing towards a grey gear icon. The hand and gear are set against a dark brown oval background.

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

STATEMENT 5



Medication taken by one person can be just as effective for anyone else.

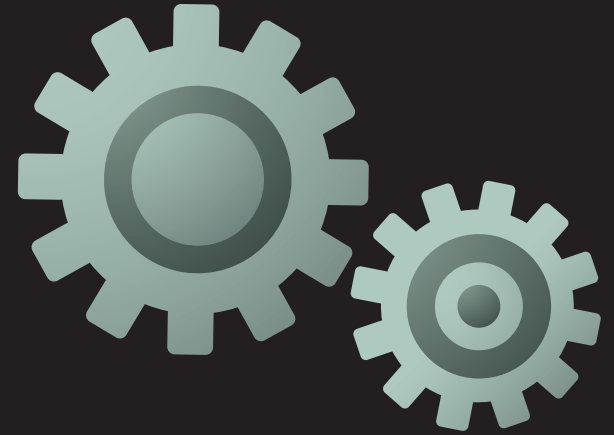
TRUE OR FALSE?



The effects of medication depend on the product, but also on the person using the product.

Medication used by one person can be dangerous for another, depending on weight, age, gender, health, and any other drugs being taken. It's also very important to stick to the dosage recommended by your health professionals. If you have any questions about a prescription or over the counter drug, ask a pharmacist.

STATEMENT 6



Your judgement is unaffected by alcohol and other drugs.

TRUE OR FALSE?

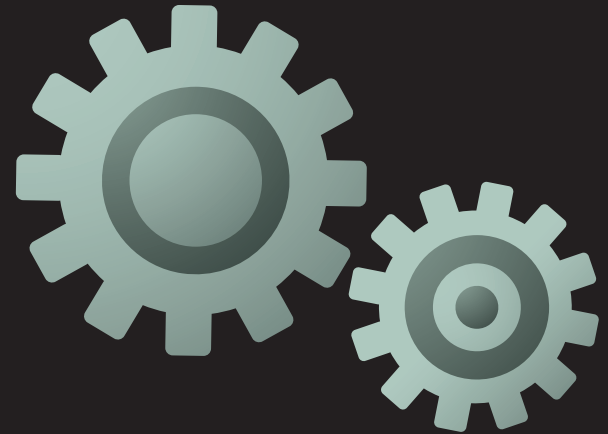
FALSE



When the brain is affected by alcohol or other drugs, your judgment is usually impaired and it becomes more likely that you will:

- Act inappropriately towards people you like (you might be disagreeable or even get in a fight).
- Post images or comments that will have an adverse affect when seen by friends, family, school faculty or administrators, current or potential employers, etc.
- Have sex without really wanting to or have unprotected sex, which puts you at greater risk for sexually transmitted infections and unplanned pregnancy.
- Decide to drive while impaired. If you're arrested for driving while impaired, you'll lose your driver's license, get a fine, and have a criminal record that may affect your employment or your ability to travel outside Canada. Driving while impaired also increases the risk of having an accident in which you or others could be seriously hurt or killed.

STATEMENT 7



There are strategies that can help you reduce or avoid the risks and consequences associated with drinking, taking drugs, and gambling.

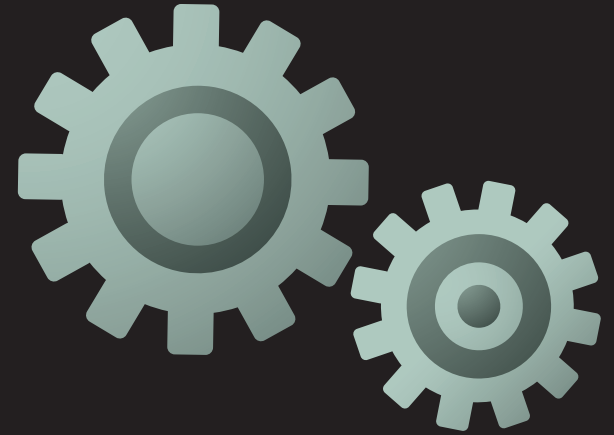
TRUE OR FALSE?



If you decide to drink or take drugs, there are plenty of ways to reduce the risks involved.

QUESTION

What strategies can you use to avoid the risks and negative consequences of drinking, taking drugs, or gambling?



STRATEGIES FOR AVOIDING OR REDUCING THE RISKS AND CONSEQUENCES ASSOCIATED WITH DRINKING, TAKING DRUGS, AND GAMBLING

- Choose not to use
 - Bring non-alcoholic drinks to parties
 - Alternate between alcoholic and non alcoholic drinks
 - Don't drink on an empty stomach and pace yourself
 - Decide ahead of time to limit your drinking
 - Decide ahead of time not to use certain substances and discuss it with a friend who's going to be there so they can back you up
 - Team up with a friend who can keep an eye on your drinking, and vice versa, at parties
 - Don't do risky physical activities or sports if you've been drinking or doing drugs
 - Don't drive a motorized vehicle (car, ATV, etc.) if you've been drinking or doing drugs
- If you're going to drink or do drugs, plan your transportation ahead of time to avoid injuring yourself or putting your life and the lives of others at risk (choose a designated driver, take a taxi or call a designated driver service, call a friend or family member, etc.)
 - Don't accept a ride from someone who's been drinking or doing drugs
 - Don't mix substances, like alcohol and drugs or alcohol and energy drinks, since each substance can amplify or mask the other's effects
 - If you're going to gamble, set yourself a limit in advance and tell a friend who's going to be there so you have some support