

IT'S NOT WORTH  
THE RISK

A PROBLEM  
WITH DRUGS OR  
ALCOHOL CAN  
MAKE YOU FEEL...

ALONE

## TRUE OR FALSE QUESTIONNAIRE

AGES 17-24



DRUG AWARENESS WEEK

ALCOHOL  
DRUGS  
GAMBLING

[Quebec.ca/AlcoolDroguesJeu](http://Quebec.ca/AlcoolDroguesJeu)



Getting involved in activities that match your interests helps you develop a variety of personal and social skills.



**TRUE or FALSE?**



# TRUE FALSE

Getting involved (engagement) in an activity you're interested in can help you get to know yourself better and build self-confidence. It also gives you a chance to spend time with people who have the same interests and can support you if needed. This kind of engagement also helps develop a sense of belonging.

To keep you away from the risks and consequences associated with drug and alcohol use, there is nothing like getting involved in activities that match your interests!

The experiences you have when doing your activities help you develop skills that you'll use your entire life:

- **Social skills:** assertiveness, critical thinking, respect for others, decision-making, etc.
- **Personal skills:** perseverance, ability to learn social rules and structures, stress management, and ability to manage expectations of yourself and others

Engagement is a protective factor that reduces the likelihood of problems coming up, particularly related to alcohol and drug use or gambling.

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There are plenty of opportunities for engagement.



**TRUE or FALSE?**

# TRUE FALSE

## THERE ARE LOTS OF FORMS OF ENGAGEMENT:

community, entrepreneurial, scientific, academic, political, athletic, cultural, artistic, etc.

### Examples:

- Sign up for extracurricular activities (improv, drama, cooking, etc.)
- Get involved with your school (join a committee or help organize an activity)
- Participate in recreational activities and organized sports in your neighborhood or town/city
- Volunteer with a community or school group
- Do things with your family or friends (play board games, go on bike rides, go hiking, etc.)
- Join a sports team
- Take lessons (dance, painting, piano, another language, etc.)
- Help friends with projects

3

Mixing energy drinks with alcohol reduces the effects of the alcohol and lowers the risk of severe intoxication.



**TRUE or FALSE?**



# TRUE FALSE

It's actually the opposite. Mixing the two only impedes your ability to recognize the symptoms of alcohol intoxication. You might feel like you're totally in control and not recognize the signs that you're becoming intoxicated. You might think you can drink more, which could lead to alcohol poisoning.



People ages 17 to 24 are using more and more alcohol, cannabis, and other drugs.



**TRUE or FALSE?**



# TRUE FALSE

Sometimes it can seem like everyone is using, but that's not actually true! In reality, young adults now use less alcohol, cannabis, and other drugs than they did in 2000. The same is true for gambling, which has lost popularity among this age group.

5

Cannabis was legalized to help keep everyone safe and healthy.



**TRUE or FALSE?**

# TRUE FALSE

**Cannabis is not just any product, and using it can have certain effects on your health. That's actually one of the reasons behind its legalization.**

Legalizing cannabis is part of a bigger public-health picture, one aspect of which is protection. The government wants to regulate the quality and composition of the substance to minimize health risks for consumers. The purpose of legalization is to direct consumers to a safer, legal market. In Québec, cannabis will not be sold for commercial ends and there will be no advertising or promotions encouraging its use. All profits will go to a fund that will be reinvested in cannabis research and prevention.

For more information about the effects and risks of cannabis consumption or on the Cannabis Regulation Act, visit [www.encadrementcannabis.gouv.qc.ca/en/](http://www.encadrementcannabis.gouv.qc.ca/en/).





There are tricks for winning when you gamble.



**TRUE or FALSE?**

# TRUE FALSE

When gambling (e.g., playing poker) the player's skill and chance both play a role. There are no tricks or surefire ways to win. Chance always influences the outcome.



An estimated 14% of Quebecers smoked cannabis during the last year.



**TRUE or FALSE?**



# TRUE FALSE

A study showed that 14% of Quebecers age 15 or older used cannabis at least once during the last year. That's less than you might think. Though you may hear a lot of talk about cannabis with the recent legalization, the vast majority of people do not use it.



All alcohol you consume has an effect on your brain and body.



**TRUE or FALSE?**

# TRUE FALSE

- Alcohol is a **psychoactive substance**, which means it acts on your brain and central nervous system, affecting your entire body.
- As a result, any alcohol you consume **affects how your brain works**. Alcohol alters communication between nerve cells. It **distorts your judgment and perception of risk, impairs your behavior, and reduces your physical coordination**.
- This means that an hour after an alcoholic drink, your brain is already different: you might feel calmer, a little more talkative, less inhibited, and maybe more emotional. At this point, with all these new sensations, your brain isn't thinking like normal anymore. This means that if you need to make a decision, it may not be the right one.
- If you drink more, your brain becomes intoxicated, which has more consequences on your body: your judgment is even more impaired, your reactions are slower, and you can't see properly. You may stumble and lose your balance, slur your words, and become angry or depressed. Generally speaking, you have trouble thinking straight.



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Drinking alcohol doesn't really have any long-term health risks.



**TRUE or FALSE?**

# TRUE FALSE

Drinking alcohol increases your risk of developing certain diseases and health problems that are much worse than a simple hangover. Alcohol use is a related factor in more than 200 diseases and traumas, including cirrhosis of the liver, cancer, and cardiovascular disease, not to mention alcohol addiction and its consequences.

10

Using cannabis has only pleasurable effects.



**TRUE or FALSE?**



# TRUE FALSE

Always remember that every high has a down. While it's true that using cannabis can make you feel carefree, happy, brave, or even creative, these feelings are always followed by a down, when you start to slow down physically and mentally. You might also notice that your short-term memory and ability to concentrate or pay attention are impaired.

What's more, some people may feel unwell and even have panic attacks when they use cannabis. Others experience a feeling of relaxation.



Alcohol use is the cause of a significant percentage of deaths among users ages 20 to 39.



**TRUE or FALSE?**

# TRUE FALSE

Alcohol use can cause death or disability relatively early in life. In fact, nearly 25% of all deaths of people ages 20 to 39 can be attributed to alcohol. Worldwide, alcohol use was directly responsible for 3.3 million deaths in 2012.



12

The same synthetic drug can have different effects each time you use it.



**TRUE or FALSE?**

# TRUE FALSE

When you buy synthetic drugs from a dealer, even if it's always the same person and they provide a quality product, you never know exactly what's in the dose.

## **It might contain:**

- The desired substance in its pure state
- The substance mixed with other products
- A completely different substance than you expect

## **And that means you may experience:**

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

13

On some gambling websites, the odds of winning are higher during the free trial periods than when you're betting with real money.



**TRUE or FALSE?**



# TRUE FALSE

Research has shown that during free trial periods, certain sites are designed so that players have a higher chance of winning, giving them an incentive to bet using real money. However, when real money is at stake, the odds of winning go down.

14

No serious negative consequences can come from using alcohol, cannabis, or other drugs.



**TRUE or FALSE?**

# TRUE FALSE

When alcohol or another drug disrupts the brain, you are more likely to act inappropriately

**For example, you might:**

- Say something unkind to someone you like
- Get in a fight
- Have unprotected sex, which can have undesirable or unintended consequences like a sexually transmitted infection or an unplanned pregnancy
- Drive impaired or get into a car where the driver is impaired by drugs or alcohol, and run the risk of an accident
- Post images or comments on social media that will be harmful to you if seen by your friends and family, teachers, a potential employer, etc.



15

A drug will always have the same effects every time,  
so you know what to expect.



**TRUE or FALSE?**

# TRUE FALSE

You can never be sure what effect a drug (including alcohol) will have because too many different factors come into play at the same time. This is what we call The Law of Effect (E = PIC).

## The factors are:

**The product (P):** Quantity, purity, frequency of use, speed of use, how it is taken (ingested, smoked, injected, etc.), use with other products

**The individual (I):** Height, sex, weight, state of physical or psychological health, state of mind, past experiences, metabolism, and predisposition

**The context (C):** Location, ambiance, companions, time of day

If one of these factors changes, the drug's effect can also change.

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Drinking, taking medication, or using other drugs while using cannabis does not change the effect of those substances.



**TRUE or FALSE?**



# TRUE FALSE

Drinking, taking medication, or using other drugs while using cannabis can increase the effects of the cannabis or the other substance, or it can mask the effects of those substances, which can make it hard to tell how intoxicated you are.

17

Just smoking one joint doesn't affect your ability to drive a vehicle.



**TRUE or FALSE?**

# TRUE FALSE

**As with alcohol, drivers must not get behind the wheel if they have used cannabis because its effects on the brain can impair your ability to drive.**

The effects of cannabis vary according to a number of factors and can last for several hours after consumption. Cannabis has effects that can interfere with driving; for example, it increases your reaction time and decreases your attention and alertness, your judgment, your ability to perceive your surroundings, and your coordination. People who drive under the influence of cannabis are almost twice as likely to have an accident as those who have not used the drug. Drivers who consume alcohol and cannabis together have a much higher risk of causing an accident.

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Drinking a large quantity of alcohol in a short amount of time can lead to alcohol poisoning and even death.



**TRUE or FALSE?**



# TRUE FALSE

Drinking a large quantity of alcohol can lead to alcohol poisoning.  
Here are the signs:

- Significantly impaired response or lack of response
- Loss of consciousness or deep sleep
- Difficulty breathing
- Repeated vomiting
- Excessive perspiration
- Hypothermia

If someone at a party has one or more of these symptoms, call 911 and do not leave them alone.

19

It is dangerous to try medication prescribed for someone else.



**TRUE or FALSE?**

# TRUE FALSE

You should never share or try medication prescribed for someone else, including friends and family. The effects of a prescription depend on the product, of course, but also on the person using it. A prescription drug used by one person can be dangerous for another, depending on weight, age, gender, health, and any other drugs being taken. It is also important to follow the recommended dosage when taking a drug prescribed for you. Before taking a new medication, ask your pharmacist about its effects.

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There are no strategies for reducing or avoiding the risks of drug and alcohol use and gambling.



**TRUE or FALSE?**



# TRUE FALSE

**There are plenty of strategies for reducing or avoiding the risks of drugs, alcohol, and gambling. For example:**

- Choose not to drink, use drugs, or gamble.
- Bring non-alcoholic drinks to parties.
- Alternate alcoholic drinks and soft drinks.
- Don't drink on an empty stomach and pace yourself.
- Decide in advance to limit your drinking.
- Decide in advance not to use certain substances and tell somebody you'll be with about your decision so they can help you stick to it.
- Go to parties with a friend where you agree to keep an eye on each other.
- Don't do risky physical activities or sports if you've been drinking or doing drugs.
- Don't drive a motorized vehicle (moped, ATV, car, etc.) if you've used drugs or alcohol.
- 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.
- 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 someone to back you up.

# HELP AND INFORMATION RESOURCES:

Drugs: Help and Referral

Gambling: Help and Referral

Tel-Jeunes

