

# ego

IT'S NOT WORTH  
THE RISK

Alcohol,  
drugs, gambling  
— your questions  
answered

The truth  
revealed

surprising things -  
**5**- about you

A quiz  
you'll

**SPECIAL** edition

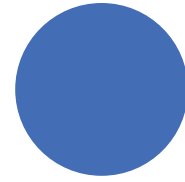
# All about you!

**DRUG AWARENESS WEEK**

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

Votre  
gouvernement

Québec



# IN THIS ISSUE, YOU'RE THE STAR!

## WE WANT TO KNOW...

What defines your **PERSONALITY**?  
What are your **VALUES**?  
What do you **ENJOY**?  
What **MATTERS** to you?



*This issue  
is focused  
on you because*

## WHEN YOU KNOW YOURSELF BETTER:

- + You're more self-confident
- + You feel happier
- + You make better choices
- + You make good decisions
- + You have more tools for whatever life brings

We say **YES** to all that! Because **YOU** are  
the most important person in your own life!  
Now go and get to know yourself!

# Think you know yourself? We'll see!

# 5

## questions you gotta ask yourself!



What are my  
3 main strengths?

1

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2

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3

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What would I like to do  
more often?

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When I face difficulties,  
how do my strengths help me  
overcome them?

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When do I use my strengths  
in everyday life?

1

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2

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What do I see myself  
doing in 5 years?

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## 10+1 STATEMENTS THAT MAKE YOU GO, "THAT'S SO ME!"

No kidding!

Not so much

I regularly do an activity or activities I like



I usually finish what I start



I like learning new things



I take a little time for myself each day to think and relax



I like being in a group of friends



I adapt easily to changes and the unexpected



I'm more of a loner and I like it that way



I know there's more than one way to see things



I like consulting others before making decisions



I like helping others



I follow my intuition to make decisions



# FACING Challenges

The **ULTIMATE** quiz on how you react  
when the going gets tough

Circle the statement that matches what you do  
in each situation or write down your own answer.

## A quarrel breaks out in my group of friends...

- a) It's not my business
- b) I pick a side
- c) I dive in to help resolve things
- d) Oops! Lots of times  
I'm the one who starts it

*Your own answer:*

## I feel stressed out...

- a) I talk about it with my  
friends, family, teachers
- b) I tend to keep things  
to myself
- c) I know a bunch of techniques  
for calming down
- d) I get active and move my  
body to refocus my mind

*Your own answer:*

## Someone criticizes me...











- a) I feel like disappearing,  
or something like that
- b) I argue because I'm the one  
who's right
- c) Yeah, sure! What you're  
saying pretty much  
makes sense
- d) Whatever—there's no way  
I'm changing

*Your own answer:*

## Things are really hard...

- a) I think about a solution
- b) I roll up my sleeves  
and take action
- c) I go get help and talk  
about it
- d) I totally lose it, or something  
like that

*Your own answer:*

CIRCLE THE EMOJI THAT MATCHES BEST	LIKE! (or DISLIKE!)
Working with my hands, fixing, inventing, building	 
Learning, reading, concentrating, understanding, analyzing	 
Moving, moving, moving, moving	 
Letting my imagination run free, creating	 
Setting goals, reaching them, and doing it all over again	 
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Hmmm



Answers:

When it comes to getting to know yourself better, there are no wrong answers. There's no one else like you. Be proud of your personality and build on your strengths in all areas of your life! Never stop wanting to know yourself better and use your skills to reach your full potential. This will help you gain even more self-confidence and make it easier to deal with anything life throws at you.

5 PEARLS OF WISDOM FOR KNOWING YOURSELF BETTER

- 1 Keep a diary, you can
- 2 Talk things over with a loved one, often you should try
- 3 Keep an open mind, you must
- 4 Help you, meditation or relaxation exercises could
- 5 Say what's on your mind, regularly you should



# TRUE OR FALSE?



**Alcohol is a psychoactive substance. Drinking alcohol affects communication between nerve cells, which has an impact on your brain and body.**

TRUE! Alcohol is a psychoactive substance, just like cannabis, for example. Drinking alcohol:

- Distorts your judgment and perception of risk
- Impairs your behaviour
- Reduces your physical coordination

It can make you feel chill.

- More confident
- More emotional or excited

The more you drink, the greater the consequences!

- You have even shakier judgment
- Slower reaction time
- Blurred vision
- Poor balance
- Slurred speech
- You may get angry or sad
- Have trouble thinking clearly

**Using cannabis early in your life gets your body used to it and reduces the risk of becoming addicted.**

FALSE! For cannabis users, the risk of becoming addicted is 9% to 16% higher among those who started using cannabis as teens. In addition, teens who use cannabis, even occasionally, are more likely to become addicted to other drugs, alcohol, and tobacco.



**More and more young people drink alcohol or use other drugs every year.**

FALSE! In recent years, the use of alcohol and other drugs like cannabis among 12- to 17-year-olds has dropped.

*Now that you know a little more about yourself, test your knowledge...*

*about alcohol, drugs, and gambling.*

**When alcohol disrupts the brain, you are more likely to act inappropriately.**

TRUE! For example, you might:

- Say something unkind to someone you like
- Get in a fight
- 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.
- Have unprotected sex leading to a sexually transmitted infection or pregnancy
- Hurt yourself doing something potentially dangerous
- Drive impaired or get into a car where the driver is impaired by drugs or alcohol, and run the risk of an accident

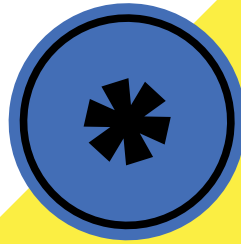
**It's better to let someone sleep if they've consumed a lot of alcohol in a short period of time.**

FALSE! "Binge drinking" or drinking a large quantity of alcohol in a short period of time can lead to alcohol poisoning and death.

The signs of alcohol poisoning are:

- Greatly diminished reactions —or none at all
- Loss of consciousness or deep sleep
- Difficulty breathing
- Repeated vomiting
- Excessive perspiration
- Hypothermia (drop in body temperature)

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



**Which of these effects may be related to cannabis use?**

- a) A sense of well-being and relaxation • An easier time socializing • Fits of laughter • A feeling of heightened senses • Feeling like you're more creative**
- b) Trouble concentrating • Poor short-term memory • Drowsiness**
- c) Rapid heart rate • Poor physical coordination • Loss of balance**
- d) Increased appetite • Thirst • Swelling of the blood vessels (red eyes)**
- e) Hallucinations • Anxiety**

ALL OF THE ABOVE. Although some effects may be pleasant or tempting, there are risks associated with cannabis use. For example, cannabis impairs brain function, leading to poorer judgment and a loss of inhibition. This means you might act inappropriately or in a way you didn't really want to. You're more at risk of making decisions you wouldn't have made otherwise and doing things that may have negative consequences. Over the long term, excessive and regular cannabis use can lead to decreased motivation and interest, as well as memory and concentration difficulties.

**Someone who always uses the same substance or the same amount can predict exactly how it will affect them.**

FALSE. A number of factors go into how alcohol or another drug will affect a person. This is called the "law of effect."

When any of the following three factors changes, the experience changes too:

1. Substance: product quality (alcohol percentage or drug composition), the way or how fast the product is consumed, and so on
2. Individual: age, height, weight, physical state (fatigue, presence of an illness, empty stomach, etc.), state of mind, mood, and so on
3. Circumstances: location, ambience, time of day, who you're with, and so on

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

FALSE! Mixes like that simply mask the symptoms of intoxication due to alcohol. They can make you feel fully in control of yourself even if you're not.

You may be good at poker,  
but there is no foolproof way  
to put the odds on your side  
and win every time you play  
or gamble.

TRUE! When someone gambles  
or plays games like poker, their  
skill AND chance both play a role.  
There are no tricks or surefire  
ways to win. Chance always  
influences the outcome.



**Excessive use of the Internet (online games, social media) can have negative consequences.**

TRUE! People who frequently play games online may experience the following effects or consequences:

- Concerns about their Internet use
- Unpleasant physical symptoms when they're not online
- Difficulty reducing or controlling their online time
- Loss of interest in activities that aren't online
- Embarrassment or unease in being honest about the true extent of their online activities
- Going online to escape difficulties or relieve a bad mood, stress, or sadness

# TRUE OR FALSE?

# The top 26 qualities!

Which do you have?

Check off yours!



A party!?

YAAAAAY!

6 tips for keeping  
it on track

## ATTENTION! WARNING!

You know that at your age, it is not advisable to consume alcohol or drugs. Between your ears you have a brain that is still developing and is particularly sensitive to these psychoactive substances. If you decide to use them anyway, the following tips can help reduce the risks.

- 1** **Agree with a friend to monitor how much each other uses.**

You can even set a code word or warning signal.

- Avoid mixing substances.**

DANGER! Each substance can amplify or mask the other's effects.

- 5** **Provide non-alcoholic drinks too.**

There are tons of recipes for non-alcoholic cocktails: mocktails are sick!!  
(And don't make you sick!!!!)

- 2** **Decide in advance not to use certain substances.**

Tell one of your friends at the party about your decision. Having a witness can help you stick to it!

- Decide in advance to limit your drinking.**

Tell one of your friends at the party about your decision. Once again, having a witness can help you stick to it!

- 6** **Have a plan for getting home.**

A designated driver, your parents, a taxi... Having a backup plan is even better!

*You really  
can just say no.  
It shows  
your strength  
of character!*

**The most effective way  
to avoid risks is...  
...to choose not to use!**

Someone  
will answer  
your call 24/7.  
Your call  
will remain  
confidential.

## HELP AND INFORMATION RESOURCES

Learning to know yourself better helps you stay in control of all aspects of your life, even when it comes to drugs and alcohol.

Have questions about drinking, other drugs, or gambling?

Worried about yourself or a friend when it comes to drinking or doing drugs?

Confide in someone you trust, such as a family member, friend, teacher, or healthcare professional.

### YOU CAN ALSO CALL

#### **Tel-jeunes**

1-800-263-2266

teljeunes.com

You can also chat with a professional by text at 514-600-1002 (between 8 a.m. and 10:30 p.m.).

#### **Drugs: Help and Referral**

1-800-265-2626

514-527-2626 (Montreal area)  
drogue-aidereference.qc.ca

#### **Gambling: Help and Referral**

1-800-461-0140

514-527-0140 (Montreal area)  
jeu-aidereference.qc.ca

### YOU CAN ALSO GO TO

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