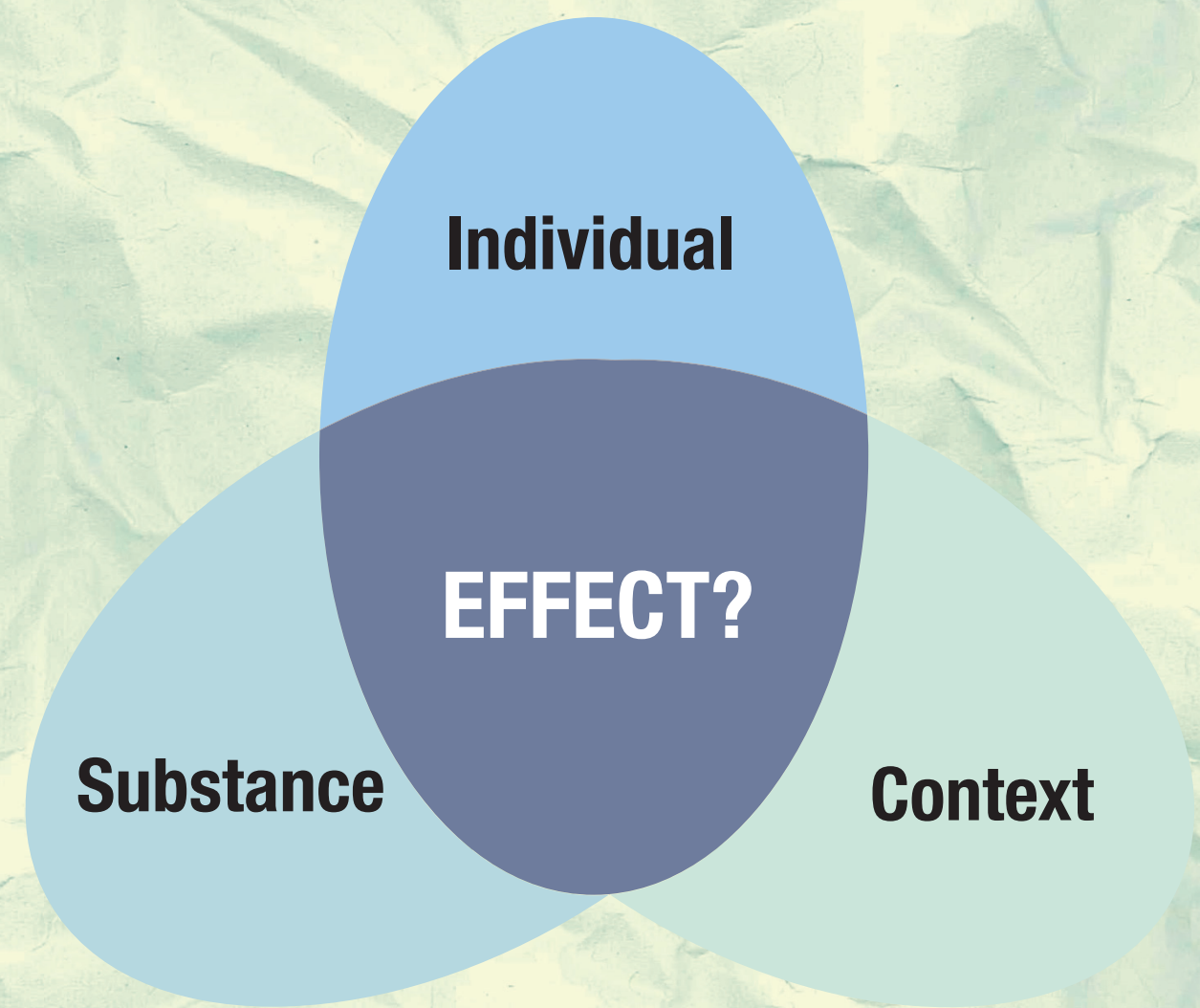


# LAW OF EFFECT

**Question:**  
What effect does the consumption of alcohol or another drug have on a person?

**Answer:**  
We never really know...

**Why?**  
Because of the Law of Effect



SUBSTANCE X INDIVIDUAL X CONTEXT = EFFECT

**When one of the characteristics related to these three factors changes, the experience also changes.**

## Substance

Quantity (E.g.: one glass of champagne, a case of 12 beers)  
Quality or purity of the product (E.g.: ecstasy cut with another drug)  
Frequency of consumption (E.g.: daily, on special occasions)  
Speed of consumption (E.g.: one glass of wine with a meal, five shooters in one hour)  
Administration method (E.g.: smoked, injected)  
Combination with other products (E.g.: cannabis and alcohol, medications and MDMA)

X

## Individual

Age (Generally speaking, children are more sensitive to psychotropic substances than adults.)  
Gender (Certain drugs such as alcohol have a greater effect on women than on men.)  
Height and weight (For the same quantity of product ingested, the higher the body weight, the lower the drug concentration in the blood will be.)  
Physical condition (Anyone who suffers from a disease such as diabetes, is tired, or has come down with a cold or gastroenteritis, etc. is more sensitive to the substance consumed.)  
Mental state, mood (Generally speaking, drugs will accentuate the emotion a person is feeling prior to using: sadness, depression, etc.)

X

## Context

Location (E.g.: at a restaurant, in the person's bedroom)  
Ambiance (E.g.: evening of dancing, devastated after a break-up)  
Time of day (E.g.: in the morning before going to school or to work)  
Relationships with others (E.g.: with older friends the person is trying to impress)  
Conflicts (E.g.: angry with somebody)

=

## Effect

Risky situation?  
Dangerous situation?  
Have you properly analyzed the situation?

**Do you have questions?**  
**Do you think you need help?**

Talk to someone you trust (a friend, your parents, a teacher, etc.).  
Call one of these two free and confidential services (24 hours per day, 7 days per week).

**Tel-jeunes at 1-800-263-2266**

**Drugs: help and referral at 1-800-265-2626**  
(In the Montréal region, at 514-527-2626)

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