

# **33<sup>rd</sup> DRUG AWARENESS WEEK**

**ALCOHOL, CANNABIS,  
OTHER SUBSTANCES,  
AND GAMBLING**

**NOVEMBER 15 TO 21, 2020**

**DRUG AWARENESS WEEK  
IS THE HIGHLIGHT OF THIS CAMPAIGN  
AND WILL RUN FROM NOVEMBER 15 TO 21.  
DURING DRUG AWARENESS WEEK,  
TEACHERS AND OTHER PROFESSIONALS  
ARE ENCOURAGED TO ENGAGE  
WITH THEIR STUDENTS USING TOOLS  
DESIGNED TO RAISE THEIR AWARENESS.**

**For the past 33 years, Ministère de la Santé et des Services sociaux, in collaboration with Ministère de l'Éducation and other partners, has been producing an information and awareness campaign to prevent the risks and consequences of using alcohol, cannabis, and other substances and gambling among young people.**

## **THEME FOR 2020**

The tools offered this year focus on increasing students' adaptability. It has been shown that young people who have a greater number of positive adaptation strategies have fewer negative experiences when life throws difficult or stressful situations their way. These strategies also help keep young people from using drugs,

alcohol, or gambling as a coping mechanism or way to deal with the difficulties in their lives. We have put special emphasis this year on the current pandemic and how it is affecting our target groups.

Drug Awareness Week tools are designed for young people ages 13 to 16 and 17 to 24 and contain information on the risks and consequences associated with different forms of alcohol, cannabis, and other substance use and gambling. We recommend that you only present age-appropriate tools to your group.

## **WHERE ARE THE TOOLS?**


All activities offered as part of Drug Awareness Week are available at [www.msss.gouv.qc.ca/professionnels/dependances](http://www.msss.gouv.qc.ca/professionnels/dependances). You'll find the materials you need at this link to plan this year's prevention activities. Activities are available in both French and English.



## MAKING DRUG AWARENESS WEEK FUN FOR YOUNG PEOPLE

### ACTIVITIES AND INFORMATION FOR YOUNG PEOPLE AGES 13 TO 16 AND 17 TO 24

#### OBJECTIVES:

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- Make students aware that positive adaptation strategies are excellent protection factors that can help them with various aspects of their lives and protect them from the risks associated with using alcohol, cannabis, and other substances and gambling.
  - Help young people recognize the risks and consequences associated with using alcohol and other drugs and gambling and strategies they can use to avoid them.

An online activity has been planned for young people ages 13 to 16 and 17 to 24: a fun quiz about adaptability and the risks and consequences of using alcohol, cannabis, and other substances and gambling. Afterwards, you can start a discussion with your group about any of the topics covered.

#### NEED MORE INFORMATION?

Visit the Québec government's website at [Québec.ca/AlcoolDroguesJeu](https://Quebec.ca/AlcoolDroguesJeu) for information on a number of topics related to using alcohol and other drugs and gambling. This information is intended for young people 13 and older and their parents but may also be useful for teachers and professionals working with this age group.

The website [Québec.ca/cannabis](https://Quebec.ca/cannabis) provides useful and up-to-date information about cannabis. The professionals section of the Ministère de la Santé et des Services sociaux website (French only) also offers informational documents and tools.

At [www.msss.gouv.qc.ca/professionnels/alcool-drogues-jeu/dependances/documentation](https://www.msss.gouv.qc.ca/professionnels/alcool-drogues-jeu/dependances/documentation) you'll find resources including the posters *More About Drugs* and *The Law of Effect* and the brochure *Young People and Designer Drugs*. These publications contain a wealth of information that can help start conversations with young people or provide answers to questions they may have about using alcohol, cannabis, or other substances and gambling.