

Drug Awareness Week

Alcohol, cannabis,
others substances
and gambling

Activity for
ages 13-16

Questions and answers

Adaptability

**Drug
Awareness
Week**

QUESTION 1

Which of the following is an example of a situation that might stir up negative emotions like sadness, stress, or anxiety?

- a) Moving
- b) Fighting with friends
- c) A test
- d) Failing a class or losing a game
- e) A major event like the COVID-19 pandemic
- f) Family trouble
- g) All answers

ANSWER

1

GOOD ANSWER : g)

All these situations can make you feel negative emotions. It's important to acknowledge how you feel and find ways to help you get through these situations more easily.

QUESTION 2

Which of the following is a healthy and positive way to manage emotions like stress, anxiety, and boredom?

- a) Making priority and to-do lists
- b) Writing down how you're feeling
- c) Deviating from your regular sleep schedule
- d) Drinking alcohol to forget about them
- e) Playing a game to get your mind off them
- f) Smoking marijuana to relax
- g) Playing with a pet or walking outside
- h) Confiding in a friend or family member

ANSWER

2

GOOD ANSWERS :

a), b), e), g) et h)

Maintaining a healthy lifestyle when it comes to how much you sleep, what you eat, and what you put in your body is a good starting point for adapting to difficult situations.

QUESTION 3

Talking to someone you trust when you're having a tough time doesn't really help.

- a) True
- b) False

FALSE

Even though it can sometimes be hard or embarrassing to ask for help from someone you trust, like a friend, teacher, or coach, it can help you get through a rough patch. Talking to someone you trust can help you let your emotions out, get a different point of view or the support, help, or reassurance you need to find a solution more easily, and see that you're not the only one who has experienced this situation before.

ANSWER

3

QUESTION 4

You should just give in to pressure to use alcohol or other substances or do something you're not comfortable with.

- a) True
- b) False

ANSWER

4

GOOD ANSWER : FALSE

If your gut is telling you not to, it's important to assert yourself firmly by saying no. It isn't always easy, but it gets easier the more you do it. You can also team up with a friend who supports your decision, since it's often easier to say no when you're not alone.

QUESTION 5

Which of the following is a good strategy for adapting to the COVID-19 pandemic?

- a) Set up a video meet-up or call with a friend to talk about how you're doing or to get your minds off things
- b) Take the opportunity to try a new sport or activity you didn't have time to do before
- c) Call your grandparents or other relatives to talk about how you're all doing
- d) Create a new home routine when going into school isn't possible
- e) Try out a new game or activity with your family or people you can get together with
- f) All answers

ANSWER

5

GOOD ANSWER : f)

These are all examples of adaptation strategies that will help you deal with the many changes related to the COVID-19 pandemic in a more positive and fun way.

Risks and consequences

**Drug
Awareness
Week**

QUESTION 6

Any amount of alcohol has an effect on your brain and body.

- a) True
- b) False

ANSWER

6

GOOD ANSWER : TRUE

Alcohol is a substance that affects how the brain works, judgment, and risk perception. Everyone is different. Each person's body and mindset, the product they're using, and when and where they use it will affect their experience. All of these factors together create what's called the law of effect.

QUESTION 7

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

- a) True
- b) False

GOOD ANSWER : FALSE

Mixing the two only makes it harder to recognize the symptoms of alcohol intoxication. This type of mixed drink can give you the impression that you're totally in control when in fact, you're far from it. The risk of becoming severely intoxicated increases. You could therefore experience the same consequences as if you had drunk only alcohol.

ANSWER

7

QUESTION 8

Cannabis can cause multiple different effects.

- a) True
- b) False

GOOD ANSWER : TRUE

Some of the effects of using cannabis include a sense of well-being and relaxation, feeling unusually talkative, impaired concentration and short-term memory, fits of laughter, and more. Everyone reacts differently. Each person's body and mindset, the product they're using, and when and where they use it will affect their experience. All of these factors together create what's called the law of effect. Know the facts!

ANSWER

8

QUESTION 9

**The legal drinking age is 18
but the risks are the same
at any age.**

- a) True
- b) False

ANSWER

9

GOOD ANSWER : FALSE

Before you turn 25, your brain isn't fully formed, you haven't finished growing, and your personality isn't completely developed. Young people are at higher risk of developing problems related to using alcohol.

QUESTION 10

There are foolproof tips and tricks so you never lose while gambling or playing games like poker.

- a) True
- b) False

ANSWER
10

GOOD ANSWER : FALSE

When gambling (for example, playing poker) the player's skill AND chance both play a role. There are no tricks or surefire ways to win, and chance ALWAYS influences who wins.

QUESTION 11

Using cannabis, other substances, or drinking has no serious negative consequences.

- a) True
- b) False

ANSWER

11

GOOD ANSWER : FALSE

When alcohol or another substance disrupts the brain, you are likelier to act impulsively. For example, you might hurt someone you love by saying mean things to them, post damaging photos or comments on social media, have unwanted or unprotected sex, drive a vehicle, or ride with a driver who is impaired by alcohol or drugs.

QUESTION 12

When playing a game like poker, setting yourself a limit in advance and telling a friend who can back you up is a good strategy to avoid the risks and negative consequences related to gambling.

- a) True
- b) False

ANSWER

12

GOOD ANSWER : TRUE

It can sometimes be hard to limit how much you spend when you're gambling. Sharing your decision with a friend helps you take a step back before continuing. This can help you avoid other consequences like conflicts, isolation, and debt.

Drug Awareness Week

HELP AND INFORMATION RESOURCES

Have questions about drinking, drugs, or gambling? Worried about yourself or a friend when it comes to drinking or doing drugs?

You can confide in a trusted person you're close to, like a family member, friend, teacher, or someone who works at your school.

You can also use the following resources. Someone will answer your call 24/7, and all calls are confidential.

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 or

514-527-2626 (Montréal area)

drogue-aidereference.qc.ca

Gambling: Help and Referral

1-800-461-0140 or

514-527-0140 (Montréal area)

jeu-aidereference.qc.ca

You can also go to the following websites:

Quebec.ca/AlcoolDroguesJeu

Quebec.ca/cannabis

**Santé
et Services sociaux**

Québec 