

# Drug Awareness Week

Alcohol, cannabis,  
others substances  
and gambling

Activity for  
ages 17-24

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) A breakup
- c) Failing a class or losing a game
- d) A test
- e) A major event like the COVID-19 pandemic
- f) Money problems
- 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 are healthier, more positive ways to manage emotions like stress, anxiety, and boredom?**

- a) Making priority and to-do lists and a budget
- 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) Try a new sport or activity on your own or with someone else that 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 learning in person isn't possible
- e) Try out new activities with your family or people you can get together with
- f) All answers



**ANSWER**

**5**

**GOOD ANSWER : f)**

**These are all examples of positive 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

**The legal drinking age is 18 and the legal age for using cannabis is 21 because after these ages, the risk is much lower.**

- a) True
- b) False



## **GOOD ANSWER : FALSE**

**The brain doesn't completely stop developing until age 25. Young people are at higher risk of developing problems related to using alcohol, cannabis, and other substances. 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.**

**ANSWER**

**6**

# QUESTION 7

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

- a) True
- b) False

**ANSWER**

**7**

**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 8

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

- a) True
- b) False

**ANSWER**

**8**

## **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.**

# QUESTION 9

**Using cannabis affects both the brain and the body.**

- 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.**

**ANSWER**

**9**

# QUESTION 10

**Whatever their form, color, or origin, it's impossible to know exactly what designer drugs contain.**

- a) True
- b) False

**ANSWER**

**10**

## **GOOD ANSWER : TRUE**

**As for any drug or medication sold on an unregulated market, you can never be entirely sure of what is in designer drugs. If you do decide to take them, tell at least one other trusted person and don't take them alone.**



# QUESTION 11

**A medication used by one person can be just as good and effective for someone else.**

- a) True
- b) False

**ANSWER**

**11**

## **GOOD ANSWER : FALSE**

**One person's medication may turn out to be dangerous for someone else. 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. If you have questions about a medication, the best person to ask is a pharmacist.**

# QUESTION 12

**Your judgment isn't impaired when using alcohol, cannabis, or other substances.**

- a) True
- b) False



## **GOOD ANSWER : TRUE**

**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.**

**ANSWER**

**12**

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

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

**Santé  
et Services sociaux**

**Québec** 