

TRUE OR FALSE

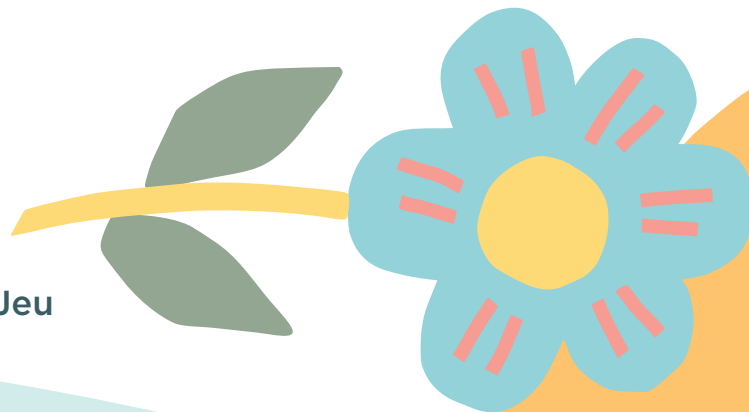


ON THE RISKS AND
CONSEQUENCES
OF ALCOHOL AND
DRUG USE

ADDICTION
PREVENTION
WEEK

ALCOHOL
DRUGS
GAMBLING

Quebec.ca/AlcoolDroguesJeu




1.

**PARTICIPATING IN
ACTIVITIES HELPS
RAISE SELF-ESTEEM.**

TRUE

FALSE



Participating in an activity you enjoy can help you learn more about yourself (likes and dislikes, strengths, etc.), boost your self-confidence, connect with friends with similar interests as well as caring, supportive adults, learn to be more assertive and to control your emotions, and feel like you belong—all things that can make you feel better about yourself.

Being involved can also help you:

- build self-esteem
- hone your skills and abilities
- improve your ability to overcome challenges
- look to the future and set goals
- have a circle of friends you can trust
- strengthen relationships with family members
- develop healthy lifestyle habits when it comes to physical activity, diet and sleep

These strengths and abilities have a protective effect and can help you make more informed decisions when it comes to things like alcohol, drugs and gambling.

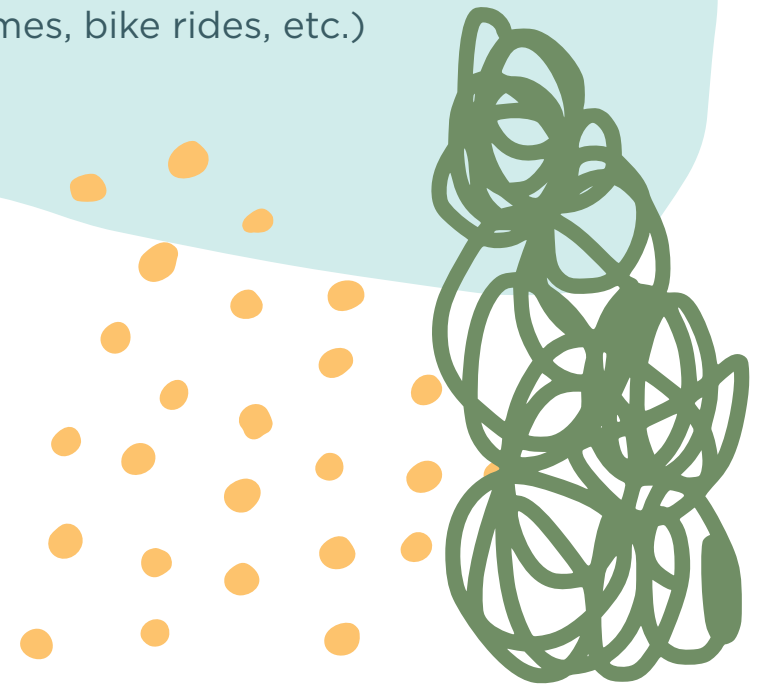
2.

THERE'S A WIDE
RANGE OF ACTIVITIES
YOU CAN TAKE
PART IN.

TRUE FALSE

For example, you can:

- participate in extra-curricular activities at lunchtime (improv, theatre, cooking, etc.)
- get involved in classroom activities (person in charge of recycling, class president, etc.)
- participate in organized sports and leisure activities in your neighbourhood
- join a volunteer group at your school or in your neighbourhood
- take part in (or even organize!) family activities (board games, bike rides, etc.)
- join a sports team
- take dance, piano or painting classes
- help a friend out with a project



3.

**CANNABIS AND
ALCOHOL USE AMONG
TEENS IS ON THE RISE.**

TRUE

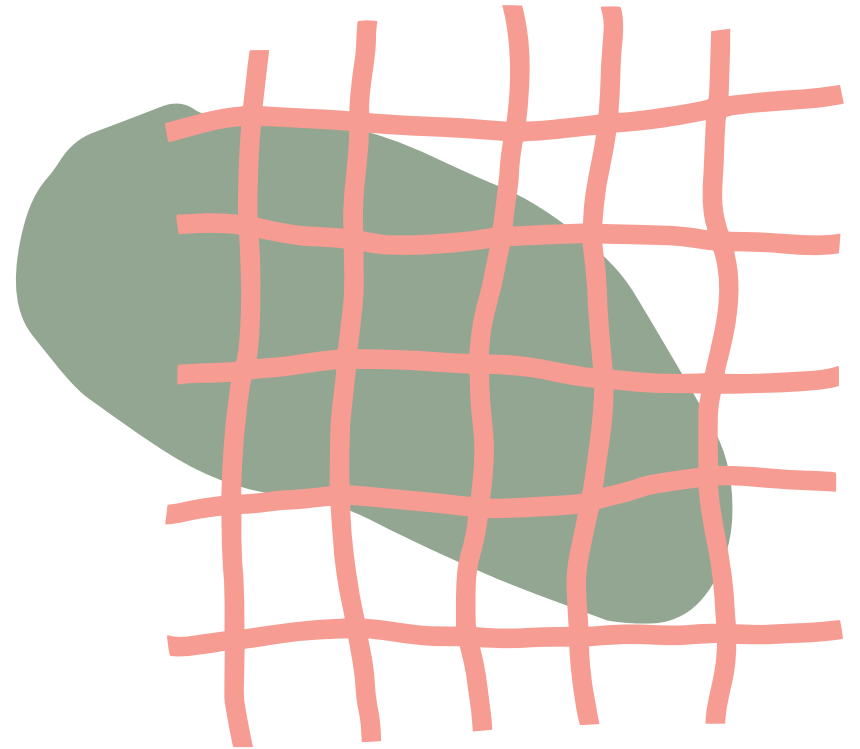
FALSE

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According to findings of the Québec Survey of Smoking, Alcohol, Drugs and Gambling in High School Students (ETADJES), fewer and fewer teens are using these substances.



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WEEK



FALSE

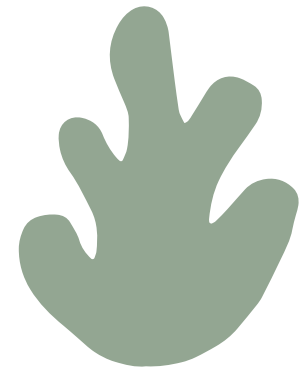
4.

**IF YOU'RE CAREFUL,
YOU CAN DRINK ALCOHOL
OR USE CANNABIS
WITHOUT IT HAVING
ANY EFFECT.**

TRUE

FALSE

When a person uses alcohol or other drugs, her/his cognitive functioning is disrupted. She/he can behave out of character. It also impairs their judgment and puts them at risk of making decisions that are detrimental to their health and well-being.



FALSE

5.

**CANNABIS HAS ONLY
POSITIVE EFFECTS.**

TRUE

FALSE

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For many people, using cannabis can make them feel carefree, happy, daring or even creative. For others, it has negative effects, like heightened anxiety, which can lead to panic attacks. It's important to know that, whether it's good or not, a "high" is followed by a "down" often characterized by mental and physical sluggishness. It also may involve short-term memory loss and impaired concentration or attention.

FALSE

6.

USING CANNABIS OR
ALCOHOL POSES NO
GREATER RISK OF HARM
FOR TEENS THAN
FOR ADULTS.

TRUE

FALSE

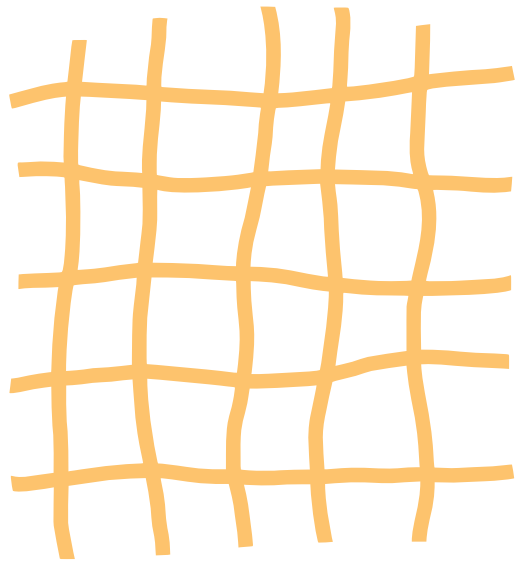
In adolescence, a person's brain, body and personality are still developing.

That's why teens are at greater risk of developing:

- alcohol- or drug-related problems
- an addiction

Approximately 1 in 11 people who use cannabis will develop a disorder associated with their use of the substance in their lifetime. In teens, this number is 1 in 6.

What's more, some studies have found that impaired cognitive function (judgment, attention, memory, decision-making, etc.) may last longer after repeated or prolonged use, especially when use begins in adolescence.



7.

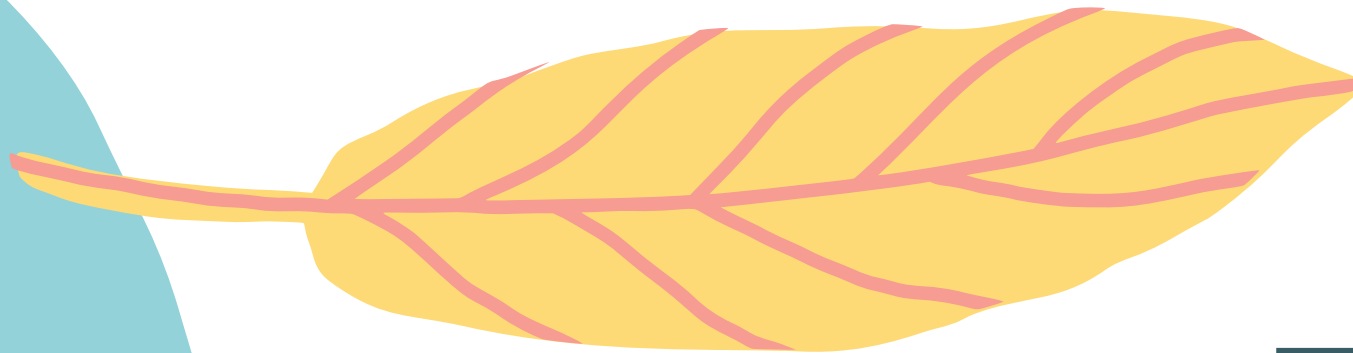
**CANNABIS WAS
LEGALIZED BECAUSE
IT HAS NO HEALTH
EFFECTS.**

TRUE

FALSE



Quite the opposite: it's because cannabis poses a risk to health and safety that the government regulates aspects like its composition and quality, in order to minimize the risk.



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WEEK

FALSE

8.

THE EFFECTS OF
DRUGS OR ALCOHOL
ARE THE SAME
EVERY TIME.

TRUE

FALSE

You can never be sure of what kind of effects a drug will have because there are several factors at play at once. It's what's known as the Law of Effect (E = SIC).

The factors are as follows:

- Substance (S): quantity, purity, frequency of use, speed of consumption, route of administration (ingested, inhaled, injected, etc.), combination with other substances.
- Individual (I): height, weight, sex, state of mental and physical health, state of mind, past experience, metabolism, predisposition.
- Context (C): setting, mood, who you're with, time of day.

If any of these factors change, the substance can have a different effect.



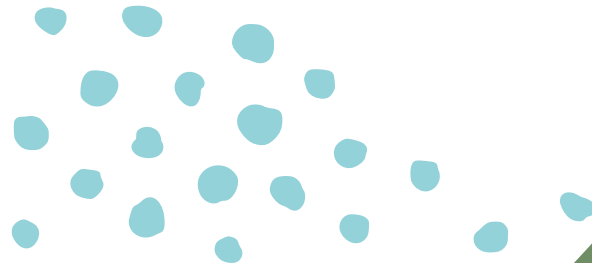
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9.

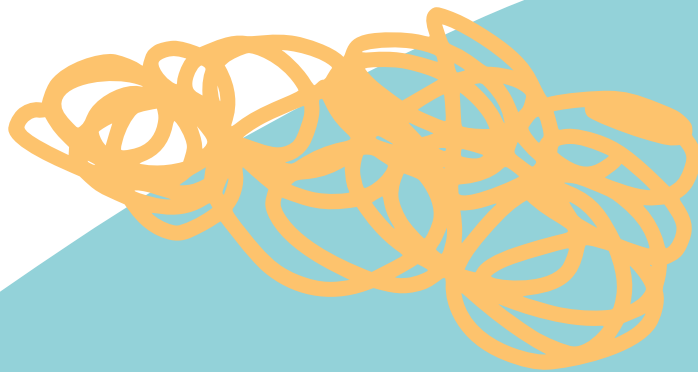
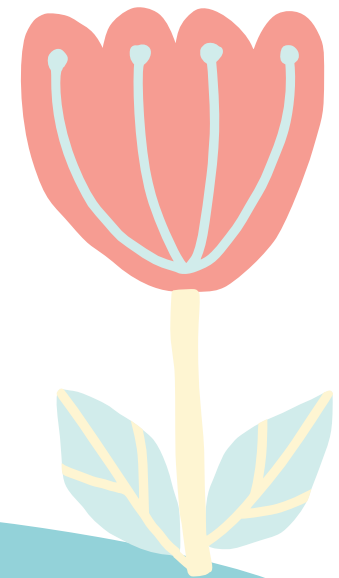
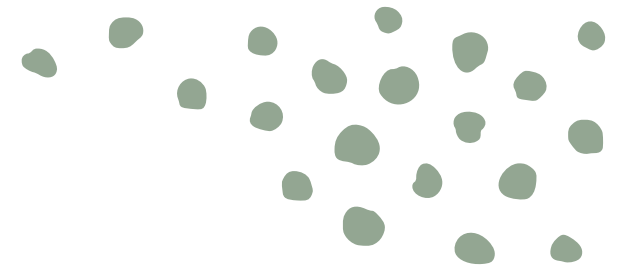
MIXING ALCOHOL AND
AN ENERGY DRINK
RÉDUCE THE EFFECTS
OF THE ALCOHOL.

TRUE

FALSE



Mixing alcohol with an energy drink only masks your ability to recognize the symptoms of intoxication caused by the alcohol. This type of mixture can give you the impression of being in full control of your faculties when it's not the case at all. This increases your risk of becoming intoxicated. You can experience the same negative effects as if you'd drunk alcohol alone.



FALSE

10.

USING CANNABIS OR
ALCOHOL WON'T CAUSE
ANY SERIOUS HARM.

TRUE

FALSE

When your brain is impaired by alcohol or another drug, there's a strong likelihood that you'll behave inappropriately. For example, you could:

- say hurtful things to people you love
- start a fistfight
- post pictures or comments on social media that harm your relationship with loved ones, school administrators or a potential employer, etc.
- engage in unprotected sex that could result in a sexually transmitted infection (STI) or an unplanned pregnancy
- take the wheel of a motor vehicle or get into a car with a driver whose faculties are impaired by drugs or alcohol, increasing your risk of being involved in an accident

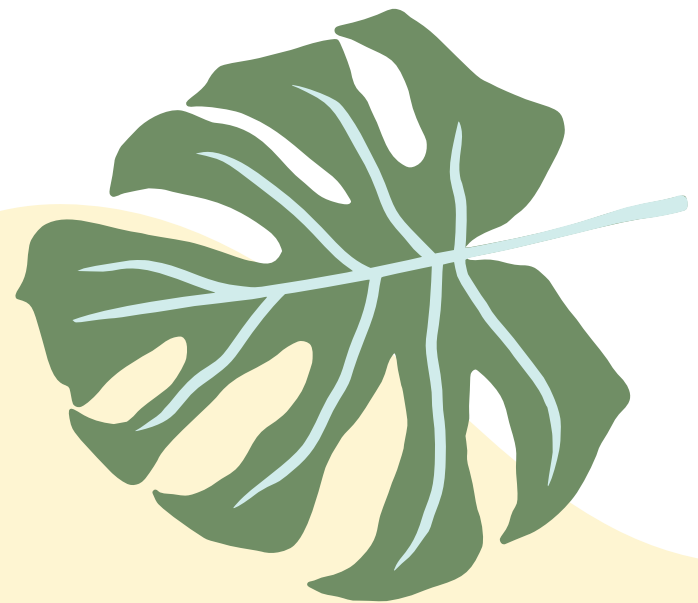
11.

THERE ARE TRICKS
TO HELP YOU WIN
AT GAMBLING.

TRUE

FALSE

In betting games like poker, both a player's skills and chance influence the outcome. That's why no "trick" will help you win at them. Chance always plays a role when it comes to winning—or losing.



FALSE

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12.

**THERE'S NO EFFECTIVE STRATEGY
TO REDUCE OR ELIMINATE THE
RISKS ASSOCIATED WITH ALCOHOL,
DRUGS OR GAMBLING.**

TRUE

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It's recommended that teens avoid using drugs, drinking alcohol and gambling because their brains are still developing and can therefore be sensitive to psychoactive substances like drugs and alcohol. That said, there are a number of strategies to limit or eliminate the risks associated with these activities. Here are some examples:

- Choose not to use these substances or gamble
- Bring non-alcoholic drinks with you to parties or celebrations
- Alternate between alcoholic and non-alcoholic drinks
- Avoid using drugs and alcohol on an empty stomach, and drink slowly
- Decide ahead of time to limit your use
- Decide ahead of time not to use a given substance and tell a friend who'll be on site and can support you in your decision

- Agree with a friend to monitor each other's drug and alcohol use during a party
- Don't do sports and physical activities that are potentially dangerous after using drugs or alcohol
- Don't drive a motor vehicle (car, scooter, ATV, etc.) after using drugs or alcohol. Plan how to get home after using drugs or alcohol to avoid injury or putting lives—including your own—in danger.
- Avoid getting in a car with someone who has been drinking or using drugs
- Avoid mixing different substances, like alcohol and another drug, or alcohol and an energy drink. Substances can amplify or mask each other's effects
- Set an amount of money not to be exceeded when you play a game like poker, and tell a friend who'll be on site and can support you in your decision

INFORMATION AND RESOURCES

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

Drugs and alcohol: help and resources

Gambling: help and resources

Tel-jeunes

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