

A DRUG OR GAMBLING PROBLEM CAN CREATE A VOID IN YOUR LIFE

TRUE OR
FALSE?
ACTIVITY
FOR AGES
17-24

ADDICTION PREVENTION WEEK
ALCOHOL - DRUGS - GAMBLING

QUEBEC.CA/ALCOOLDROGUESJEU

Votre
gouvernement

Québec

1

**TAKING PART IN ACTIVITIES YOU ENJOY CAN
HELP YOU DEVELOP A VARIETY OF PERSONAL
AND SOCIAL SKILLS.**

TRUE OR FALSE?

TRUE

Taking part in an activity you enjoy can help you learn more about yourself and boost your self-confidence.

It also provides an opportunity to connect with people who share your interests and who can support you when needed. What's more, being involved in activities can help strengthen your sense of belonging.

There's no better way to steer clear of the risks and consequences associated with drugs and alcohol than being involved in activities you enjoy!

The experiences you have while doing activities can go a long way to developing skills that you'll use throughout your life:

- **social skills:** assertiveness, critical thinking, respect for others, decision-making
- **personal skills:** perseverance, learning about social structures and norms, managing stress and expectations of yourself and others

These social and personal skills have a protective effect and can help you make more informed decisions, including when it comes to drinking alcohol, using drugs or gambling.

2

THERE'S A WIDE RANGE OF ACTIVITIES
YOU CAN GET INVOLVED IN.

TRUE OR FALSE?

TRUE

THERE ARE MANY TYPES OF INVOLVEMENT: community, entrepreneurial, scientific, academic, political, athletic, cultural, artistic, etc.

Some examples:

- taking part in extracurricular activities (music club, chess club, intramural sports, etc.)
- getting involved in student life (e.g. sitting on committees that organize various activities)
- participating in organized sports and leisure activities in your neighbourhood
- joining a volunteer group at your school or in your neighbourhood
- taking part (or even organizing!) activities with family and friends (board games, bike rides, hikes, etc.)
- joining a sports team
- taking dance, art, music, or language classes, etc.
- helping a friend out with a project

3

**MIXING ALCOHOL WITH AN ENERGY DRINK
REDUCES THE EFFECTS OF THE ALCOHOL
AND LOWERS THE RISK OF BECOMING
HEAVILY INTOXICATED.**

TRUE OR FALSE?

FALSE

Quite the opposite. This mixture hinders your ability to recognize the signs of alcohol intoxication. You may feel like you're in control of your faculties and not realize that you're inebriated. This can lead you to drink more, which could result in alcohol poisoning.

4

**THE USE OF ALCOHOL, CANNABIS AND OTHER
DRUGS IS ON THE RISE AMONG PEOPLE AGED
17 TO 24.**

TRUE OR FALSE?

FAUX

The answer is false. Since the year 2000, young adults have been using less alcohol, cannabis and other drugs. The same holds true for gambling, which is less popular among the 17–24 age group than it once was.

5

**CANNABIS WAS LEGALIZED FOR PUBLIC
HEALTH AND SAFETY REASONS.**

TRUE OR FALSE?

TRUE

Cannabis isn't a harmless substance—it can affect your health in a variety of ways. That's one of the reasons behind its legalization.

In fact, the legalization of cannabis is part of a public health approach, and one of its objectives is to protect people's safety. The government regulates, among other things, the substance's quality and composition in order to minimize the risks to users' health. Legalization aims to guide users to a market that's legal and therefore safer. In Québec, the sale of cannabis isn't driven by commercial interests, and there's no advertising or promotion to encourage its use.

What's more, all profits go into a fund that's reinvested in initiatives like cannabis research and prevention.

For more information on the potential risks and effects associated with using cannabis, visit **[Québec.ca/cannabis](https://quebec.ca/cannabis)**.

6

**THERE ARE TRICKS TO HELP YOU WIN
AT GAMBLING.**

TRUE OR FALSE?

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.

7

**IT'S ESTIMATED THAT 14% OF QUEBECERS
HAVE SMOKED CANNABIS AT LEAST ONCE
IN THE PAST YEAR.**

TRUE OR FALSE?

TRUE

In fact, one study found that only 14% of Quebecers aged 15 and up have used cannabis at least once in the past year. That's less than you'd think. Even though cannabis is a hot topic due to its recent legalization, the vast majority of people don't use it.

8

ANYTIME YOU CONSUME ALCOHOL,
IT AFFECTS YOUR BRAIN AND BODY.

TRUE OR FALSE?

TRUE

Alcohol is a **psychoactive substance**—it affects your brain and central nervous system, therefore impacting the rest of your body.

So, consuming any amount of alcohol **affects brain function. It impairs your judgment and risk assessment, changes your behaviour, and hinders your coordination.**

In practical terms, one hour after consuming alcohol, your brain already acts differently—you may feel calmer, be more talkative, feel less shy and become more emotional. While you're experiencing all these different sensations, your brain isn't processing normally anymore, so you may not be in a position to make sound decisions.

The more you drink, the more intoxicated your brain becomes, leading to further consequences on the rest of your body—your judgment is shakier, your reaction time slows down, and your vision gets blurred. You may stumble as you walk and lose balance, slur your speech, or become angry or depressed. Basically, you'll have trouble thinking straight.

9

ALCOHOL DOESN'T REALLY HAVE ANY
LONG-TERM HEALTH RISKS.

TRUE OR FALSE?

FALSE

Alcohol increases the risk of disease and other health problems that are much worse than a mere hangover. Alcohol is linked to over 200 diseases and conditions, including cirrhosis of the liver, certain cancers, and cardiovascular diseases—not to mention addiction and the different illnesses that stem from alcoholism.

10

CANNABIS ONLY HAS POSITIVE EFFECTS.
TRUE OR FALSE?

FALSE

Cannabis makes some people feel carefree, happy, daring or even creative, while others experience more negative side effects, such as increased anxiety or even panic attacks.

What's important to remember is that all highs—whether good or bad—are followed by a comedown, which is often characterized by physical and mental slowness. Also, your short-term memory may be impaired and you may have trouble focusing or paying attention.

11

ALCOHOL IS A LEADING CAUSE OF DEATH
AMONG PEOPLE AGED 20 TO 39 YEARS OLD.

TRUE OR FALSE?

TRUE

Alcohol can lead to death and disability relatively early in life. In fact, almost 25% of all deaths among those aged 20 to 39 are linked to alcohol. Globally, alcohol was directly responsible for 3.3 million deaths in 2012.

12

THE EFFECTS OF A SYNTHETIC DRUG
MAY VARY WITH EACH USE.

TRUE OR FALSE?

TRUE

When you buy synthetic drugs from a dealer, even if it's always the same drug and they attest to its quality, you never really know what's in it.

It may contain:

- The drug you're seeking in its pure form
- The drug cut with other substances
- A substance that isn't at all what you're trying to buy

That means the effects could be:

- Non-existent
- As expected, either in whole or in part
- Excessively strong, dangerous and possibly toxic

13

ON SOME GAMBLING SITES, YOUR CHANCES
OF WINNING ARE HIGHER DURING TRIAL
PERIODS, COMPARED TO WHEN REAL MONEY
IS ON THE LINE.

TRUE OR FALSE?

TRUE

Studies have shown that during trial periods with no real betting, some websites skew the odds in the player's favour, thus encouraging them to bet real money. However, when money is actually on the line, your chances of winning decrease.

14

THERE ARE NO MAJOR RISKS ASSOCIATED
WITH USING ALCOHOL, CANNABIS OR
ANOTHER DRUG.

TRUE OR FALSE?

FALSE

When the brain is under the effects of alcohol, cannabis or another drug, the chances of acting inappropriately are higher.

Such as:

- Saying something hurtful to someone you love
- Fighting
- Having unprotected sex, which can result in an STI or unwanted pregnancy
- Driving a motor vehicle or getting into a vehicle with a driver whose faculties are impaired by drugs or alcohol, and thus risking being in an accident;
- Posting compromising images or statements on social media that can be seen by loved ones, school officials, future employers, etc.

15

**THE EFFECTS OF A DRUG ARE ALWAYS THE SAME,
SO YOU KNOW WHAT TO EXPECT.**

TRUE OR FALSE?

FALSE

We can never be sure what effect a drug will have, including alcohol, because there are too many factors in play at the same time. It's what we call the Law of Effect (E=SIC).

These factors are:

The substance (S): quantity, purity, frequency of use, speed of use, how it's taken (ingested, smoked, injected), and whether it's in combination with other products

The individual (I): height, gender, weight, physical or psychological condition, state of mind, past experiences, metabolism, and predispositions

The context (C): location, mood, other people present, and time of day

If one of these aspects changes, the effect of the substance can change too.

16

CONSUMING ALCOHOL, DRUGS OR
MEDICATION AT THE SAME TIME
AS CANNABIS WON'T CHANGE
THE EFFECT OF THE SUBSTANCES.
TRUE OR FALSE?

FALSE

Consuming alcohol, drugs or medication at the same time as cannabis can increase the effects of both cannabis and the other substance consumed, which can cloud your judgment of your condition.

17

SMOKING ONE JOINT DOESN'T AFFECT
YOUR ABILITY TO DRIVE A CAR.
TRUE OR FALSE?

FAUX

Like with alcohol, drivers shouldn't get behind the wheel after consuming cannabis because the effects on the brain may impair their ability to drive.

The effects of cannabis vary depending on a variety of factors and can last several hours after the drug is consumed. Using cannabis can result in impaired driving due to slower reaction time, decreased alertness and vigilance, poor judgment, less awareness of your surroundings, and less coordination. People driving a vehicle under the influence of cannabis have nearly double the risk of getting into a road accident compared to people who aren't. Drivers who consume both alcohol and cannabis in the same situation increase their risk of an accident even more.

18

**DRINKING A LARGE AMOUNT OF ALCOHOL
IN A SHORT AMOUNT OF TIME CAN RESULT
IN SEVERE INTOXICATION AND EVEN DEATH.**

TRUE OR FALSE?

TRUE

Drinking a large amount of alcohol can result in severe intoxication.

Here are the signs:

- significantly decreased reaction time or lack of responsiveness
- loss of consciousness or deep sleep
- difficulty breathing
- repeated vomiting
- excessive perspiration
- hypothermia

If someone at a party displays one or more of these signs of severe intoxication, also called alcohol poisoning, you must not leave them alone and you must get help immediately by calling 911.

19

IT'S DANGEROUS TO TAKE MEDICATION THAT'S
BEEN PRESCRIBED TO SOMEONE ELSE.

TRUE OR FALSE?

TRUE

You shouldn't share or try medication that's been prescribed to someone else (friends, parents, siblings, etc.). A medication's effects depend on the substance, of course, but also on the person taking it. One person may safely take a medication while another may have a dangerous reaction to it because of their weight, age, gender, state of health, or other medication they're taking.

It's also important for the person who's been prescribed medication to take the recommended dose. Speak to a pharmacist before taking a medication to learn what to expect.

20

**THERE'S NO WAY TO REDUCE OR AVOID
THE RISKS ASSOCIATED WITH DRINKING
ALCOHOL, DOING DRUGS OR GAMBLING.
TRUE OR FALSE?**

FALSE

There are many ways to reduce or avoid the risks associated with alcohol, drugs and gambling.

Here are some examples:

- choose to say no to drugs, alcohol and gambling
- bring non-alcoholic drinks to a party
- alternate between alcoholic and non-alcoholic drinks
- don't drink on an empty stomach, and pace yourself
- decide beforehand to drink in moderation
- decide ahead of time to not take certain substances, and tell a friend who'll be there with you and who can help support you in your decision
- buddy up with a friend to keep an eye on each other's alcohol and/or drug use during a party
- avoid taking part in potentially dangerous physical activities or sports when you've had drugs or alcohol
- don't drive a motorized vehicle (scooter, ATV, car, etc.) when you've had drugs or alcohol
- plan how you'll get home before having drugs or alcohol to avoid getting hurt or putting your or someone else's life in danger
- don't get in a car with someone who's had drugs or alcohol
- don't mix substances, such as drugs and alcohol or alcohol and an energy drink. Each substance can heighten or mask the effects of the other
- set a maximum amount of money that you're willing to lose beforehand, for example when playing poker, and tell a friend who'll be there with you and can help you stick to it

RESOURCES FOR HELP AND INFORMATION:

DRUGS: HELP AND REFERRALS

GAMBLING: HELP AND REFERRALS

TEL-JEUNES