

35TH ANNUAL DRUG AWARENESS WEEK

ALCOHOL, CANNABIS AND OTHER SUBSTANCES, AND GAMBLING

NOVEMBER 20 TO 26, 2022

THIS YEAR,
DRUG AWARENESS WEEK
IS NOVEMBER 20 TO 26.
IT'S AN OPPORTUNITY
TO SUPPORT TEACHERS
AND OTHER PRACTITIONERS
WITH TOOLS TO EDUCATE
YOUNG PEOPLE ABOUT
PSYCHOACTIVE
SUBSTANCES.

For 35 years now, Ministère de la Santé et des Services sociaux has been working with Ministère de l'Éducation and other partners to run an information and awareness campaign aimed at mitigating risks and preventing consequences associated with gambling and the use of alcohol, cannabis, and other substances by young people.

appropriate coping strategies when they are stressed or experiencing difficulty. That reduces their risk of turning to substance use or gambling as a means to cope with obstacles or difficulties in their lives.

Tools developed for Drug Awareness Week are designed for young people ages 13 to 16 and 17 to 24. They contain information on the risks and consequences of gambling and the use of alcohol, cannabis, and other substances. We recommend using only age-appropriate tools for your group.

2022 THEME

This year's tools are all about managing emotions. Equipping young people to recognize and manage their emotions improves their ability to make informed choices, especially when it comes to gambling and using psychoactive substances. It also helps them adopt

WHERE ARE THE TOOLS?

The Drug Awareness Week tools are available at www.msss.gouv.qc.ca/professionnels/dependances. You'll find everything you need to organize prevention activities in English and French.

HOW TO MAKE DRUG AWARENESS WEEK FUN

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

GOALS:

- Teach young people that healthy emotional management can help them in different aspects of their lives and protect them against the risks associated with gambling and the use of alcohol, cannabis, and other substances.
- Help young people understand the risks and consequences of drinking, using drugs, and gambling and learn strategies for reducing and avoiding those risks.

Online activities are offered for young people ages 13 to 16 and 17 to 24. They address emotional management and the risks and consequences associated with gambling and the use of alcohol, cannabis, and other substances. We suggest revisiting the content of the activities with a discussion on one of the topics presented.

NEED MORE INFORMATION?

The Government of Québec's quebec.ca/en/health/advice-and-prevention/alcohol-drugs-gambling website addresses a number of topics related to gambling and the use of alcohol and other substances. The information is intended for young people ages 13 and up and their parents, but it's also useful for teachers and practitioners. Please take a look.

The encadrementcannabis.gouv.qc.ca/en website contains useful, up-to-date information about cannabis. The Professionals section of the Ministère de la Santé et des Services sociaux website (French only) also offers information and tools. The French-only www.msss.gouv.qc.ca/professionnels/alcool-drogues-jeu/dependances/documentation website contains tools like the **More About Drugs** and **The Law of Effect** posters and the **Young People and Designer Drugs** brochure. These documents contain a wealth of information that can spark conversations with young people and provide answers to their questions about gambling and the use of alcohol and other substances.