

True or False

ON THE RISKS AND CONSEQUENCES OF DRUG AND ALCOHOL
USE AND GAMBLING AND ON MANAGING EMOTIONS

2022 DRUG AWARENESS WEEK

Alcohol – Cannabis and other substances - Gambling

Quebec.ca/AlcoolDroguesJeu

1. There are numerous ways to manage my emotions well.

True or False

True

THERE ARE MANY WAYS TO
MANAGE YOUR EMOTIONS.
HERE ARE SOME EXAMPLES:

- Take the time to properly identify your emotions and what's causing them and try to express them as you feel them.
- Find the right ways to express and experience your emotions. You can choose a time that's right for you, a place where you feel comfortable and safe, someone to confide in, etc.
- Choose the best ways for you to express yourself based on your needs. That may change from time to time. Sometimes you may decide to externalize your emotions and express them in the moment. Other times you may decide to take your mind off things to get out of your current state and give yourself time to think about what you want to do with the emotions or feelings raging inside you.

2. When I manage my emotions well, I'm better able to make informed decisions.

True or False

True

BY LEARNING HOW TO PROPERLY HANDLE YOUR EMOTIONS, YOU CAN BETTER CONTROL THEM AND AVOID MAKING RASH DECISIONS. WHEN YOU MANAGE YOUR EMOTIONS, YOU'RE BETTER EQUIPPED TO DEAL WITH DIFFERENT SITUATIONS THAT ARISE.

3. Drinking alcohol is a safe way to reduce my stress and anxiety.

True or False

False

WHILE THE EFFECTS OF DRINKING MAY APPEAR TO RELIEVE OR NUMB YOUR STRESS, THEY'RE SHORT-LIVED. IF YOU DON'T IDENTIFY AND MANAGE THE SOURCE OF YOUR STRESS, YOU MAY DRINK MORE OFTEN AS A WAY OF MANAGING AND REDUCING YOUR STRESS. THAT CAN PUT YOU AT GREATER RISK OF DEVELOPING AN ADDICTION.

**4. I can have fun at a
party without drinking.**

True or False

True

YOU CAN HAVE A GREAT TIME AND A GREAT NIGHT WITHOUT DRINKING. BRINGING ALCOHOL-FREE BEVERAGES ON YOUR OUTINGS IS A GOOD ALTERNATIVE STRATEGY TO DRINKING.

**5. My friends push me to drink.
It's better to just go along with
them and do what they do.**

True or False

False

YOU CAN SAY NO. YOU HAVE TO BE ASSERTIVE IF YOU DON'T WANT TO DRINK. YOU CAN ALSO TEAM UP WITH A FRIEND WHO SUPPORTS YOUR DECISION, BECAUSE IT'S EVEN EASIER TO SAY NO WHEN OTHER PEOPLE ARE DOING IT.

6. Alcohol consumption is on the rise among kids my age.

True or False

False

ACCORDING TO THE DATA FROM THE LATEST ENQUÊTE QUÉBÉCOISE SUR LE TABAC, L'ALCOOL, LA DROGUE ET LE JEU CHEZ LES ÉLÈVES DU SECONDAIRE, FEWER YOUNG PEOPLE ARE DRINKING ALCOHOL. THE PERCENTAGE OF STUDENTS WHO DRANK ALCOHOL IN THE 12 MONTHS PRIOR TO THIS SURVEY DROPPED FROM 57% TO 53% BETWEEN 2013 AND 2019.

**7. I can have two or three drinks
without feeling any effect.**

True or False

False

EVEN IN SMALL DOSES, ALCOHOL ALTERS YOUR THOUGHTS AND PERCEPTIONS. IF YOUR JUDGMENT IS AFFECTED, YOU ARE MORE LIKELY TO MAKE DECISIONS THAT CAN BE HARMFUL TO YOUR HEALTH OR WELL-BEING. BE AWARE THAT THE EFFECTS OF DRINKING ARE HARD TO PREDICT AND DEPEND ON THE PERSON, SUBSTANCE, AND CONTEXT (LAW OF EFFECT).

8. The risks of drinking are the same for me and adults.

True or False

False

YOUR BRAIN, BODY, AND PERSONALITY ARE DEVELOPING WHEN YOU'RE A TEENAGER. THIS MAKES YOU MORE VULNERABLE TO THE EFFECTS OF ALCOHOL AND INCREASES YOUR RISK OF DEVELOPING PROBLEMS ASSOCIATED WITH DRINKING, SUCH AS ADDICTION.

9. The effects of alcohol that I experience are never the same from one time to the next.

True or False

True

AS THE LAW OF EFFECT
($E = SIC$) SHOWS, THE EFFECT
OF ALCOHOL DEPENDS ON
DIFFERENT FACTORS:

- **Substance (S):** Quantity, frequency of consumption, speed of consumption
- **Individual (I):** Height, gender, weight, state of physical or psychological health, state of mind, past experiences, metabolism, predisposition
- **Context (C):** Location, ambiance, companions, time of day

If one of these factors changes, the effect of what you consume may also change.

10. I can mix my alcohol with an energy drink to reduce the effects of drinking.

True or False

False

MIXING THESE TWO SUBSTANCES MASKS YOUR ABILITY TO RECOGNIZE THE SYMPTOMS OF INTOXICATION. YOU MAY FEEL LIKE YOU'RE IN CONTROL WHEN IN FACT YOU ARE NOT. THIS ACTUALLY INCREASES YOUR CHANCES OF BECOMING SEVERELY INTOXICATED.

11. Drinking alcohol can lead to consequences, some of which can be serious.

True or False

True

WHEN YOUR BRAIN IS IMPAIRED
BY ALCOHOL, YOUR ACTIONS AND
BEHAVIOUR ARE ALSO AFFECTED.
IN THIS STATE YOU CAN, FOR
EXAMPLE:

- Say hurtful things
- Get into a fight
- Post images, videos, or comments on social media that may be harmful to you if seen by your friends and family, school officials, a potential employer, etc.
- Have unprotected sex
- Drive impaired or get into a car where the driver is impaired by alcohol, and run the risk of an accident

12. The only strategy to reduce or avoid the risks associated with alcohol and drug use is not to drink or do drugs.

True or False

False

YOU CAN DRINK OR USE DRUGS, BUT YOU NEED TO TAKE PRECAUTIONS. IF YOU DECIDE TO DRINK OR USE DRUGS, ALTHOUGH THERE'S NO SUCH THING AS RISK-FREE CONSUMPTION, YOU CAN REDUCE OR AVOID THE RISKS BY TAKING PRECAUTIONS. FOR EXAMPLE:

- Choose not to drink (this is always an option).
- Bring non-alcoholic beverages to parties.
- Alternate between alcoholic and non-alcoholic beverages.
- Drink slowly.
- Don't drink on an empty stomach.
- Decide in advance to limit your drinking.
- Decide in advance not to use certain substances and tell a friend you'll be with about your decision so they can help you stick to it.
- Go to parties with a friend where you agree to keep an eye on each other.
- Don't do risky physical activities or sports while under the influence of alcohol or drugs.
- Plan ahead so you don't drive impaired or get into the car of someone who has been drinking or doing drugs.
- Avoid mixing different substances (e.g., alcohol and drugs or alcohol and energy drinks) as each substance can amplify or camouflage the effect of the other.

13. The best strategy to reduce or avoid the risks associated with gambling is not to gamble.

True or False

True

CHOOSING NOT TO GAMBLE IS
THE BEST STRATEGY. BUT IF YOU
DO DECIDE TO GAMBLE, YOU
CAN TAKE THIS PRECAUTION:

- Set yourself a spending limit (e.g., when playing online poker) and tell a friend about your decision so they can help you stick to it.

Help and information resources:

[DRUGS: HELP AND REFERRAL](#)

[GAMBLING: HELP AND REFERRAL](#)

[TEL-JEUNES](#)