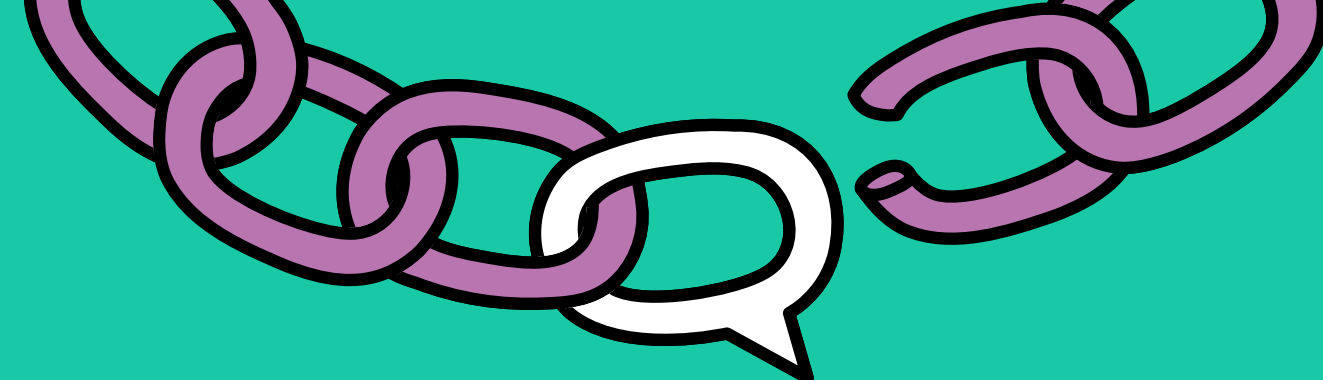


THE USE OF PSYCHOACTIVE SUBSTANCES (PAS) AND GAMES OF CHANCE AND GAMBLING (GG) YOUNG PEOPLE AGED 12-16



WHAT DO YOU NEED TO KNOW? ¹

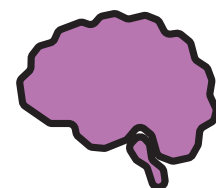
Over the past two decades there has been a decline in the use of alcohol, cannabis, and gambling among high school students. This tendency has also been seen elsewhere in Canada and in several western countries.



THE CONSUMPTION OF PSYCHOACTIVE SUBSTANCES (PAS) INCREASES WITH THE LEVEL AT SCHOOL.

About 2.9% of Secondary 1 students report having used drugs (excluding alcohol) in their lifetime, compared with 39% of Secondary 5 students.

Consuming alcohol and other PAS is not without risks. It can affect the development of the adolescent's brain, which is not fully developed, as well as their cognition and behavior. Many young people experiment with PAS or GG without experiencing any significant consequences.



SOME STATISTICS

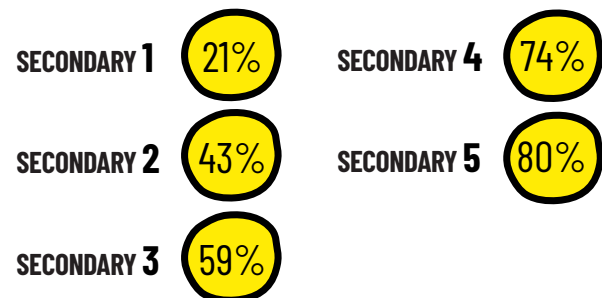
ALCOHOL

Alcohol consumption among high school students has been declining in recent years.



Alcohol consumption in the past 12 months:

53% of high school students have consumed alcohol at least once in the past 12 months, 53% of the boys and 55% of the girls.



Between 2000 and 2019, the proportion of students **who have ever consumed alcohol** fell from



Frequency of alcohol consumption in the past 12 months:

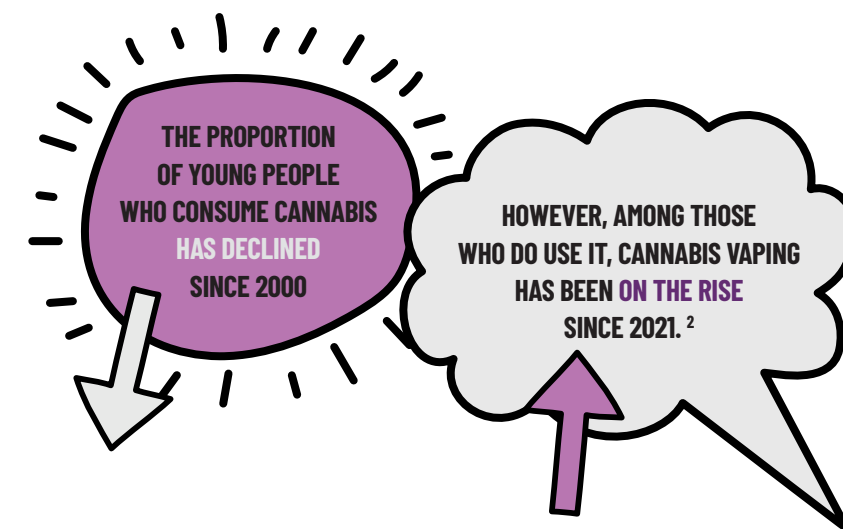
42% of students drank alcohol **infrequently** (i.e. about once a month or less), while

12% reported **high frequency** (i.e. once or twice a week or more). **Frequency of alcohol consumption is similar for both genders.**

Excessive alcohol consumption in the past 12 months:

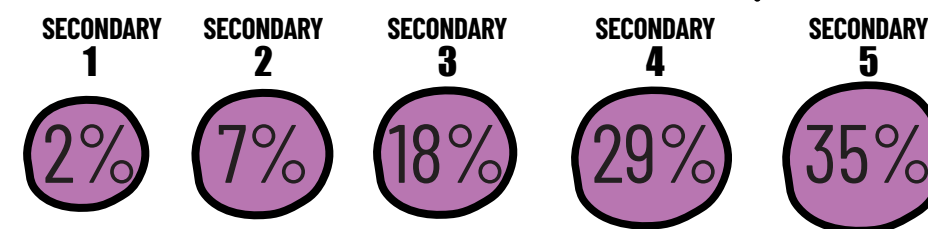
32% of all students **have consumed alcohol excessively** at least once in the past 12 months. **The proportion is similar for both genders.**

CANNABIS



Cannabis consumption in the past 12 months: ³

17% of high school students have consumed cannabis at least once in the past 12 months: **18% of the boys and 16% of the girls.** The proportion increases significantly with the level at school



1. Institut de la statistique du Québec (2021). *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire (ETADJES)*. <https://statistique.quebec.ca/fr/enquetes/realisees/enquete-quebecoise-sur-le-tabac-lalcool-la-droque-et-le-jeu-chez-les-eleves-du-secondaire-etadjes>
 2. Institut de la statistique du Québec (2023). *Enquête québécoise sur le cannabis (ECC)*. <https://statistique.quebec.ca/fr/enquetes/realisees/enquete-quebecoise-sur-le-cannabis>
 3. Institut de la statistique du Québec (2021). *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire (ETADJES)*. <https://statistique.quebec.ca/fr/enquetes/realisees/enquete-quebecoise-sur-le-tabac-lalcool-la-droque-et-le-jeu-chez-les-eleves-du-secondaire-etadjes>

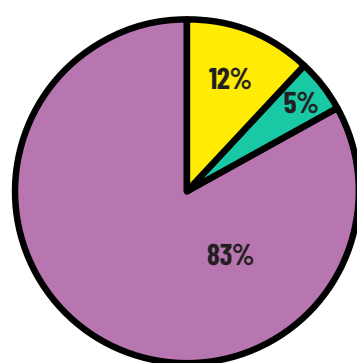
CANNABIS

From 2000 to 2019, the proportion of secondary school students **having consumed** cannabis in the past 12 months has gone down from **41%** to **17%**



Frequency of cannabis consumption in the past 12 months:

Among all students, 12% used cannabis at a low frequency (defined as about once a month, or less than once a month), while 5% reported high frequency use (defined as once or twice a week, or more). The proportion of students who have not used cannabis in the last 12 months is therefore 83%. **Frequency of cannabis consumption is similar for both genders.**



- LOW FREQUENCY
- HIGH FREQUENCY
- NO CONSUMPTION

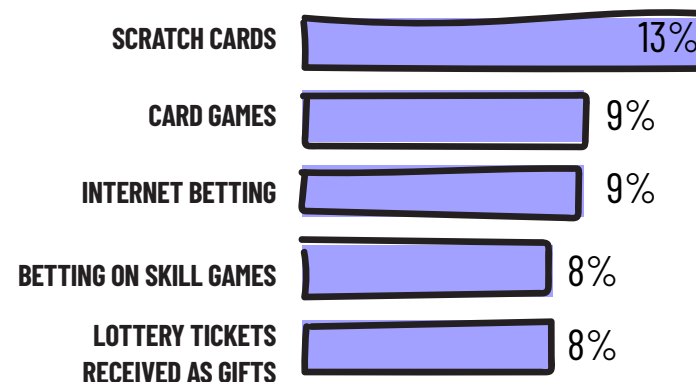
OTHER PSYCHOACTIVE SUBSTANCES (PAS)

Other psychoactive substances used by high school students in the past 12 months include:

→ COCAINE	2.3%
→ HALLUCINOGENS	2.5%
→ MDMA	3.0%
→ NON-PRESCRIPTION DRUGS TAKEN FOR DRUG-LIKE EFFECTS	3.1%

GAMES OF CHANCE AND GAMBLING (GG)

Instant lottery (scratch cards) is the most popular form of gambling among high school students (13%), followed by card games (9%), Internet betting (9%), betting on skill games (8%) and lottery tickets received as gifts (8%). **A greater proportion of boys participate in these activities than girls.**



Participation in GG in the past 12 months:

22% of high school students have participated in some form of GG at least once in the past 12 months: **25% of the boys and 17% of the girls.**



The proportion increases significantly with the level at school:

SECONDARY 1	16%	SECONDARY 4	24%
SECONDARY 2	16%	SECONDARY 5	31%
SECONDARY 3	20%		

From 2000 to 2019, the proportion of secondary school students **having participated in GG** in the past 12 months has gone down from **51%** to **21%**



This reduction applies similarly with both genders. Significant declines in GG participation have also been observed at every grade level since 2002.

Data from 2013 and 2019 show an increase in the popularity of forms of gambling that require the Internet.

Conversely, some forms of gaming were less popular in 2019 than in 2013. These include card games, dice games and video lotteries.

Type of players over the past 12 months:

19% of students are **occasional** gamers (i.e. have played once to try or have engaged in at least one form of GG less than once a week), while

2% are considered **habitual** gamers (i.e. have played at least one form of AHJ once or more a week).

More boys than girls are considered occasional or habitual gamblers.

Participation in online GG in the last 12 months:

8% of students have participated in some form of online GG at least once in the last 12 months, **with a higher proportion of boys than girls** (10% vs. 5%).

Participation in state-run games in the last 12 months:

17% of students have participated in state-run games in the last 12 months, with a **higher proportion of boys than girls** (18% vs. 15%). State-run gaming includes games offered by Loto-Québec and its subsidiaries (lotteries, table games, video lottery terminals, slot machines, bingos and kinzos, etc.), available in establishments (casinos, gaming parlors, betting parlors and bars, etc.) or online.