

THE USE OF PSYCHOACTIVE SUBSTANCES (PAS) AND GAMES OF CHANCE AND GAMBLING (GG) AMONG YOUNG PEOPLE AGED 17-24



WHAT DO YOU NEED TO KNOW?

Over the past two decades, a decline in the use of substances, specifically alcohol and other drugs, has been observed among young people.

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

A higher proportion of Québec university students than college students have used PAS. This observation applies more specifically to alcohol (83% vs. 66%), cannabis (30% vs. 20%), hallucinogens (8% vs. 5%) and ecstasy (9% vs. 5%).

Consuming alcohol and other PAS is not without risks. It can affect the development of the young person'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 in the past 12 months:

89% of Québec residents aged 18 to 24 have consumed alcohol at least once in the past year. This age group has the highest proportion of drinkers among adults ¹.

Binge drinking in the past 12 months:

38% of Québec adults aged 18 to 24 have consumed alcohol excessively. **This age group has the highest proportion of excessive drinking.**

Alcohol consumption in the past 30 days:

80% of young Québec residents aged 17 to 25 have consumed alcohol at least once in the past month ².

A higher proportion of men than women consumed alcohol



82%



79%

Québec university students consumed alcohol in higher proportions than college students.

The use of PAS increasing with age is observed among young adults attending post-secondary institutions (ages 17 to 25) in the ECCADEEP data (2019-2020), with alcohol use rising to:

66% among CEGEP students

83% among university students.



CANNABIS

There is a downward trend with cannabis use among **young people aged 15 to 20**, falling from:

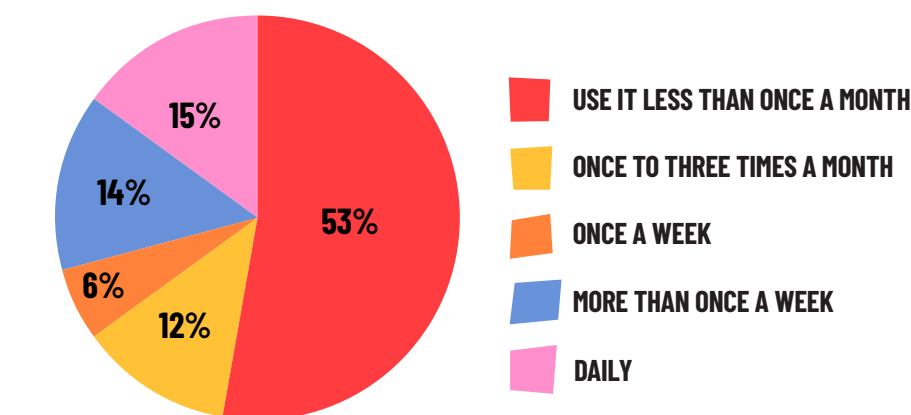
28% ²⁰¹⁸ TO **23%** ²⁰²³ ³

Cannabis use in the past 12 months:

36% of young people aged 18-24 have used cannabis at least once in the past year: 38% of men and 34% of women. ⁴

Frequency of cannabis use in the past 12 months:

Among young adults who use cannabis (36%), 53% use it less than once a month, 12% once to three times a month, 6% once a week, 14% more than once a week, and 15% daily.



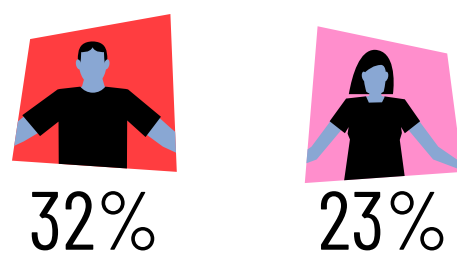
1. Statistique Canada (2023). *Enquête sur la santé dans les collectivités canadiennes (ESCC)*. https://www23.statcan.gc.ca/imdb/p2SV_f.pl?Function=getSurvey&SDS=3226
 2. Lasnier, B., Montreuil, A., Blouin, C., Diynaba, D., Brisson, J. (2023). *Portrait de l'usage de substances psychoactives chez les étudiants collégiaux et universitaires, 2019-2020 (ECCADEEP)*. Institut national de santé publique du Québec. <https://www.inspq.qc.ca/publications/3435>.
 3. Institut de la statistique du Québec (2023). *Enquête québécoise sur le cannabis (EQC)*. <https://statistique.quebec.ca/fr/enquetes/realisees/enquete-quebecoise-sur-le-cannabis>
 4. Institut de la statistique du Québec (2023). *Enquête québécoise sur la santé de la population (EQSP)*. <https://statistique.quebec.ca/fr/enquetes/realisees/enquete-quebecoise-sur-la-sante-de-la-population-eqsp>

CANNABIS

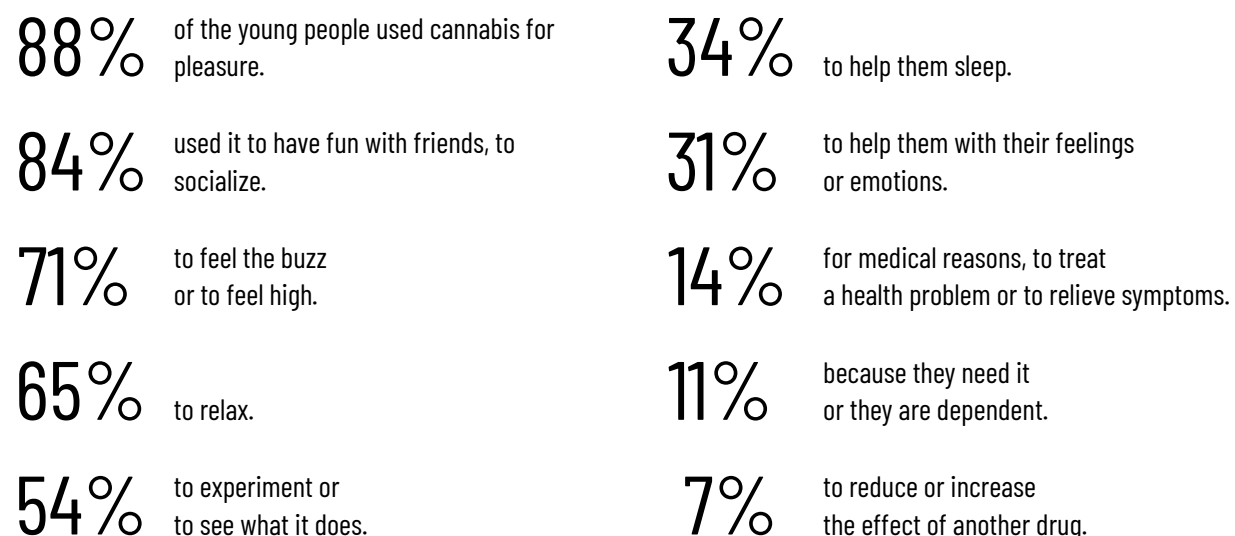
Cannabis use in the last 30 days:

28% of students aged 17 to 25 have used cannabis in the last month.⁵

A higher proportion of men than women consumed cannabis (32% vs. 23%).

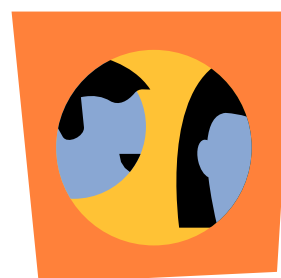


The following data show the proportion of **young people aged 15 to 20** who have used cannabis in the past 12 months, for each of the main reasons reported:⁶



This data shows that among young people aged 15 to 20 who use cannabis, a majority do so for **pleasure, social and experimental reasons**.

Around a third say they use it to help with sleep, feelings or emotions, and around 10% to satisfy their addiction to the substance. **Since these motivations are associated with more risky or maladaptive consumption, these young people may have a greater need to seek help.**



Québec university students consumed cannabis in higher proportions than college students.



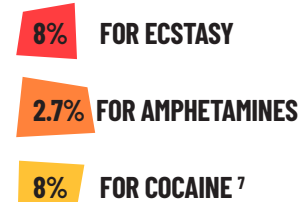
5. Lasnier, B. et al. (2023). *Portrait de l'usage de substances psychoactives chez les étudiants collégiaux et universitaires, 2019-2020 (ECCADEEP)*. Institut national de santé publique du Québec. Repéré à : <https://www.inspq.qc.ca/publications/3435>
6. Institut de la statistique du Québec. (2023). *Enquête québécoise sur le cannabis (EQC)*. Repéré à : <https://statistique.quebec.ca/fr/enquetes/realisees/enquete-quebecoise-sur-le-cannabis>
7. Lasnier, B. et al. (2023). *Portrait de l'usage de substances psychoactives chez les étudiants collégiaux et universitaires, 2019-2020 (ECCADEEP)*. Institut national de santé publique du Québec. Repéré à : <https://www.inspq.qc.ca/publications/3435>
8. Statistique Canada. (2018). *Enquête sur la santé dans les collectivités canadiennes (ESCC)*. Repéré à : https://www23.statcan.gc.ca/imdb/p2SV_f.pl?Function=getSurvey&SDDS=3226

OTHER PSYCHOACTIVE SUBSTANCES (PAS)

Use of PAS, other than alcohol and cannabis, in the past 12 months:

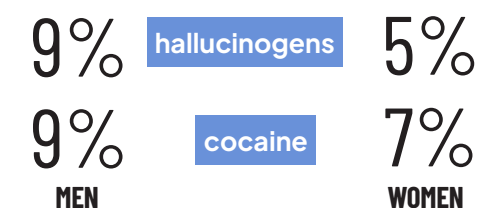
7% of students aged 17 to 25 have used hallucinogens in the past year.

This proportion is:



A higher proportion of men than women used hallucinogens

The proportions were similar for both genders for use of ecstasy and amphetamines.



Québec university students consumed hallucinogenic drugs and ecstasy in higher proportions than college students (8% vs. 5% and 9% vs. 5%, respectively).

GAMES OF CHANCE & GAMBLING (GG)

Participation in GG over the last 12 months:

According to the 2018 CCHS, **53%** of young people aged 15 to 24 participated at least once in some form of GG in the past year: **59% of men and 46% of women**.⁸

FOR PEOPLE AGED 18 AND OVER, THE MOST POPULAR TYPES OF GAMES WERE, IN ORDER OF POPULARITY:

- 1** lottery or draw tickets
- 2** instant lottery or online games
- 3** electronic gaming devices
- 4** casino table games
- 5** sports betting
- 6** bingo and other games