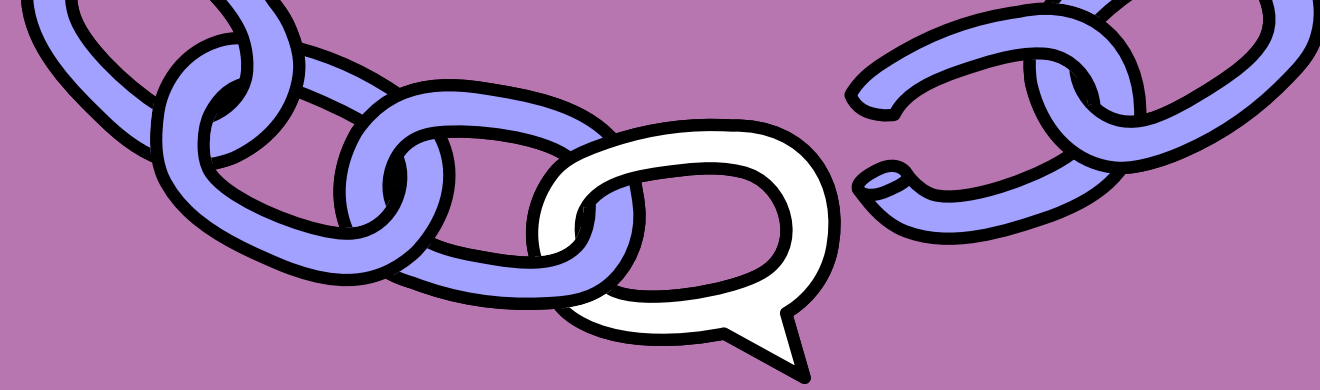


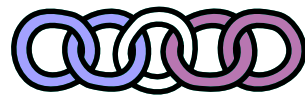
# ANIMATION

## DRUG AWARENESS WEEK

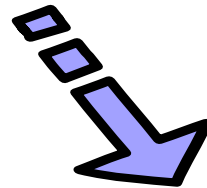


### What to Keep in Mind Before Running Prevention Activities

About half of young people have not yet used Psychoactive Substances (PAS) or practiced Games of chance and Gambling (GG), and some never will.

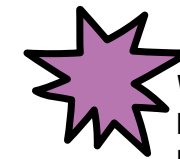


Alcohol consumption and use of other drugs, and the practice of GG, has been declining over the past 20 years.



Regardless of their own experience, **all young people can reflect on PAS and GG**, whether from their own experience or of those of those around them.

Whether it's a question of drug use, gambling or other issues, young people don't all have the same capacity to ask for help.



**WE NEED TO OFFER THEM GUIDANCE ON WHY THEY MIGHT SEEK HELP FOR THEMSELVES OR FOR ANOTHER PERSON, AND ON THE BARRIERS TO SEEKING HELP, TO OPTIMIZE THE CHANCES THAT THEY WILL TAKE THE NECESSARY ACTION, IF NEEDED.**

A significant proportion of young people in Québec have no negative consequences from their use of PAS or the practice of GG. Nonetheless, since no one is immune to the potential harm, **improving young people's skills in seeking help** for their own drug use or gambling practices, or of those around them, **can help them for their entire life**. This will enable them to recognize the signs of problem behavior and identify the strategies and resources at their disposal.


### Best Practices

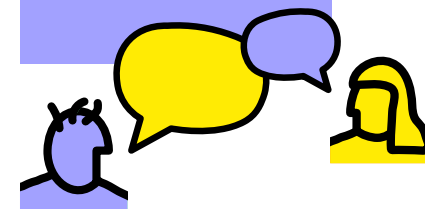
To be effective, interventions to prevent the use of psychoactive substances and the practice of gambling must:

- be comprehensive and planned;
- be carried out in concert with partners from different environments (school, family and community), while respecting the mandate of each, so as to plan and deploy coherent, coordinated interventions;
- have an impact on young people's individual development (e.g., self-esteem, social skills, lifestyle habits and healthy, safe behavior);
- be deployed intensively and continuously in school, family and community settings, and throughout young people's lives, to foster the development of personal and social skills;
- propose content that is appropriate and adapted to the students age and their life situations;
- encourage young people to become actively involved, considering their own interests and motivations. Our interventions encourage young people to make choices, and to take responsibility.

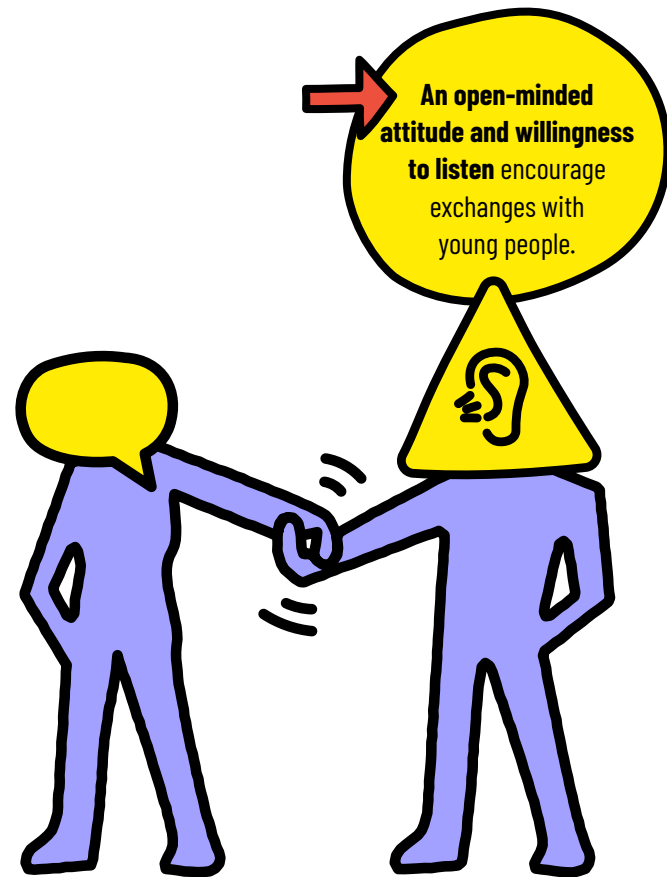


Among the best practices recognized for preventing the use of PAS and the practice of GG, we find the following:

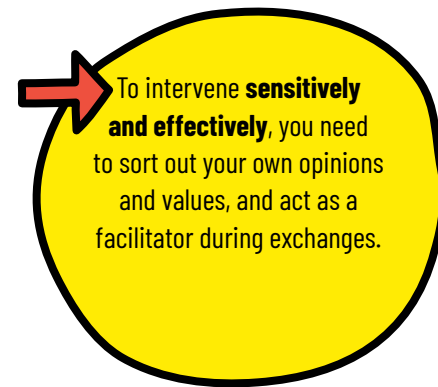
- **Involve young people** who have good communication skills (prosocial peers). 
- **Involve one or more members of the school's complementary services staff** (a psychoeducator, psychologist, specialized educator, addiction counsellor, social worker, etc.).
- When possible, **co-host the activity** with others. Discussing certain sensitive subjects in a co-hosted setting can provide a greater safety net for young people.
- Offer a **wide range of activities** to attract the interest of as many young people as possible.
- Do **reinvestment activities** throughout the year.



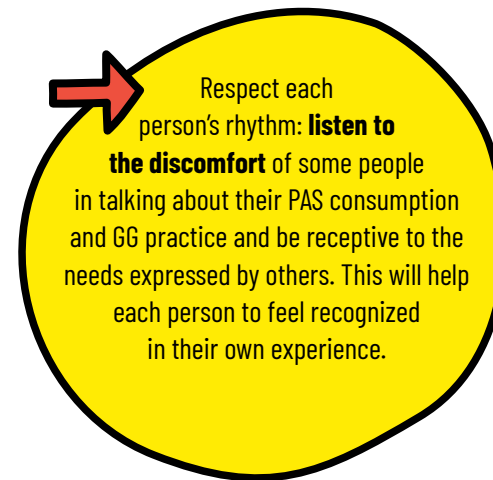
## Position to Adopt



An open-minded attitude and willingness to listen encourage exchanges with young people.



To intervene **sensitively and effectively**, you need to sort out your own opinions and values, and act as a facilitator during exchanges.



Respect each person's rhythm: **listen to the discomfort** of some people in talking about their PAS consumption and GG practice and be receptive to the needs expressed by others. This will help each person to feel recognized in their own experience.



## Some Traps to Avoid

- **Avoid interventions or activities based on fear or sensationalism** - These approaches don't have the desired effect on young people's attitudes and behaviors over the long term.
- **Avoid focusing on the risks associated with the use of PAS and the practice of GG** - Not considering other motivations, notably the notion of pleasure, can lead to a closed attitude on the part of young people, in addition to damaging the credibility of the message.
- **Avoid discriminating, judging or prejudices related to the use of PAS and the practice of GG** - These attitudes can contribute to isolating young people and create an additional barrier to seeking help.