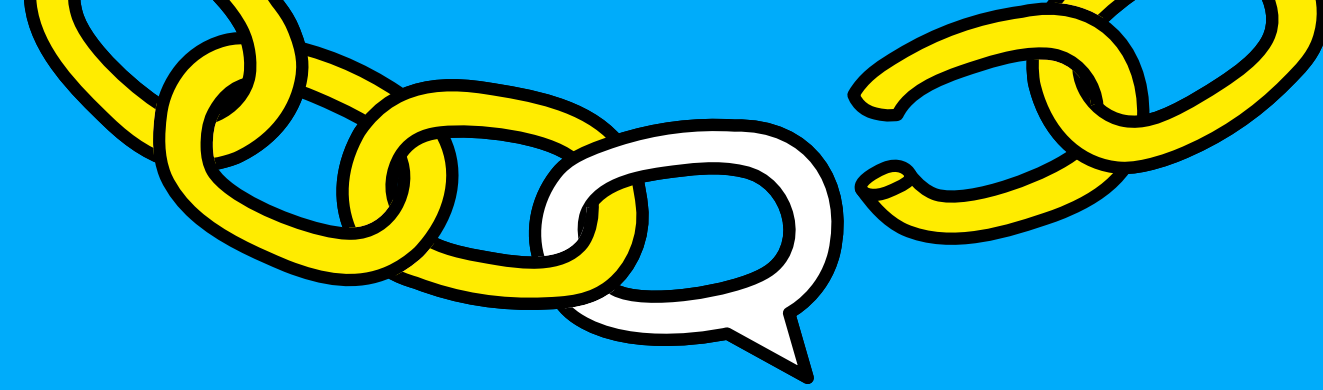


# COMPETENCY DRUG AWARENESS WEEK

**ÉKIP** *Interagir pour la santé,  
le bien-être et la réussite  
éducative des jeunes*



## Addiction Prevention Week

This is the 36th edition of the Drug Awareness Week (DAW) (APW). It has been part of the information and awareness campaign aimed at reducing the risks associated with the use of psychoactive substances (PAS) and games of chance and gambling (GG). It takes place every year during the third week of November. Its aim is **to provide young people with accurate and credible information on the risks associated with the consuming alcohol, cannabis or other substances and the practice of GG. fournir aux jeunes une information juste et crédible sur les risques associés à la consommation d'alcool, de cannabis ou d'autres substances et à la pratique des JHA.**

Adolescence is a crucial time in developing one's identity and socialization, during which many important changes and passages take place. It's a time when many will experiment with PAS for the first time. Games of chance (GG) are available on an ever-increasing variety of platforms. Many young people experiment with PAS or GG without experiencing any significant consequences. However, some will experience problems related to their use or practice. The portrait of PAS use and the practice of GG among the young people in Québec over the past few years shows that **prevention efforts must be pursued in order to delay** the age of initiation and to give support young people in developing effective means to help them make informed choices about use of drugs and gaming.

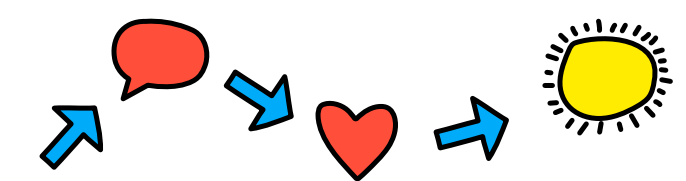


**IT COVERS ALL PAS AND GG, CONSIDERING BEST PREVENTION PRACTICES FOR EACH TARGET AGE GROUP. ABORDE**

As part of this prevention week, the ministère de la Santé et des Services sociaux (MSSS) **is offering material for young people aged 12 to 16 and 17 to 24**, notably because of their different usage profiles. The MSSS, in collaboration with the ministère de l'Éducation du Québec (MEQ) and the ministère de l'Enseignement supérieur (MES), is offering this material for use by education and health and social services practitioners in leading prevention activities with teenagers and young adults attending educational institutions and community organizations.

## For the year 2024-2025, the tools focus on the competency Asks for Help

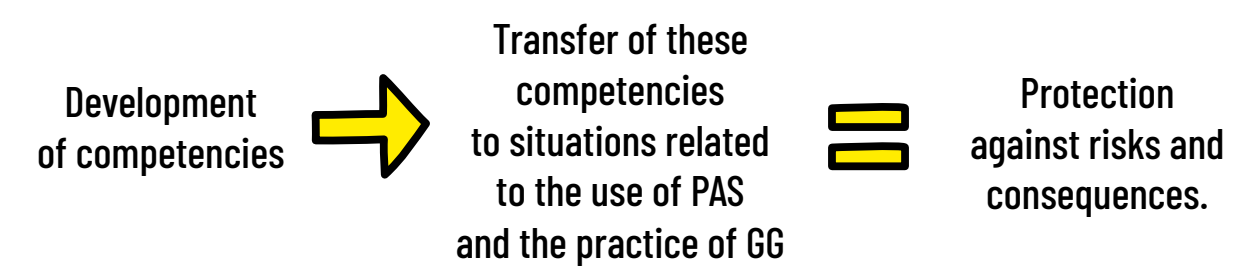
The angle chosen for this year's Drug Awareness Week (DAW) is consistent with the other promotion/prevention interventions offered to young people. It enables the development of skills conducive to health and well-being, in line with the competencies of ÉKIP.



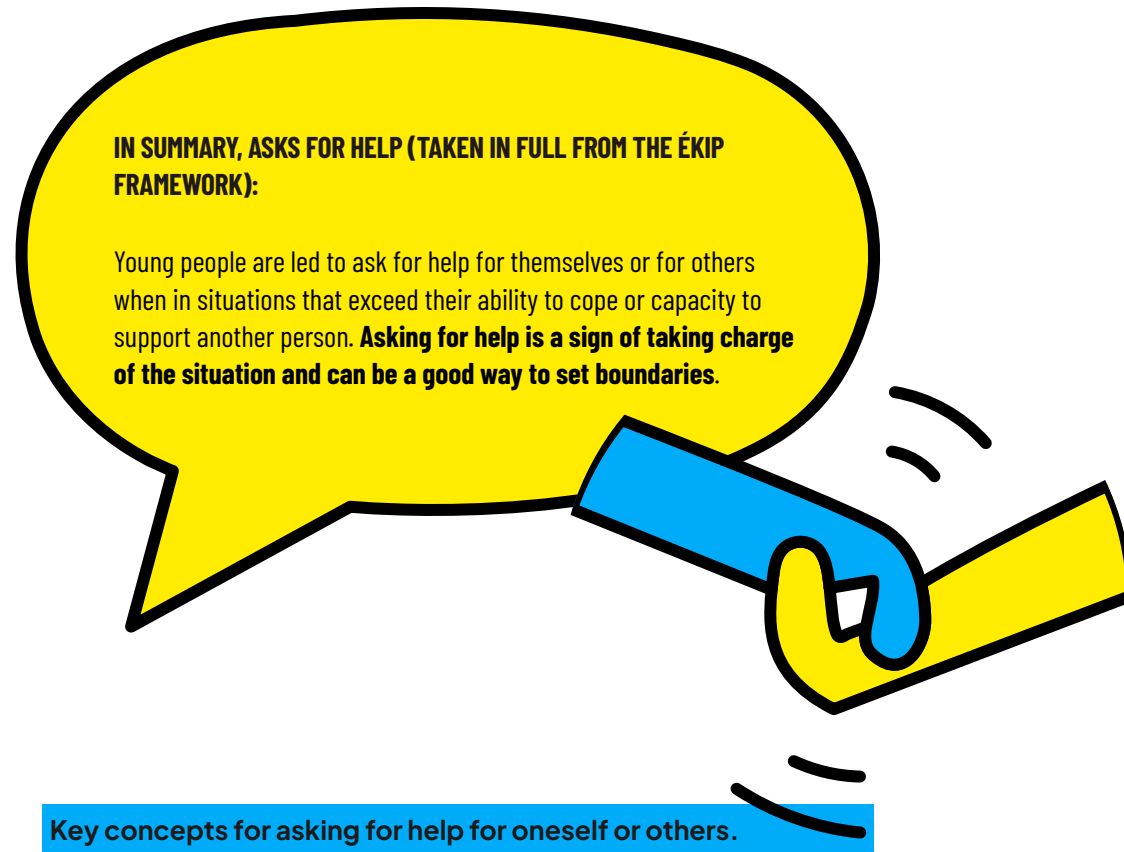
Developing this competency can help young people **identify situations requiring help**, for themselves or for others, and enable them to **make informed choices** in various life situations, particularly when it comes to using PAS and practicing GG..

**ENVIRONMENTS FREQUENTED BY YOUNG PEOPLE AGED 12 TO 24 ARE INVITED TO REINVEST THE KEY MESSAGES AND COMPETENCIES THROUGHOUT THE YEAR.**

For more information about the competencies to be developed in young people, such as Asks for Help, see ÉKIP and [Approche École en santé](#).



### Competencies to be developed for the 2024–2025 Drug Addiction Week: Asks for Help



- ➔ Identification of situations in which help is required.
- ➔ Recognition of what a situation requires and of their own limitations.
- ➔ Obstacles to asking for help.
- ➔ Search for relevant information based on the situation.
- ➔ Referral to appropriate resources (individuals, organizations).

#### Knowledge to be acquired in relation to the competency to be developed.

**1**

#### BE AWARE OF PREFERRED STRATEGIES IN A SITUATION THAT WARRANTS ASKING FOR HELP, EITHER FOR THEMSELVES OR FOR OTHERS

- Recognizing signs of distress, attitudes and behaviours that warrant asking for help.
- Identifying ways to speak up and discourage violent behaviour in any forms.
- Being aware of the support services available in their school and community.

**2**

#### RECOGNIZE SITUATIONS THAT WARRANT ASKING FOR HELP, EITHER FOR THEMSELVES OR FOR OTHERS, AND THE FACTORS THAT INFLUENCE DOING SO

- Recognizing signs of psychological distress (e.g. distinguishing between a temporary state of sadness and a persistent malaise that requires help, signs of distress such as withdrawal and isolation, suicidal thoughts).
- Being familiar with myths about mental health disorders.
- Developing a positive outlook toward asking for help (it is not a sign of weakness).
- Looking for emotional support from the people around them (acceptance, listening, guidance toward resources).
- Being familiar with types of assistance and how to access them.
- Being familiar with the resources available in their school and community.