

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. A break-up, academic failure, financial problems, and moving are situations that can lead to intense and difficult emotions and feelings (stress, frustration, sadness).

True or False

True

THESE SITUATIONS CAN CREATE A GREAT SENSE OF INSECURITY AND EMOTIONAL IMBALANCE.

The important thing is to surround yourself with good people, accept the emotions you feel, find ways of externalizing them, such as talking to a friend, or express them through writing, music, art, or sports.

2. Talking to someone you trust when you're going through a difficult situation is not a good strategy.

True or False

False

ALTHOUGH TALKING OR ASKING FOR HELP CAN SOMETIMES BE HARD OR EMBARRASSING, DOING SO WITH SOMEONE YOU TRUST, SUCH AS A FRIEND, TEACHER, OR COACH, CAN HELP YOU GET THROUGH THE SITUATION.

Externalizing your emotions, hearing a different point of view, or getting support, help, or comfort makes it easier to find solutions and see that other people are going through the same thing.

3. Difficulty managing emotions can lead to substance abuse when using becomes a coping strategy.

True or False

True

DRINKING OR USING DRUGS TO COPE WITH EMOTIONS MAY SEEM BENEFICIAL AT THE TIME, BUT IT COMES WITH SHORT-, MEDIUM-, AND LONG-TERM RISKS.

Some people who feel emotions very intensely or don't allow themselves to feel and express their emotions may increase their use of substances (alcohol, cannabis, etc.) to ease their pain, stop feeling unpleasant emotions, or boost and prolong a feel-good sensation.

4. Mixing an energy drink with alcohol reduces the effects of the alcohol and lowers the risk of severe intoxication.

True or False

False

MIXING THE TWO ONLY IMPEDES YOUR ABILITY TO RECOGNIZE THE SYMPTOMS OF INTOXICATION. IT CAN MAKE YOU FEEL FULLY IN CONTROL OF YOURSELF WHEN IN FACT YOU ARE NOT.

You might think you can drink more, which could lead to alcohol poisoning.

5. People ages 17 to 24 are using more and more alcohol, cannabis, and other drugs.

True or False

False

YOUNG ADULTS HAVE REDUCED THEIR USE OF ALCOHOL, CANNABIS, AND OTHER DRUGS SINCE 2000.

The same is true for gambling, which has lost popularity among this age group.

6. Cannabis was legalized to protect the health and safety of Canadians.

True or False

True

THE PURPOSE OF LEGALIZATION IS TO DIRECT CONSUMERS TO A SAFER, LEGAL MARKET. LEGALIZING CANNABIS IS PART OF A BIGGER PUBLIC-HEALTH VISION, ONE ASPECT OF WHICH IS PROTECTION.

The government wants to regulate the quality and composition of the substance (free of pesticides and mould) to minimize health risks for consumers.

**7. There are tricks to winning
at gambling.**

True or False

False

WHEN GAMBLING (E.G., AT VIDEO LOTTERY TERMINALS), PLAYERS CAN'T RELY ON SKILL TO WIN.

There is no surefire way of winning at gambling.

**8. Drinking alcohol doesn't
pose a long-term health risk.**

True or False

False

THERE IS NO SUCH THING AS ZERO-RISK DRINKING. DRINKING ALCOHOL INCREASES YOUR RISK OF DEVELOPING CERTAIN DISEASES AND HEALTH PROBLEMS THAT ARE MUCH WORSE THAN A SIMPLE HANGOVER.

Alcohol use is a related factor in more than 200 diseases and traumas, including cirrhosis of the liver, cancer, and cardiovascular disease, not to mention alcohol addiction and its consequences.

9. Cannnabis causes only pleasant effects.

True or False

False

CANNABIS CAN MAKE MANY PEOPLE FEEL CAREFREE, HAPPY, BOLD, OR EVEN CREATIVE, BUT FOR OTHERS IT CREATES BAD FEELINGS SUCH AS INCREASED ANXIETY THAT CAN LEAD TO A PANIC ATTACK.

A “high”, pleasant or not, is followed by a “down”, often leaving users feeling foggy and slow. Use can impair short-term memory and concentration or attention span.

10. Alcohol use is the cause of a significant percentage of deaths among young adults.

True or False

True

ALCOHOL USE CAN CAUSE DEATH OR
DISABILITY RELATIVELY EARLY IN LIFE.

Nearly 25% of all deaths of people age 20 to 39 can be attributed to alcohol and the consequences of using it, such as diseases, accidents, etc.

11. The content of a synthetic drug may vary from one time to the next.

True or False

True

FOR EXAMPLE, A DOSE OF ECSTASY OR METHAMPHETAMINES YOU GET FROM A DEALER—EVEN IF IT'S ALWAYS THE SAME DEALER AND THEY GUARANTEE THE QUALITY—DOESN'T MEAN YOU KNOW EXACTLY WHAT'S IN IT. IT MIGHT CONTAIN:

- The substance you want in its pure state
- The substance mixed with other products
- A substance other than the one you want

This means there may be:

- No effect at all
- A partial or full effect
- An excessively strong effect that poses a risk of intoxication or overdose

12. The odds of winning on some gambling sites are higher during free trial periods than when you're betting with real money.

True or False

True

RESEARCH HAS SHOWN THAT THE DESIGNERS OF SOME SITES SKEW THE ODDS IN PLAYERS' FAVOUR TO WIN DURING TRIAL PERIODS, TO ENCOURAGE THOSE PLAYERS TO BET REAL MONEY.

However, when real money is at stake, the odds of winning go down.

**13. Using alcohol, cannabis,
or other drugs cannot lead
to serious consequences.**

True or False

False

WHEN ALCOHOL, CANNABIS, OR ANOTHER DRUG DISRUPTS THE BRAIN, YOU ARE MORE LIKELY TO ACT INAPPROPRIATELY. FOR EXAMPLE, YOU MIGHT:

Say hurtful things

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

14. The effects of a drug will always be the same each time.

True or False

False

IT'S IMPOSSIBLE TO KNOW WHAT TO EXPECT. AS THE LAW OF EFFECT (E = SIC) SHOWS, THE EFFECT OF A DRUG, INCLUDING ALCOHOL, DEPENDS ON DIFFERENT FACTORS:

- **Substance (S):** Quantity, purity, frequency of consumption, speed of consumption, how it is taken (ingested, smoked, injected, etc.), use with other products
- **Individual (I):** Height, gender, weight, state of physical or psychological health, state of mind, past experiences, metabolism, and predisposition
- **Context (C):** Location, ambiance, companions, time of day

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

15. Drinking, taking medication, or using other drugs while using cannabis does not change the effect of those substances.

True or False

False

USING **OTHER SUBSTANCES** TOGETHER WITH CANNABIS CAN INCREASE THE EFFECTS OF THE CANNABIS OR THE OTHER SUBSTANCES OR MASK THE EFFECTS OF THOSE SUBSTANCES, MAKING IT HARD TO TELL HOW INTOXICATED YOU ARE.

16. Smoking just one joint affects your ability to drive a vehicle.

True or False

True

AS WITH ALCOHOL, USING DRUGS AND DRIVING IS CRIMINAL. CANNABIS HAS EFFECTS THAT CAN INTERFERE WITH DRIVING, E.G., BY INCREASING YOUR REACTION TIME, DECREASING YOUR ATTENTION, ALERTNESS, JUDGMENT, AND ABILITY TO PERCEIVE YOUR SURROUNDINGS, AND CAUSING COORDINATION PROBLEMS.

Drivers who consume alcohol and cannabis together have a much higher risk of causing an accident.

For more information, go to [SAAQ – I Drive My Own Life \(gouv.qc.ca\)](http://gouv.qc.ca)

17. Drinking a large amount of alcohol in a short period of time can lead to alcohol poisoning and even death.

True or False

True

TOO MUCH ALCOHOL CAN LEAD TO
SERIOUS CONSEQUENCES:

- Significantly impaired response or lack of response
- Loss of consciousness or deep sleep
- Difficulty breathing
- Repeated vomiting
- Excessive perspiration
- Hypothermia
- Death

18. Medications that have been prescribed for someone else can be dangerous for you.

True or False

True

SWAPPING OR TRYING MEDICATIONS PRESCRIBED FOR SOMEONE ELSE (FAMILY, RELATIVES, FRIENDS, ETC.) IS NOT A GOOD THING TO DO. THE EFFECTS OF A MEDICATION DEPEND, OF COURSE, ON THE PRODUCT, BUT ALSO ON THE PERSON TAKING IT.

A drug prescribed to one person based on their weight, age, gender, health status, or other medication they're taking may be dangerous for another person with different characteristics.

19. The risks associated with alcohol and drug use and gambling cannot be reduced or avoided.

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.
- 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](#)