

Talking with Your Teen about Drugs

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Canada

The National Anti-Drug Strategy, announced in October 2007, is the Government of Canada's targeted response to fight illicit drugs in Canada. The strategy is made up of three action plans – one to prevent illicit drug use among young people, a second that focuses on treatment for illicit drug addiction, and a third action plan to combat the production and distribution of illicit drugs. The National Anti-Drug Strategy is a collaborative effort involving the Department of Justice, Public Safety Canada and Health Canada.

Talking with Your Teen about Drugs is available on Internet at the following address:
<http://www.drugprevention.gc.ca>

Également disponible en français sous le titre :
Aborder le sujet des drogues avec son adolescent

This publication can be made available on request on diskette, large print, audio-cassette and braille.

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Table of contents

1 - BE KNOWLEDGEABLE	3
2 - COMMUNICATE WITH YOUR TEEN	8
3 - WATCH FOR SIGNS	10
4 - LEARN MORE ABOUT DRUGS	13

Be real about drugs

Did you know?
In 2006, 25% of youth aged 15-24 reported using marijuana in the past year.¹

Illegal drug use is a problem that has been around for a long time. It is also a problem that has changed over the past few decades. Some drugs are more commonly used today than they were in the past.

The fact is that the risks of using illegal drugs are far-reaching. They can have serious consequences on the health and the future of young people.

It is difficult to stay current with the changing nature of illegal drugs. This is a challenge for parents who want to influence their teen's decisions and behaviour about using illegal drugs.

What this booklet does

This booklet will provide you, as a parent, with basic information about illegal drugs and youth. It will help you to talk with your teen and take action to prevent or address the use of illegal drugs.

This booklet is organized according to key actions parents can take.

- 1) Be knowledgeable**
- 2) Communicate with your teen**
- 3) Watch for signs**
- 4) Learn more about drugs**

More information and resources are available at drugprevention.gc.ca.

Parents make a big difference

Teenagers often struggle with their sense of self and their place in the world. They are faced with social pressures and influences that are powerful and complex.

Parents sometimes feel that they do not fully understand these pressures and influences. They may feel that they are not sufficiently informed about the dangers and consequences of drug use. They may also worry that they are losing contact with their teenager's priorities, choices and behaviour. As a result, many parents find it difficult to talk with their teenager about illegal drugs. For all of these reasons, parents may think that they have less and less influence as their child grows up.

Parents sometimes don't realize that they have a lot of influence on their teenager's behaviour. They are often surprised to learn that 87% of teenagers think that their parents are credible sources of information about illegal drugs.²

Parents can make a big difference. Those who are knowledgeable about illegal drugs can more easily discuss the topic of drugs with their children. They will be better

able to take action to prevent use and guide their teen if they become exposed to illegal drugs.

Did you know?
Teenagers who feel connected to their families are more likely to avoid the dangers of using drugs.³

1 - BE KNOWLEDGEABLE

Drug use by teenagers

Levels of drug use are constantly fluctuating and have undergone significant changes during the past 30 years. Use of some hallucinogenic drugs such as PCP and LSD was higher 30 years ago than today, but the use of ecstasy and crack cocaine has become more common over the past two decades.

Nationally, the number of youth, 15 to 24 years of age, reporting use of at least one illegal drug in the past year increased from 23% in 1994 to 38% in 2004, an increase of 67% over 10 years.⁴

A number of provincial surveys of students have also examined illicit drug use, raising some concerning statistics.

- In British Columbia in 2003, 23% of students in grades 7 through 12, reported having used an illegal drug other than cannabis in their lifetime.⁵
- In Alberta in 2005, 4.2% of youth in grades 7 through 12, reported use of cocaine in the past year.⁶
- In Ontario in 2007, 25.6% of youth in grades 7 through 12 reported use of cannabis in the past year - this represents 256,610 youth in Ontario.⁷ This is more than double the 11.9% of Ontario students who reported use of cigarettes in the past year.⁸
- In Quebec in 2006, 8.8 % of students in secondary school reported use of hallucinogens in the past year, (excluding cannabis).⁹
- In Newfoundland and Labrador in 2007, 7.2% of students, in grades 7, 9, 10 and 12, reported use of ecstasy in the past year.¹⁰

For links to these and other Canadian surveys with more detailed information on illicit drug use, visit drugprevention.gc.ca.

Overview of different types of drugs

There are three main categories of illegal drugs. Some drugs belong to more than one category.

Hallucinogens cause the user to see, hear or feel things that do not exist. Examples of hallucinogens include:

- cannabis (marijuana, hash and hash oil); and,
- psilocybin ("magic mushrooms").

Stimulants are drugs that speed up the body's central nervous system. Examples of stimulants include:

- cocaine (including "crack");
- ecstasy, which is also a hallucinogen; and,
- methamphetamine (including "crystal meth").

Depressants are drugs that slow down the body's central nervous system. Examples of depressants include:

- heroin; and,
- ketamine, which is also a hallucinogen.

If you know what these drugs are, how they are taken and what they do, it will help you to talk with your teenager about illegal drugs. You can also learn to recognize the signs that your child may be using drugs. See Section 4 of this publication and visit drugprevention.gc.ca for more information.

Did you know?

In 2006, over 90% of seized ecstasy samples that were analyzed by Health Canada also contained another drug. The most common other drug was methamphetamine (30.9%).¹¹

Did you know?

Drugs can damage a person's mind and body. Consequences of drug use can be more severe for adolescents than for adults because the brains of young people are still developing.¹²

Health risks of illegal drug use

There are many health risks from using illegal drugs and these can differ a lot from one drug to another.

Stimulant drugs can increase a person's heart rate and blood pressure, leading to strokes and death. They can cause convulsions or cause a person to have trouble breathing. They can cause an irregular heartbeat and anorexia.

Users can never be sure about what chemicals are in a drug or how potent it is. Tablets are sold in a variety of shapes, colours and sizes. They may be stamped with a logo but this does not guarantee the contents of the tablets. In 2006, 91.8% of seized ecstasy samples that were analysed by Health Canada also contained another drug. The most common other drug was methamphetamine (30.9%).¹³

Illegal drug labs don't have quality control processes or equipment to control doses. As a result, users can overdose or be poisoned.

Users can also spread diseases such as hepatitis C and HIV/AIDS by sharing needles and other drug items.

Drugs can lower inhibitions and affect a person's judgment. This means users might do dangerous things they would not

usually do. They might engage in unsafe sex that may lead to an unwanted pregnancy or a sexually transmitted infection. They might drive an automobile or be a passenger with a driver who is under the influence, or they might even take other drugs that they normally wouldn't try.

Did you know?

Illegal cannabis may be contaminated with pesticides or toxic fungi as it is not subject to any health and safety standards.¹⁴

Did you know?

In 2004, 29% of youth aged 15-17 reported being a passenger in the car with someone who had used cannabis in the previous 12 hours before driving.¹⁵

Marijuana

Marijuana smoke is harmful for the lungs and throat. It contains more than 400 chemicals of which many can cause cancer.

Regular and long-term use of marijuana affects motivation. It also makes it difficult to concentrate. A person may have a hard time learning new things and remembering what they already know. School performance can be affected.

Addiction

Most illegal drugs can be addictive. Addiction is a complex disorder that is influenced by a number of factors. It is characterized by craving, compulsive drug-seeking behaviour and continuous use despite the harm that the drug is causing. Addiction can take over a person's life. A drug addiction could put a stop to your child's promising future.

Legal risks of using illegal drugs

All drugs covered in this publication are subject to the *Controlled Drugs and Substances Act* and are illegal unless a person has been authorized to carry out specific activities. Without this authorization, it is a criminal offence to possess, import, export, manufacture or traffic (sell or give to someone else) these drugs.

Did you know?

In 2006, more than 4,700 young people between the ages of 12 and 17 were charged with a cannabis offence in Canada.¹⁶

Such offences could result in a criminal conviction. Punishment can be a fine, imprisonment, or both. A conviction also means that the person has a criminal record, which may:

- restrict a person's freedom to travel to other countries;
- prevent a person from entering certain professions; and
- affect a person's credibility when trying to find a job.

Young people who commit offences under the *Controlled Drugs and Substances Act* can be arrested and charged, and could get a criminal record, subject to the *Youth Criminal Justice Act*.

Did you know?
Marijuana is illegal. It is a crime to possess, sell, grow or give it to someone. Fines, imprisonment and a criminal record can restrict travel or employment.

6,382 young persons between the age of 12 and 17 were charged with a drug offence in 2006. Among them:

- 4,737 (74%) were charged with a cannabis offence;
- 794 (12%) with a cocaine offence; and
- 851 (14%) with other offences.¹⁷

Marijuana is illegal

There has been a lot of media coverage about marijuana and the law. There may be confusion about whether or not marijuana is illegal. It is important that parents and their children understand the facts about marijuana and the law.

Marijuana is a controlled substance under the *Controlled Drugs and Substances Act*. It is a criminal offence to possess, import, export, grow or traffic (sell or give to someone else) marijuana.

There is only one exception. As described in the Marijuana Medical Access Regulations (MMAR), certain people with severe medical problems, with the support of their physician, can be authorized to legally possess dried marijuana for their own medical use. The MMAR also allows authorized persons to grow the marijuana they are authorized to possess, or to designate someone to grow it for them.

2 - COMMUNICATE WITH YOUR TEEN

Communication is key to a healthy relationship. This is especially true as you help your teenager develop sound decision-making skills.

People begin making decisions almost from the time they are born. A young child chooses certain toys and prefers certain foods. As the child grows, those choices become more diverse, and have a greater impact on their future. Out of concern for the health and safety of their child, parents provide guidance to ensure that the choices the child makes are the best ones.

Did you know?
Parents who talk to their children and monitor their activities can reduce the likelihood of their children using drugs.¹⁸

As a parent, it is important to help develop your child's skills in making the right choices and good decisions. These decisions can be about school, friends or social activities. As the child becomes more self-confident in making these decisions, they will also feel more secure about decisions related to the use of drugs.

Talking with your teenager about drugs is part of guiding them through the many decisions that can affect their life in the long term. Here are some tips to help you talk with your child:

- Listen to your teenager's concerns and take his or her questions seriously.
- Continue or develop the habit of talking regularly with your child on a variety of subjects. This will greatly facilitate discussion on the issue of drug use when the time comes.
- Start early and get ahead of the questions. Start talking about drugs as soon as your child learns about their existence through friends, the media and the people around them.
- Your child should learn about the dangers of drugs from parents first. Getting an initial perspective on drug use from the parent is the starting point for forming their own opinion in the future.
- Be clear on where you stand. Successful communication with your teenager requires clear ideas. Your teenager needs to understand that you have a definite position on drugs and that his or her behaviour will be measured against that position.

Build self-esteem

Drug use among teenagers may be influenced by peer pressure. For most young people, acceptance and integration are a priority. Not every teen has the skills to resist peer pressure.

Young people who are confident about themselves are more likely to be able to refuse or resist social pressures to use drugs. As a parent you can help build that confidence. You can give your teenager responsibilities that they can accomplish successfully. You can encourage your teen and praise his or her accomplishments.

Be a good example

As a key influencer, you are also a key example. Your behaviour should be in line with the positions that you established for your teenager. Your actions can speak louder than your words.

3 - WATCH FOR SIGNS

Teenage years are often characterized by the fast pace of change. It is a time when choices are made and interests are developed. It is when personal style is defined and the body matures into adulthood. This typically translates into frequent changes in habits, social circles and activities. All these changes, including the possible use of drugs, offer signs that can be monitored by parents.

It is very important that you be aware of the signs that accompany drug use. This requires some degree of knowledge. You should watch for changes in behaviour, performance in school, and social activities.

Although some of these changes could simply be a normal part of being a teenager, you should consider the following as possible signs that your teenager could be using drugs.

1. Changes in social circle

Drug use can bring about a dramatic effect on social habits. Your teenager may start neglecting old friends in favour of people he or she doesn't bring home or talk about. He or she may receive phone calls that trigger sudden changes in behaviour or plans. There may be callers that hang up when you answer and callers who refuse to leave messages.

2. Changes in personal priorities

If your teenager turns away from family life, you should find out why. If a teenager involved in sports or arts suddenly abandons these interests you should also find out why. Watch for any radical changes in your teenager's interests.

3. Changes in academic performance

Lower interest in school is a clear sign there is an issue to be addressed. That issue may or may not be related to drugs. Either way, it should be investigated. Signs to monitor include lower grades, attendance problems and teacher reports about the motivation and behaviour of the teenager.

4. Changes in behaviour

While privacy is important to teenagers, take note if your teenager becomes highly secretive or if their need for privacy becomes extreme. Changes in personality traits should be followed closely, such as unusual outbursts, sudden mood swings and unprovoked hostility. As well, signs of depression and withdrawal are usually not without basis.

5. Changes in health

You should watch for any sudden changes in sleeping and eating patterns. Weight loss is also a danger sign. These issues warrant attention even if they are not drug related. Some drugs will cause insomnia, leaving the person tired at odd times, and reduce appetite. Different substances can have different effects on the body.

6. Physical clues

There are certain objects and equipment that are associated with drug use. Examples are pipes for smoking, small spoons and other common objects such as baby soothers and surgical masks. While they are not illegal, they can be a sign of drug use. They are often found in shops that sell counterculture art, music, clothing and other items. They are also available on the Internet and by mail order.

Paraphernalia

Equipment that can be associated with drug use includes:

- pipes for smoking including bongos or large water pipes and pipes made from common objects such as cans or bottles;
- roach clips (small clip used to hold a marijuana cigarette or “joint”);
- rolling papers for making marijuana cigarettes;
- razor blades, straws, small tubes and/or rolled paper (such as paper money) used when snorting powder;
- syringes, needles and spoons;
- bandanas or belts that are used to constrict the veins prior to injection;
- bottles of eye drops that mask bloodshot eyes or dilated pupils;

- pacifiers and lollipops (used because of teeth grinding and involuntary jaw clenching);
- candy necklaces or bags of small candies used to hide pills; and
- glow sticks, mentholated rub and surgical masks (used to overstimulate the user's senses).

If you suspect a problem, take action

Take immediate action if you suspect your teenager is using drugs. Talk directly with your teen about it. If you feel that you need help, there are plenty of resources available. You can talk with your family doctor or your teen's school counsellor. You can also call the help lines listed at the end of this booklet. Or you can visit drugprevention.gc.ca for more information, including links to services available to you in your area.

There is no easy answer or single solution if you find that your teenager has used an illegal drug. Remember, as a parent, you have an influence on your teen's behaviour. Despite what they say or do, your children look to you for support, encouragement and guidance.

4 - LEARN MORE ABOUT DRUGS

The effects of drugs are wide-ranging and often unpredictable. Some users can feel euphoric, energetic or relaxed, while other users may feel anxious or fearful. How a person feels after using a drug does not guarantee they will feel the same way the next time they use it. The way a person feels after taking a drug depends on many factors including age, weight, dose, how the drug is used, mood, expectations and environment. This section describes specific illegal drugs and includes information on their short-term effects and health risks. More detailed information on these and other drugs is available at drugprevention.gc.ca.

Cannabis (marijuana, hash and hash oil)

Cannabis sativa is the plant from which marijuana, hashish and hash oil come from. The main mind altering ingredient of cannabis is called THC. Marijuana is the dried leaves and flower buds of the plant. Hashish has more THC than marijuana and is sold as brown or black chunks made from the dried, compressed resin from the flower tops. Hash oil is a red-brown or green sticky substance that is made by boiling the flower tops in an organic solvent. Cannabis is used by smoking it or ingesting it, often by including it in foods.

Also known as:

acapulco gold, ace, bhang, california sinsemilla, colombian, dope (cannabis), doobie, ganja, grass, green, hemp, herb, indian hemp, jamaican, jive (sticks), joint, marihuana, marijuana, mary jane, mauie wowie, mexican, panama gold, panama red, pot, ragweed, reefer, sativa, sinse, thai sticks, weed hashish, hash, hash oil, honey oil, weed oil

Short-term effects:

Use of cannabis can produce many effects. These may include:

- red eyes
- spontaneous laughter
- drowsiness
- increased hunger (often called "the munchies")
- mild paranoia, anxiety or panic

- impaired reaction time, coordination and motor skills
- impaired short-term memory
- increased heart rate and decrease in blood pressure (may lead to fainting)
- dry mouth and throat
- irritation of the respiratory tract (with smoking)

Health risks

- Marijuana smoke is harmful to the lungs and throat. It contains over 400 chemicals and has some of the same toxic substances that are found in tobacco smoke that can cause cancer.
- Cannabis can lower inhibitions. A person doesn't have good judgment when they are high. This means they might do dangerous things they would not usually do such as:
 - Engage in unsafe sex that can lead to an unwanted pregnancy or a sexually transmitted infection.
 - Drive an automobile under the influence, or get in a car with an impaired driver.
 - Take other drugs that they normally wouldn't try.
- Cannabis may be addictive. Psychological dependence to cannabis can develop with regular use and physical dependence may develop in individuals who use high doses daily.



Cannabis

Cocaine and crack cocaine

Cocaine comes from the leaves of the South American coca bush. It is processed to form a white powder that is snorted or dissolved in water and injected. Powder cocaine is used to create forms of cocaine that can be smoked. These forms are known as “freebase” and “crack” and look like small crystals or rocks.

Also known as: C, coke, crack, flake, freebase, nose candy, powder, rock, snow, stardust

Short-term effects:

Use of cocaine/crack cocaine can produce many effects. These may include:

- decrease of physical and mental fatigue
- reduced appetite
- increased blood pressure and heart rate
- exaggerated reflexes
- rapid breathing
- dilation of pupils
- dry mouth
- anxiety
- paranoid thinking

Health risks

- Heavy users may have high blood pressure, an irregular heart beat and have trouble sleeping.
- Smoking crack cocaine can cause chest pain and breathing difficulties (“crack lung”).
- Regular snorting of cocaine can lead to loss of sense of smell and development of sinus infections.
- An overdose of cocaine can be lethal.
- Cocaine and crack cocaine are addictive.

Ecstasy

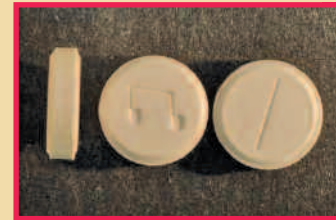
Ecstasy is a street drug that is only made in illegal labs. It is usually sold as a tablet, capsule or powder. The tablets vary in shape, size, colour and in the amount of ecstasy they contain. Tablets sold as ecstasy may not have any ecstasy in them at all. They may contain cornstarch, soaps and detergents, or contain other drugs, such as caffeine, ephedrine, methamphetamine and LSD.

Also known as: adam, AKA, E, euphoria, hug drug, M, M&M, MDM, 3,4-methylenedioxymethamphetamine, MDMA, rave, X, XTC, love drug, party pill, hug, beans, clarity lover's, speed

Short-term effects:

Use of ecstasy can produce many effects. These may include:

- decreased appetite
- increased blood pressure and heart rate
- sweating, thirst and dehydration
- teeth grinding and jaw pain
- nausea and vomiting



Ecstasy

Health risks

- Ecstasy increases body temperature, blood pressure and heart rate which can lead to kidney or heart failure, strokes and seizures.
- Fear of dehydration can cause users to drink too much water. This can result in dangerously low salt levels in the blood, even causing death.
- When the effects of ecstasy have worn off, users may feel anxious, confused, depressed and may have trouble sleeping.
- Ecstasy can cause a toxic reaction when combined with other drugs, such as those used to treat depression or HIV.
- Ecstasy can be addictive, but physical dependence is rare.

LSD

LSD (lysergic acid diethylamide) is a hallucinogen that is commonly referred to as "acid". It is manufactured from lysergic acid which is made from a fungus (ergotamine tartrate) that grows on rye and other grains. Pure LSD is a white, odourless and slightly bitter crystalline powder. It is very potent – pure LSD the size of a small pill is approximately equal to 3,000 doses.

Also known as: acid, back breaker, blotter acid, blotters, boomers, cid, dots, mellow yellow, barrels, California sunshine, cube, domes, flats, frogs, lids, wedges, microdot, purple haze, hits, tabs, trips, window pane, yellow sunshine

Short-term effects:

Use of LSD can produce many effects. These may include:

- numbness
- increased blood pressure / heart rate
- dizziness
- dilated pupils
- loss of appetite
- dry mouth
- chills
- nausea

Health risks

- Although no known deaths have exclusively resulted from an overdose of LSD, accidental fatalities have been reported resulting from perceptual distortions leading to accidental death (e.g. believing one can fly or can walk through traffic).
- Long-lasting psychosis can develop and persist after LSD use has stopped. It is similar to paranoid schizophrenia and characterized by hallucinations, delusional thinking and bizarre behaviour. This has been reported after single-use and in regular users.
- LSD does not cause physical dependence but it can be psychologically addictive.

Methamphetamine ("crystal meth")

Methamphetamine is an illegal synthetic (man-made) drug. It is not made from a plant or an herb. Methamphetamine varies in texture and purity, depending on how it is made. It may be sold as a fine to coarse powder, crystals or white chunks with grey or pink bits. It may be taken by mouth, smoked, snorted or injected. Crystal methamphetamine ("crystal meth") is the smokeable form of methamphetamine.

Also known as: 222, chalk, crank, crystal, crystal meth, glass, hawaiian salt, high speed chicken feed, ice, jib, koolaid, kryptonite, peanut butter, rock candy, sketch, soiks, speed, spooch, stove top, tina, tweak, zip

Short-term effects:

Use of methamphetamine can produce many effects. These may include:

- dizziness
- sleep difficulties
- reduced appetite
- headache
- dry mouth
- teeth grinding
- sweating
- dilation of pupils
- stomach ache
- muscle tremors (shakiness)
- increased heart rate and irregular heart beat
- increased breathing rate



Methamphetamine (Crystal Meth)

Health risks

- An overdose of methamphetamine can lead to death resulting from rupture of the blood vessels in the brain, heart failure, hyperthermia (extreme fever), seizures and coma.
- Regular use of methamphetamine can lead to long-lasting memory problems and reduced motor skills.
- 'Tweaking' is a stage that occurs as the effects of a high-dose methamphetamine binge begin to wear off. It is characterized by a dangerous combination of anxiety, irritability, aggression, paranoia and hallucinations. These individuals are at high risk for injury or violence. Indeed, deaths related to methamphetamine use often result from bizarre violent suicidal or accidental behaviour.
- Methamphetamine is very addictive.

Psilocybin ("magic mushrooms")

Psilocybin is a hallucinogen that occurs naturally in certain species of mushrooms. It may be sold on the street as dried whole mushrooms or as a brown powdered material. Psilocybin is sometimes made in illegal labs and sold on the street as a white powder or tablets, or capsules. The mushrooms are often eaten raw or cooked. They may be steeped in hot water to make a mushroom "tea" or mixed with fruit juice to make a "fungus delight". Less often they may be sniffed, snorted, or injected.



Psilocybin (Magic Mushrooms)

Also known as: magic mushrooms, mushrooms, shrooms, mushies, fungus, fungus delight

Short-term effects:

Use of psilocybin can produce many effects.

These may include:

- light-headedness
- dilated pupils (causes blurred vision)
- nausea and vomiting
- dry mouth
- numbness, particularly facial numbness (paresthesia)
- exaggerated reflexes
- sweating and increased body temperature followed by chills and shivering
- muscle weakness and twitching
- increased blood pressure and heart rate

Health risks

- It is difficult to distinguish between hallucinogenic mushrooms and poisonous mushrooms. For this reason people may mistakenly ingest poisonous mushrooms when attempting to use hallucinogenic mushrooms.
- The effects of long-term psilocybin use have not been studied. Some people have developed severe mental illness such as prolonged psychosis that resembles paranoid schizophrenia.

Get Help

National, Provincial and Territorial Helplines

National Kids Help Phone

Kids Help Phone is Canada's only toll-free, national, bilingual, phone and web counselling, referral and information service for children and youth.
1-800-668-6868

Alberta

- Alberta Alcohol and Drug Abuse Commission Helpline, Toll-free, Alberta only: 1-866-332-2322

British Columbia

- Alcohol and Drug Information and Referral Line
Lower Mainland: (604) 660-9382
Toll-free from anywhere else in BC: 1-800-663-1441
- BC Nurse Line
Lower Mainland: (604) 215-4700
Toll-free from anywhere else in BC: 1-866-215-4700

Manitoba

- Teen Touch 24-hour Helpline
Winnipeg: (204) 783-1116
Toll-free from the rest of Manitoba: 1-800-563-8336

New Brunswick

- Telecare line, Toll-free, 24 hours:
1-800-244-8353

Newfoundland and Labrador

- Newfoundland and Labrador Helpline
Call toll-free 24-hours a day: 1-888-737-4668

Northwest Territories

- Northwest Territories Helpline
In Yellowknife: (867) 920-2121
Toll-free from anywhere in NWT: 1-800-661-0844 (7-11 p.m. nightly)

Nova Scotia

- Addiction Services, Nova Scotia Health Promotion and Protection:
1-866-340-6700 (toll free)

Nunavut

- Health and Social Services, Contact the local Health Centre

Ontario

- DART: Drug and Alcohol Registry of Treatment
Toll-free from anywhere in Ontario: 1-800-565-8603

Prince Edward Island

- Prince Edward Island Addiction Services
Toll-free from anywhere in PEI: 1-888-299-8399

Quebec

- Drugs: Help and Referrals
Toll-free from anywhere in Quebec: 1-800-265-2626
In Montreal: (514) 527-2626

Saskatchewan

- Alcohol and Drug Services, HealthLine
24-hour confidential health information and advice from a registered nurse.
1-877-800-0002

Yukon

- Yukon 800
24-hour toll-free helpline from anywhere in Yukon: 1-800-661-0408

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Notes

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