

Truth and Consequences Drug & Alcohol Awareness Conference

The logo features the letters 'T' and 'C' in a bold, yellow, blocky font, each enclosed in a black square with a yellow border. The word 'and' is written in a cursive, purple font with a yellow outline, positioned between the two squares.

T and C

STUDENT WORKBOOK

Name:

Teacher:

WHO YOU GONNA CALL?

Read the situations describing a problem you or someone close to you might have. Find out which agency(s) provide the kind of information or service you might need.

| Who You Gonna Call When... | Name of Service/Resource, Phone #, Websites |
|---|--|
| 1. You want information about pregnancy, sexually transmitted infections (STIs)...? <u>MATCH-UP</u> | a) Simcoe Muskoka District Health Unit (1-877)721-7520 www.simcoemuskokahealth.org/Home.aspx b) Local Pregnancy Resource Centre c) Walk-In Clinic d) Doctor's Office |
| 2. You or someone you know is thinking about suicide, hurting themselves or hurting others? <u>MATCH-UP</u> | e) Kids Help Phone 1-800-668-6868 www.kidshelpphone.ca/Teens/Home.aspx |
| 3. You want to find help/information for yourself, friend or family member who has a problem with drinking or drugs? <u>MATCH-UP</u> | f) Mental Health Crisis Line 1-888-893-8333 g) 911 (if the situation is dangerous) h) Emergency Department at local hospital – go there i) Mental Health and Addiction Services of Simcoe County www.cmha-mhassc.ca/ 1-800-461-4319 |
| 4. You need a safe place to go? <u>MATCH-UP</u> | Addiction Outreach- Muskoka and Parry Sound www.aomps.com/ 1-800-668-1856 |
| 5. You're being bullied or abused? <u>MATCH-UP</u> | j) Drug & Alcohol Helpline 1-800-565-8603 www.drugandalcoholhelpline.ca/ |
| 6. You have a health problem or question and can't or don't want to go to your family doctor? <u>MATCH-UP</u> | k) Ontario Works 1-888-789-4199 www.mcass.gov.on.ca/en/mcass/programs/social/ow/ l) Police |
| 7. You or someone you know is feeling sad, stressed, and alone. <u>MATCH-UP</u> | m) Community Legal Clinic 1-800-668-8258 www.nsmhealthline.ca/listServices.aspx?id=10459&region=BarrieArea n) Mental Health Helpline 1-866-531-2600 www.mentalhealthhelpline.ca/ |
| 8. You're in trouble with the Police or courts and need advice. <u>MATCH-UP</u> | o) Someone you trust (parent, family, church, teacher etc) |



WRECK YOUR LIFE

Alcohol Poisoning

Alcohol poisoning is simply another name for a drug overdose. An alcohol overdose is a dangerous and often deadly result of drinking too much alcohol in a short period of time (binge drinking) that results in toxic blood alcohol levels. A person with alcohol poisoning needs immediate medical attention. If you suspect someone has alcohol poisoning, call 911.

Signs of Toxic Blood Alcohol Levels (Alcohol Poisoning)

- Very slow breathing (or no breathing at all)
- Cold skin
- Lips and nails turning blue
- Throwing up
- Seizures
- Loss of consciousness (and you can't wake the person up)

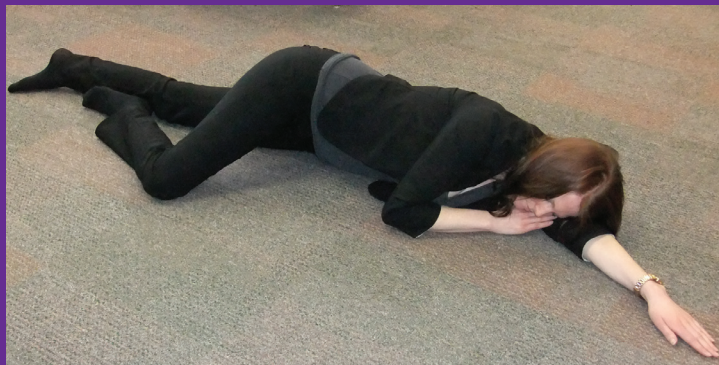
What to do if someone has alcohol poisoning:

People experience the effects of alcohol differently. If a large amount of alcohol is in a person's system, it can result in unconsciousness.

- ✓ Try to wake the person up by calling their name, shaking or pinching them. If they don't respond, call 911.
- ✓ Put the person in the recovery position (shown below) so they will not choke to death on their vomit if they get sick.

It is important to contact emergency services quickly. If you aren't sure what to do, it's always better to be safe than sorry. Get help if you suspect an alcohol overdose, even if the person is underage.

The Recovery Position



If someone passes out from drinking too much, you can help by putting them in the recovery position. The most important thing is to keep the person's airway open so they don't choke on their vomit.

1. Raise the person's closest arm above their head and bend knee of opposite leg. Prepare the person to roll toward you.
2. Gently roll the person's entire body toward you. Guard their head while you roll them.
3. Tilt the person's head to keep their airway open. Tuck their nearest hand under their cheek to help keep their head tilted.

What NOT to do if somebody is overdosing on drugs. The wrong actions could make things worse!

- Do not leave them alone
- Do not put them in a shower or cold bath
- Do not leave them on their back
- Do not smack, hit or hurt them to try to bring them around
- Do not give them other drugs
- Do not try to force them to eat or drink

DECISIONMAKING MODEL

WHOA!

Wait

No matter how urgent it seems, put on the brakes! Stop and think about what is happening before you decide what to do...not after.

Have a Brain

Identify the pressures and emotions at work when you're put on the spot to make a choice. Understanding those forces can help you see beyond the rush of the moment. So think about the conflict or problem, and define it in a sentence.

Options

Consider your options for solving the problem and think about what may happen in each case. Don't forget to think about how your decision might affect others as well.

Action

Now pick the option that fits best with your own goals, and take the action that will get you there. Your answer will affect not only how you see yourself (e.g., as someone who can make up their own mind), but how others see you and respect you.

! Look back at your decision and ask yourself three questions:

1. What happened?
2. Would you make the same decision again?
3. Why or why not?

Assertion Skills

Developing and practicing ways of saying "no" is the first step in learning to deal with pressure. Acting and speaking in a way that expresses clearly and firmly what your decision is will not hurt anyone. Think about 'WHOA' and take the time to make a decision that's right for you.

- Say no! and mean it – even if you have to repeat it!
- Use humour
- Change the subject
- Avoid the situation - stay away from trouble
- Strength in numbers- hang around with kids who don't use drugs/alcohol
- Reverse the pressure (call them out for trying to pressure you)



