



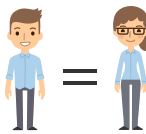
ALCOHOL, DRUGS AND TEENS : SOLUTIONS FOR PREVENTION!

Direction de santé publique de la Montérégie

Data presented in this document pertains to high school students from grade 7 to 11 in the Montérégie. It was compiled from the cycle 2 section of the Québec Health Survey of High School Students (QSHSS), carried out by the Institut de la statistique du Québec in 2016-2017. Click [here](#) to learn more about this survey.

Who consumes alcohol?

1 student in 2



as many boys as girls
consume alcohol

62 % in 2010-2011



In addition to a significant
decrease, teens are **delaying**
their alcohol consumption



However, alcohol consumption remains
high by the end of high school.

8 students out of 10
in grade 11

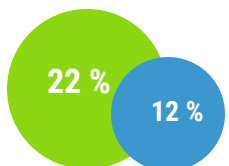
What about high-risk drinking?

Three behaviours provide us with a picture of high-risk drinking among teenagers. Contrary to common perception, there are no significant differences based on gender.

Despite a decrease since 2010-2011, it is important to highlight some results given the consequences of this kind of consumption on teen health and well-being.

Early initiation

(before the age of 13)



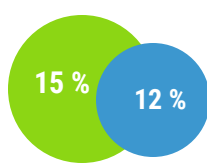
2010-2011 2016-2017



among students
attending a more
disadvantaged school

High consumption

(weekly)



2010-2011 2016-2017

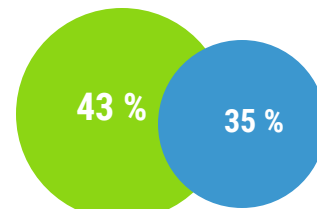


In high school
cycle 2

1 élève sur 4

Excessive consumption

(5 drinks at one occasion)



2010-2011 2016-2017

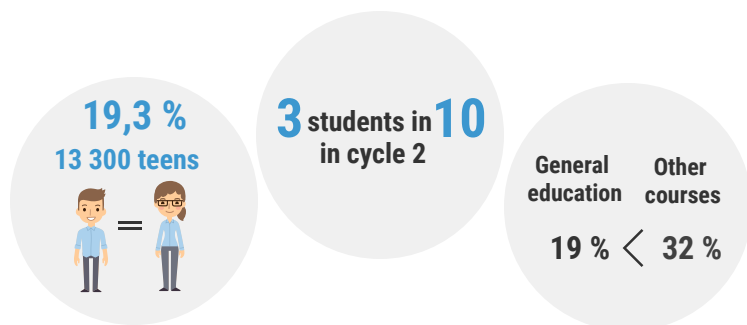


In high school
grade 11

7 élèves sur 10

Cannabis remains the drug most commonly used by teens

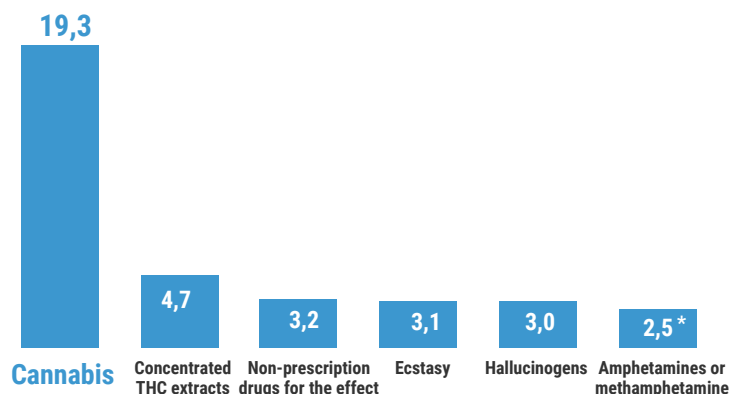
Who uses cannabis?



Compared to 2010-2011

- Fewer teenagers use cannabis (27 vs. 19 %)
↳ This can be observed for most types of drugs
- Half as many students used cannabis before the age of 13 (6 vs. 3 %)
- Fewer teens use cannabis weekly (11 vs. 7 %)

Types of drugs used



Accessibility within 24 hrs

In 2016-2017, three-quarters of students (76 %) who used cannabis reported that it was easy to obtain it within 24 hours, which surpasses the proportion observed for alcohol (68 %). There were no discernible differences for alcohol or cannabis based on gender.

In the context of cannabis legalization, it will be interesting to follow this data over time. Remember that the goal is to reduce accessibility to the illegal market.

Main risks associated with drug and alcohol use



Brain development



Unprotected sex



Mental health problems



Injuries

* Data to be interpreted with caution.

A portrait of high school students in the Montérégie, Alcohol and Drug use.

Reminder

The observed decrease in alcohol and cannabis use is good news. However, any consumption carries risks. The earlier, the more frequent, and the greater the quantity they use, the greater the impacts on their mental and physical health. One of the goals of prevention is to decrease accessibility to these substances both at home and elsewhere.

What can the **FAMILY, SCHOOL** and **COMMUNITY** do?

Offer alternatives to consumption : opportunities to be active, be fulfilled, socialize and have fun, etc.

Have clear rules about alcohol and drugs at home and in other environments.

Delay as much as possible the introduction to substances and their regular use to decrease the negative impacts on their health.



Teens
at the heart of our actions

Talk about substance use in a caring atmosphere based on trust and respect.

Inform teens about the risks associated with using alcohol, cannabis and other drugs.

For more examples for parents, consult the Tool Kit section on the enmodeado.ca website.

For data by territory (only available in french), click [here](#).

Suggested citation :

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GLOSSARY

Accessibility of alcohol and cannabis within 24 hours

Students who find it very easy or easy to obtain alcohol or cannabis within 24 hours.

Alcohol consumption

Students who consumed alcohol during the 12 months prior to the Survey. One drink is the equivalent of one glass of wine (120-150 ml or 4-5 oz.), one small beer (341 ml or 10 oz.), a shot of liquor (30-40 ml or 1-1 ½ oz.) or a "shooter" (1½ oz.)

Drug use

Students who used drugs during the 12 months prior to the Survey.

High consumption of alcohol

Students who consumed alcohol at least once a week during the 12 months prior to the Survey.

Excessive consumption of alcohol

Students who had five or more alcoholic drinks on a single occasion at least once during the 12 months prior to the Survey.

High school levels

Cycle 1 : grade 7 and 8

Cycle 2 : grade 9, 10 and 11

Early initiation

Students who used alcohol or drugs before the age of 13.

High school levels

Grade 7 to 11

Types of training paths

General education: the standard curriculum

Other paths: training geared to employment and labour integration (work preparedness skills training/up-grading (FPT) and Vocational education leading to the exercise of a semiskilled occupation (FMS)) and programs for special education students (self-paced learning, preparatory programs for occupational training, academic achievement support program)

* Data to be interpreted with caution.

>< Significantly higher or lower than the value presented for comparison.

↗↘ Significant increase or decrease between 2010-2011 and 2016-2017.
