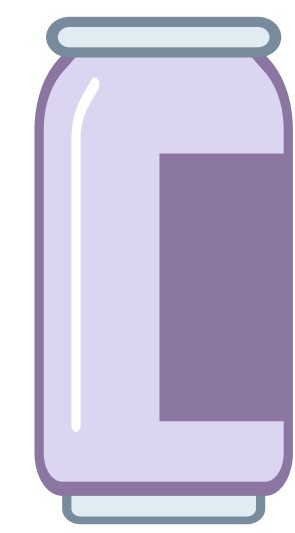


What is a standard drink?



Beer

341 ml (12 oz.)
5% alcohol content



Cider/cooler

341 ml (12 oz.)
5% alcohol content



Wine

142 ml (5 oz.)
12% alcohol content



Distilled alcohol

(rye, gin, rum, etc.)
43 ml (1.5 oz)
40% alcohol content

What is Canada's guideline on alcohol and health?

Your risk is associated with the number of drinks you consume per week.

- ▶ Zero drinks: No health and safety risk.
- ▶ Less than two drinks: Low risk of alcohol-related consequences.
- ▶ Three to six drinks: Increased risk of developing cancer.
- ▶ More than seven drinks: Risk of heart disease or stroke increases significantly.



MYTH: Eating food, drinking coffee or taking a cold shower can help you sober up.



FACT: Once you drink alcohol, the only thing that can sober you up is time.

PARTY SMART

Before the party

- ▶ Eat before and while you are partying to slow the absorption of alcohol.
- ▶ Plan for a safe ride to and from the party.
- ▶ Plan how much money you want to spend.
- ▶ Set a limit for alcoholic drinks and stick to it.
- ▶ Use condoms when sex is a possibility.



During the party

- ▶ Avoid mixing alcohol with other drugs, like cannabis.
- ▶ Avoid playing drinking games.
- ▶ Drink plenty of water to stay hydrated.
- ▶ Have a good time and enjoy dancing, talking, and eating.
- ▶ Keep your drink with you throughout the night.
- ▶ Say no thanks to peer pressure.
- ▶ Stay with people that you trust.

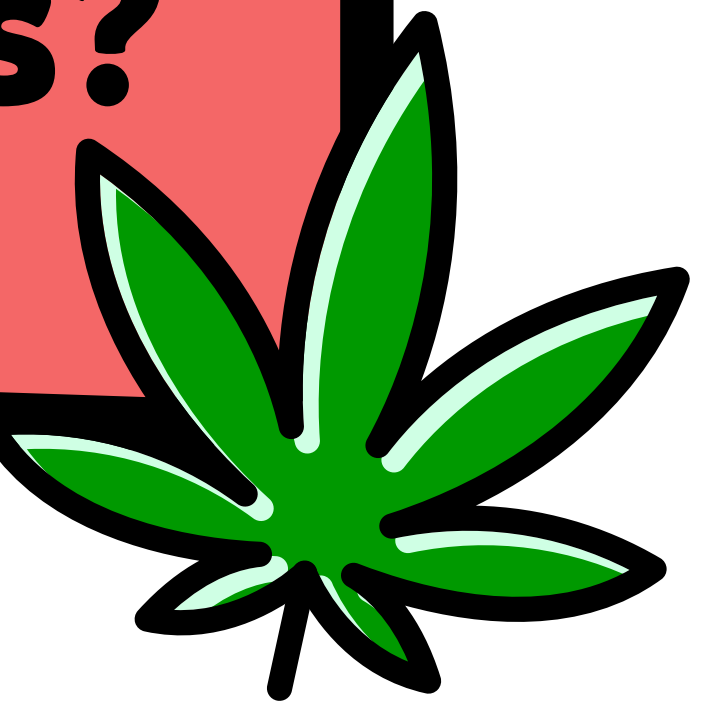


After the party

- ▶ Don't get into a car with a driver who has been drinking alcohol or using drugs.
- ▶ Drink lots of water, eat and sleep to give your body time to recover.
- ▶ Make sure you and your friends get home safely.



What is Cannabis?



- ▶ Known as marijuana or weed.
- ▶ Two key cannabinoids:
 - THC: Gives the high.
 - CBD: Has no psychoactive effects.

What are Canada's lower-risk cannabis use guidelines?

- ▶ Avoid frequent use.
- ▶ Avoid combining alcohol and cannabis as it increases impairment.
- ▶ Avoid smoking cannabis and choose less risky methods like vaping or eating cannabis-infused foods.
- ▶ Do not drive or operate machinery for at least six hours after using cannabis.
- ▶ If you smoke, avoid inhaling deeply or breath-holding.
- ▶ Use products with low THC content and high CBD to THC ratios.



MYTH: Cannabis is not addictive.



FACT: About 1 in 11 users become dependent on cannabis.