

**LET'S
GET
REAL**

**WHAT IS
CONSENT?**

**DOES ALCOHOL
EFFECT OUR
BRAIN?**

WHAT IS FASD?

**WHAT IS BINGE
DRINKING?**

Let's Get Real About ALCOHOL



The Effects of Drinking On The Brain

Although a 'buzz' may be only temporary, the effects of alcohol on the brain can cause permanent damage over time.



Do you use alcohol to feel better or **fit in with friends**?



Alcohol **blocks some of the messages trying to get to the brain**. This changes how people feel and move and, affects vision and hearing.



Alcohol is a **depressant**, which means it slows brain activity and reaction times. This can actually change your mood and make you feel less in control.



If you are **cold**, don't think alcohol will warm you up. It actually puts you at greater risk of hypothermia.



You could talk to your doctor about more ways alcohol affects your **stomach, heart, liver**, and other parts of your body.

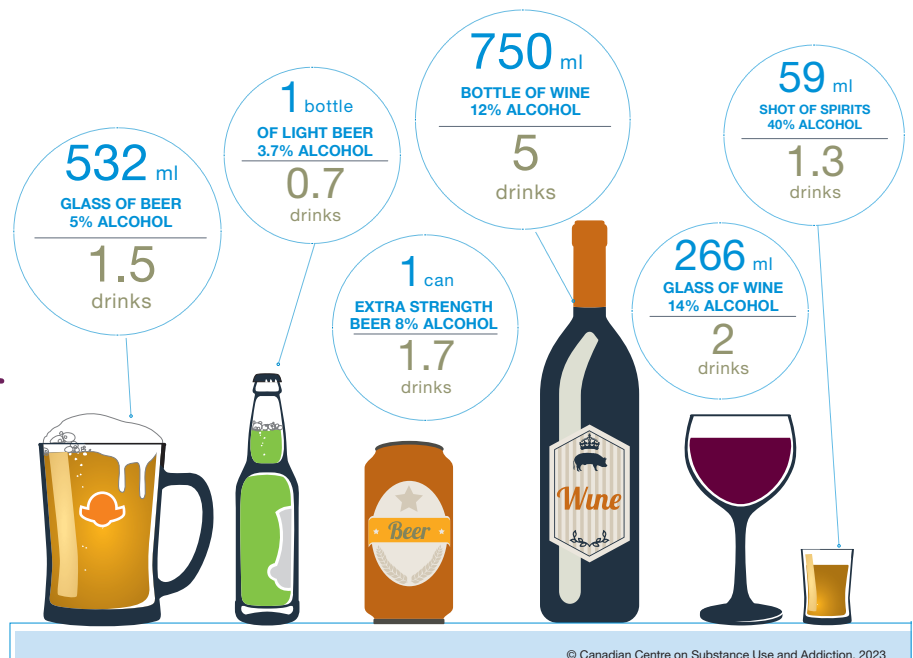
Safer Drinking Tips

- ★ It's smartest to **delay drinking** to give your brain its best chance to develop.
- ★ **Eating** before and while you're drinking alcohol helps protect your body.
- ★ **Pace yourself**. For every alcoholic drink, have a non-alcoholic drink like water.
- ★ **Be open & honest**. Speak to your caregivers about drinking. It is better to be open and honest.

Safest not to drink alcohol during pregnancy.

One standard drink is:

341 ml (12 oz)	bottle of 5% beer	about 130 calories
43 ml (1.5 oz)	shot of 40% hard liquor	about 105 calories + mixer
142 ml (5 oz)	glass of 12% wine	about 125 calories



Drinking less is better

Canada's Guidance on Alcohol and Health

Research shows that no amount or kind of alcohol is good for your health. It doesn't matter what kind of alcohol it is—wine, beer, cider or spirits.

Drinking alcohol, even a small amount, is damaging to everyone, regardless of age, sex, gender, ethnicity, tolerance for alcohol or lifestyle.

That's why if you drink, it's better to drink less.

Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.



Alcohol and youth

Drinking is a leading cause of death and social issues in young people. Intoxication is associated with:

- High risks of injuries
- Aggression and violence
- Dating violence
- Worsening academic performance

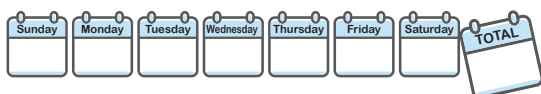
Youth under the legal drinking age should delay drinking for as long as possible.

Aim to drink less

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.

Here is a good way to do it

Count how many drinks you have in a week.



Set a weekly drinking target. If you're going to drink, **make sure you don't exceed 2 drinks on any day.**

It's time to pick a new target

What will your weekly drinking target be?



Tips to help you stay on target

- Stick to the limits you've set for yourself.
- Drink slowly.
- Drink lots of water.
- For every drink of alcohol, have one non-alcoholic drink.
- Choose alcohol-free or low-alcohol beverages.
- Eat before and while you're drinking.
- Have alcohol-free weeks or do alcohol-free activities.

Good to know

You can reduce your drinking in steps! Every drink counts: any reduction in alcohol use has benefits.

Let's Get Real About

SEX + CONSENT



Is everyone drinking & having sex?

In our culture, mixing alcohol and sex is made to look normal. But it doesn't mean everyone actually does it.

Choosing to have sex is a big decision... emotional too!

Is being sexually active a big deal?

People who care about you, hope that you will ask yourself...



- Are you feeling pressured by your partner or peers?
- Does alcohol make you do things you wouldn't normally do?
- Are you under the influence when you're making decisions like... if, when and how you want to engage in sexual activity?
- Are you using birth control effectively?
- Have you protected yourself from an STI?

If you drink alcohol and are sexually active, it is important to use effective contraception to prevent an unplanned pregnancy.

WHAT IS CONSENT?

Everyone plays an **EQUAL ROLE** in consent

- * **Saying yes**
and really meaning it
- * **Given freely**
There is no pressure or manipulation
- * **Consent is informed**
This means telling a future sex partner about STIs, past sex partners, and talking about condoms or other birth control.

People Cannot Give Consent if They Are:

1. High or drunk
2. Forced, threatened, bribed or offered rewards for something sexual



- Getting another person drunk or high in order to have sex with them is sexual assault.
- If you have ever dealt with or are dealing with sexual assault, it is never your fault and you have a right to get support.
- You can access support for sexual assault or being taken advantage of, even if you were in a relationship with the other person, or if alcohol or drugs were involved.
- It can help to talk to someone you trust.

Let's Get Real About BIRTH CONTROL

If you are sexually active, use effective birth control!

If you are thinking about becoming sexually active get your birth control method figured out **before**.

Questions you can think about (ask yourself):

How effective is it?
How often am I having sex?

Am I on any other
medications?

How
comfortable
am I with it?

What is the right
method for myself
and my partner?

Oral Contraceptive

Risk of becoming pregnant while using
6 – 9 people out of 100/year

ADVANTAGES

- Effective and reversible
- Periods are more regular and menstrual cramps are decreased
- Decreases acne
- Decreases the risk of endometrial and ovarian cancer
- 92% effective with typical use



99.7%
Effective when
used **PERFECTLY**

DISADVANTAGES

- Must remember to take everyday
- A possible side effect is irregular bleeding or spotting
- May cause nausea, bloating, breast tenderness, and headaches
- May increase risk of blood clots if you smoke
- Does not protect against sexually transmitted infections (STIs)
- Requires a prescription

IUDs- Intrauterine Device

Risk of becoming pregnant while using
<1 person out of 100/year

ADVANTAGES

- Effective and long acting
- Does not contain estrogen
- Does not interfere with intercourse
- Decreases menstrual bleeding and cramping
- May decrease endometriosis pain
- May decrease the risk of precancerous cells developing in the uterus
- 20-30% of women will stop having periods
- 99.9% effective



99.9%
Effective

DISADVANTAGES

- Possible side effects include irregular bleeding or spotting
- Perforation of the uterus may occur at the time of insertion (rare)
- May fall out in up to 6% of women
- Does not protect against STIs

Male Condoms

Risk of becoming pregnant while using
12 to 24 people out of 100/year

ADVANTAGES

- **No prescription required**
- Protect against STIs
- May help to avoid premature ejaculation
- 98% effective when used **PERFECTLY**
- 85% effective with typical use



98%

Effective when used **PERFECTLY**
Check the expiry date!

DISADVANTAGES

- Must be stored and handled properly
- Possible allergic reaction to material i.e. latex
- Must not be used with oil lubricants
- Must be available at time of intercourse
- May slip or break
- May reduce sensitivity for either partner
- Check the expiration date

Transdermal Patch

Risk of becoming pregnant while using
6 – 9 people out of 100/year

ADVANTAGES

- Effective and reversible
- Once a week
- Periods are more regular and menstrual cramps are reduced
- 92% effective with typical use



99.7%

Effective when used **PERFECTLY**

DISADVANTAGES

- Possible side effects include irregular bleeding or spotting, nausea, breast tenderness, and headache
- Possible skin irritation where the patch is applied
- Patch may detach from the skin (< 2%)
- May increase risk of blood clots
- Does not protect against STIs
- Requires a prescription

Female Condoms

Risk of becoming pregnant while using
12 to 24 people out of 100/year

ADVANTAGES

- **No prescription required**
- Protects against some sexually transmitted infections
- 95% effective when used **PERFECTLY**
- 79% effective with typical use



95%

Effective when used **PERFECTLY**

DISADVANTAGES

- Must be available at the time of intercourse
- Needs to be inserted properly
- More expensive than male condoms
- May slip or break

Injectable Contraception

Risk of becoming pregnant while using
6 – 9 people out of 100/year

ADVANTAGES

- Effective and reversible
- Does not contain estrogen
- Only four times per year
- May be suitable for breastfeeding women
- A female may completely stop having periods
- Improves symptoms of endometriosis
- Decreases the risk of endometrial cancer
- 99.7% effective when used **PERFECTLY**



99.7%

Effective when used **PERFECTLY**

DISADVANTAGES

- Irregular bleeding is a common side effect
- Causes a decrease in bone mineral density (may be reversible if injection is stopped)
- May cause weight gain
- Delay in getting pregnant when injection is stopped
- Does not protect against STIs

Vaginal Contraceptive Ring

Risk of becoming pregnant while using
12 to 24 people out of 100/year

ADVANTAGES

- Effective and reversible
- Once a month contraception
- Makes periods more regular
- Does not interfere with intercourse
- 99.7% effective when used **PERFECTLY**
- 92% effective with typical use



99.7% Effective when used **PERFECTLY**

DISADVANTAGES

- Possible side effects include irregular bleeding or spotting, nausea, breast tenderness, and headache
- May cause vaginal discomfort or irritation (uncommon)
- Ring may fall out (uncommon)



BIRTH CONTROL HOW CAN I GET IT?

Other than condoms, you need a prescription from a doctor.

Helpful resources in Alberta:

Call 811 HealthLink

Visit: myhealth.alberta.ca

There are many resources where you can get birth control at **little to no cost**. Don't be afraid to ask for help finding out what is available in your community.

Let's Get Real About

DRINKING + PREGNANCY

Some people may need support to stop drinking if they plan to become pregnant now or in the future.

WHO WOULD DRINK DURING PREGNANCY?

Anyone including...

- Light/moderate/heavy drinkers
- Higher income, higher education, over 30, successful
- People exposed to poverty and isolation
- Multiple drug users and alcoholics
- Victims of violence (childhood, domestic)

PEOPLE MAY BE PREGNANT AND NOT EVEN KNOW IT!

- * People may not know they're pregnant until the second trimester (fourth month of pregnancy.)
- * The first three months is a time when pregnancy may go unnoticed. In this time, an individual may still be drinking.
- * **What if my partner or I get pregnant?**
Prenatal Care = Healthier Pregnancies
Talk to your doctor!



WHAT ABOUT THE PARTNERS? FUTURE PARENT?

When a partner drinks, they may influence their partner's drinking.

Most partners drink together

Partner's who drink heavily are unlikely to provide the necessary emotional support and care during pregnancy.

A partner's drinking after the baby is born, could impact the child in a negative way.

THINGS TO KNOW:

- ↳ The effects of alcohol on the baby can happen at **any time of the pregnancy.**
- ↳ Alcohol is a **teratogen**, affecting the size of the brain, the forming of brain structures, and how the brain and body functions after the baby is born.
- ↳ **FASD (Fetal Alcohol Spectrum Disorder) is a permanent, lifelong condition** that is often invisible. Having a child with FASD can be very challenging.
- ↳ Some challenges for people with **FASD** may include attention, language, adaptive behavior (life skills), reasoning, memory, executive functioning, regulation of body functions and sensory issues.

Drinking can be harmful at any point during the pregnancy and can result in lifelong conditions for the child.

Let's Get Real About **CANNABIS**



Cannabis is the second most commonly used substance in Canada, after alcohol.

Are there risks to vaping cannabis?

Scan to learn more



Your brain is still developing. Delay using cannabis to protect your brain!

Where to go if you have questions or want help:

www.getrealab.ca



@letsgetreal.fasd



Know the Health Risks of Cannabis



Mental Health

Daily or near-daily use of cannabis can contribute to dependence and mental health problems over time.



Driving

Cannabis can impair your motor coordination, judgment and other skills required for safe driving.



Respiratory Effects

Toxic and carcinogenic chemicals found in tobacco smoke are also found in cannabis smoke, and can affect the lungs and airways.



Pregnancy

Substances in cannabis are transferred from mother to child and can affect your baby. Not using cannabis if pregnant or breastfeeding is the safest option.



Edible Cannabis

Consuming too much THC can lead to over-intoxication, which includes intense anxiety, vomiting and symptoms of psychosis (paranoia).



Cannabis Extracts

Cannabis extracts with high THC content increase the risk of over-intoxication and addiction.



Stay Informed

ccsa.ca/cannabis
canada.ca/cannabis



Canadian Centre
on Substance Use
and Addiction

Evidence. Engagement. Impact.

The FASD Prevention Conversation: A Shared Responsibility

Conversation to increase awareness and prevention of FASD in Alberta.



Alberta Government

<https://www.alberta.ca/fasd-programs-and-services>

The Prevention Conversation: A Shared Responsibility