



**CELEBRATE  
MORE SAFELY**

## MAKE WISE CHOICES



You can have a fun night without using alcohol and substances. This information is to guide you and help you make wise choices. Remember it is illegal for individuals under 19 years of age to use and possess alcohol and cannabis. The safest way to celebrate is to avoid using alcohol and substances.

Above all think about the consequences before you act, and be safe!

### Kids Help Phone

[kidshelphone.ca](http://kidshelphone.ca)  
Call: 1-800-668-6868 | Text: 686868

### Canada's Guidance on Alcohol and Health

[CCSA.ca/canadas-guidance-alcohol-and-health](https://ccsa.ca/canadas-guidance-alcohol-and-health)

### Canada's Lower-Risk Cannabis Use Guidelines

[CAMH.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf](https://camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf)

For school related year end celebrations, **follow the rules set by your school/planning committee**. Don't make decisions that you will regret and end your night before it even starts. Think about the consequences of your actions, have fun, and make it a time to remember.

**Make a plan, set limits, and stick to it.** If you don't plan to use substances, don't let your peers influence you.

**Have a Party Partner**, a friend that will: be around for the whole party, be responsible for each other, step in if something is happening that doesn't seem right, and make sure that you both get home safely.

Keep it fun, have some mocktails or non-alcoholic champagne, along with some water. If you are drinking, **keep track of your intake and drink slowly**, and for every alcoholic drink have one non-alcoholic drink.

**Avoid using multiple substances.** Mixing alcohol with cannabis, vapes or other substances can increase your level of impairment, impact your decision making abilities and increase your risk of harm.

Avoid combining substances if you are on any type of medication. Just because a drug is legal doesn't mean it is ok for your health.

**Know what's in your drink and substances.** It's impossible to know what is in substances just by looking at them so be cautious and don't take something from someone you don't know.

**Consider your physical condition** (your body weight, mood, health, amount of sleep you've had, and the amount of food in your stomach) as it plays a role in determining how substances will affect you, and know everyone responds to the same substances differently.

**Make a plan to get home safely**, don't drive or get in a car with someone who has been using substances. Call for a ride if you need one.

**Alcohol and substance use affects your decision-making abilities.** Be cautious of getting into sexual situations when you've been drinking. Alcohol and substance use may lead you into situations you might have avoided if you were sober.

**Safe a life! Carry naloxone and call for help.** Naloxone is a medication that can reverse an overdose from opioids — including heroin, fentanyl, and prescription opioid medications — when given in time. If you or someone else is having a party, make sure there is a naloxone kit on hand and learn the signs of an overdose. Learn more at [hpePublicHealth.ca/safer-drug-use](https://hpePublicHealth.ca/safer-drug-use).

If you witness or suspect an overdose, don't turn away. Stay and call 911, even if you've been drinking, taken drugs, or have some on you. The Good Samaritan Drug Overdose Act can protect you. Learn what the law does and does not cover at [OPP.ca/index.php?lng=en&id=115&entryid=5d11079a241f6e5e497341a3](https://opp.ca/index.php?lng=en&id=115&entryid=5d11079a241f6e5e497341a3)