

SUBSTANCE USE

Adolescents sometimes engage in **risky behaviours** such as smoking, vaping, drinking alcohol and using drugs.

Substance use is often experimental, occasional and temporary.

The majority of youth do not use or have problems related to substance use. However, substance use is risky and can have **negative consequences on health and quality of life.**



WARNING SIGNS



Drop in **school** performance



Dramatic change in **friendships**



Less openness and **honesty**



Abnormal **sleep** habits



Withdrawal and deterioration of **family** relationships



New **health** concerns

