

# 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



Abnormal **sleep** habits



Dramatic change in **friendships**



Withdrawal and deterioration of **family** relationships



Less openness and **honesty**



New **health** concerns

