

# Reference List

## *Cope Magazine*



### **The Stats- page 2**

#### **ALCOHOL**

46% of Saskatchewan youth (grades 7 and older) report alcohol use, while 54% refrain from drinking alcohol (Propel Centre for Population Health Impact, 2014).

77% of youth who have used alcohol report having 5 or more drinks at a time at least once (Propel Centre for Population Health Impact, 2014). Binge drinking refers to consuming 4 or more drinks for females and 5 or more drinks for males (Centre for Addiction and Mental Health, 2008).

On average, youth report first drinking at age 14, and binge drinking at age 15 (Propel Centre for Population Health Impact, 2014).

#### **DRINKING AND DRIVING**

Impaired driving is one of the most common criminal offences in Saskatchewan (Statistics Canada, 2015).

Saskatchewan has the highest rate of impaired driving fatalities in Canada. Alcohol or drug use was a factor in 43% of fatal collisions in 2014 (SGI, 2016).

Across Canada, the rate of impaired driving is highest for 16-24 year olds (Statistics Canada, 2013).

#### **SEX**

In Saskatchewan, 40% of rural youth report using alcohol or other drugs before having sex (Saskatchewan Ministry of Health, 2009). Youth who use drugs or alcohol prior to having sex are less likely to use a condom, increasing the risk of unplanned pregnancies and sexually transmitted infections (STIs) (Saskatchewan Ministry of Health, 2009).

The majority of cases of STIs in Saskatchewan are in youth aged 15 to 24 (Public Health Agency of Canada, 2015). Rates of chlamydia in Saskatchewan are almost double the national average (Public Health Agency of Canada, 2015).

The majority of youth with an STI are unaware that they are infected (Roterman, Langlois, Severini, & Totten, 2013).

#### **SMOKING**

17% of all deaths in Canada [or approximately 39,000 deaths per year] are linked to tobacco use (Health Canada, 2011). Tobacco kills three times more Canadians each year than alcohol, AIDS, illegal drugs, car accidents, suicide, and murder combined (Propel Centre for Population Health Impact, 2014).

43% of youth in Saskatchewan felt it would be “easy” to get cigarettes if they wanted to smoke (Propel Centre for Population Health Impact, 2014). This compares to 39% across Canada.

#### **DRUGS**

In Canada, 31% of 15-19 year olds have used marijuana at least once in their lifetime, 3% crack/cocaine, 2% speed/meth, and 5% hallucinogens (Government of Canada, 2016b). The majority of

15-19 year olds don't use illicit drugs.

49% of youth who use illicit drugs report at least one physical, social, or emotional harm (Government of Canada, 2016a).

### **Other things you might want to know- page 17**

Those under age 25 are at a greater risk of brain damage from heavy alcohol consumption (Tapert, Caldwell, & Burke, 2005).

Youth who initiate drug or alcohol use under the age of 14 are two times more likely to experience drug or alcohol dependence than those who initiate use at the age of 17 (Grant & Dawson, 1998).

Males are likely to drink more often and more heavily than females; however, recently women have started to drink at a rate similar to their male counterparts (BC Centre of Excellence for Women's Health, 2014). 87% of Canadian females over 15 and 91% of males over 15 drink alcohol (Canadian Centre of Substance Abuse, 2012).

Drinking alcohol puts you at a greater risk of health problems such as: cancer, stroke, diabetes, liver disease, compromised bone quality, heart disease, and reproductive health problems (Canadian Centre on Substance Abuse, 2013). Girls experience a greater risk because they metabolize alcohol and other drugs at a slower rate than males, which results in greater harm to the body (Canadian Centre on Substance Abuse, 2013).

If you have mental health problems, such as depression, you might drink to cope. If you drink a lot, it may lead to poor mental health. Heavy drinking can lead to changes in the brain that can result in depression and negatively impact relationships (Deas & Thomas, 2002).

The following can improve your mental health: participating in physical exercise; eating well; taking part in healthy activities you enjoy (Canadian Mental Health Association, 2016).

Exercise has major health benefits, can reduce anxiety, can treat mild to moderate depression and can enhance self-esteem (Canadian Mental Health Association, 2016).

Having a plan to deal with stress can decrease the desire to use alcohol and/or drugs (Canadian Mental Health Association, 2016).

### **Alcohol & Sexual Assault- page 18**

Sexual assault is the full range of forced sexual acts including kissing, touching, verbally coerced sex, and physically forced vaginal, oral or anal sex (Abbey, Parkhill, Jacques-Tiura, & Saenz, 2009).

Approximately half of all sexual assaults are committed by a perpetrator who has been drinking alcohol (Abbey, Zawacki, Buck, Clinton, & McAuslan, 2004).

95% of adolescent and adult sexual assault victims are female, and when men are assaulted, the perpetrator is commonly, but not always, male (Abbey, 2002).

Alcohol consumption may increase the likelihood of experiencing sexual assault; this does not make the assault survivor responsible (Abbey et al., 2004)

Having sex with someone that is too intoxicated to give consent is legally rape (Abbey, 2002). Intoxication is the point at which alcohol depresses the central nervous system so that mood, physical, and mental abilities are noticeably changed (American Association for the Advancement of Science, n.d.). The legal definition of intoxication is a Blood Alcohol Content of .08 (SGI, 2016).

Inability to consent due to intoxication means “No” (Abbey, 2002).

Individuals who commit a sexual assault are criminally responsible for their actions under the Criminal Code of Canada, even if they were drunk at the time of the assault (Canadian Public Health Association, 2006).

Because alcohol makes it easy to ignore subtle signals, both males and females need to be careful when drinking to communicate their sexual desires clearly and to obtain active consent throughout the sexual encounter (Abbey, 2002).

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