

Harm Reduction Student Activity Cards **1**



DEPENDENCE

When someone has trouble limiting their substance use even if they want to.

When a person feels like they need a substance to function regularly or feel normal.

WITHDRAWAL

Stopping or reducing heavy or lengthy substance use.

Usually accompanied by a set of symptoms ranging from mild to severe depending on the person and the substance.

ILLEGAL DRUGS

Substances that are either found in the natural environment and/or synthetically produced.

They are considered illegal substances in Canada.

Substances unregulated by the government.

INTOXICATION

When someone takes a psychoactive substance and it results in behavioural and/or physical changes and/or becoming less able to think and act in ways normal for them.

RISK

Stepping outside of your comfort zone.

The possibility of putting yourself in danger.

Increasing your chances of causing self-harm.

<p>TOLERANCE</p>	<p>When a person's body adjusts to a substance and a higher amount is required to cause the same effect as before.</p>
<p>LEGAL DRUGS</p>	<p>Substances that are either found in the natural environment and/or are synthetically produced.</p> <p>They are considered legal substances in Canada.</p>
<p>HARM REDUCTION</p>	<p>Trying to minimize physical and social risk when abstinence is not always possible.</p> <p>Includes preventing disease, death, getting into conflict with the law, and isolation.</p>
<p>ABSTINENCE (from substances)</p>	<p>Not using substances, stopping substance use, and/or being substance-free.</p>
<p>DECISION MAKING</p>	<p>A way of determining what is going to contribute to your overall well-being and reduce your harm.</p> <p>Having choices and acting on those choices.</p>