

Harm Reduction Student Activity Cards 2



DEPENDENCE	<p>When someone has trouble limiting their substance use even if they want to.</p> <p>When a person feels like they need a substance to function regularly or feel normal.</p>
WITHDRAWAL	<p>Stopping or reducing heavy or lengthy substance use.</p> <p>Usually accompanied by a set of symptoms ranging from mild to severe depending on the person and the substance.</p>
DELUSION	<p>A psychotic symptom that can result from substance use.</p> <p>When a person believes or imagines things that are untrue and/or offers bizarre explanations.</p>
INTOXICATION	<p>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.</p>
OVERDOSE	<p>Ingesting a substance that is more than the body can cope with.</p> <p>Results in physical and/or psychological effects, including stupor, coma, not being able to breathe, or death.</p>
TOLERANCE	<p>When a person's body adjusts to a substance and a higher amount is required to cause the same effect as before.</p>

LEGAL HIGH	A general term for substances designed to mimic or produce similar effects to common illegal drugs.
HARM REDUCTION	Trying to minimize physical and social risk when abstinence is not always possible. Includes preventing disease, death, getting into conflict with the law, and isolation.
ABSTINENCE (from substances)	Not using substances, stopping substance use, and/or being substance-free.
DECISION MAKING	A way of determining what is going to contribute to your overall well-being and reduce your harm. Having choices and acting on those choices.
LEGAL DRUGS	Substances that are either found in the natural environment and/or are synthetically produced. They are considered legal substances in Canada.
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RISK	Stepping outside of your comfort zone. The possibility of putting yourself in danger. Increasing your chances of causing self-harm.