

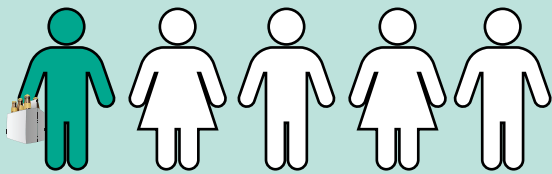
Youth Facts: Alcohol Consumption

Ottawa Student Drug Use and Health Report, 2014

Alcohol can have a number of negative health and social effects on youth. Most young people do not drink in moderation, but rather go back and forth between periods of abstinence and binge drinking. Binge drinking can result in alcohol poisoning, risky behaviours such as impaired driving, and dependency on alcohol in later life.

To learn more about Youth Facts and other topics, and view an accessible version visit:
<http://www.ottawa.ca/healthreports>.

In 2013, students were less likely to report drinking alcohol than in 2009; however, the high risk behaviours such as binge drinking did not change significantly.

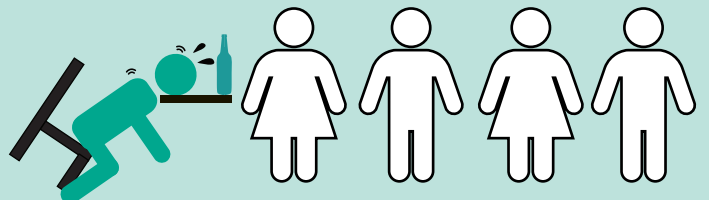


One in five reported binge drinking in the past month.

Binge drinking is:

Female: 4 or more drinks on one occasion
Male: 5 or more drinks on one occasion

One in five reported that they had been drunk during the past month.



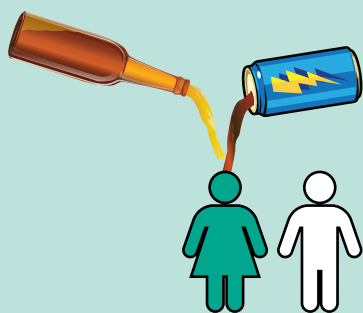
Drinking, binge drinking and drunkenness were more common in older students.

Drinking games were played by 27% of high school students in the past month.



12%

of high school students were injured or injured someone else in the past year as a result of their drinking.



One in five students reported drinking alcohol mixed with energy drinks – increasing their risk of harm.

12%
2009

Drinking and driving among licensed students in grades 10 to 12 across Ontario decreased.

4%
2013



Resources:

- Alateen-Al Alon is a Twelve Step mutual support (peer-to-peer) program for teens usually between the ages of 11 to 17 who are living or have lived with someone who abuses alcohol or is alcoholic. Call 613-723-8484 or toll free 1-888-425-2666, or visit: www.alanon.alteen.org
- Dave Smith Youth Treatment Centre provides residential and community-based treatment dedicated to helping youth (13-21) and their families overcome substance misuse. www.davesmithcentre.org
- Maison Fraternité (www.maisonfraternite.ca) provides service to the francophone population of the province who have a substance use problem, including services for adults, adolescents, and specific programming for women. Additionally, they offer counselling services for families
- Rideauwood Addiction and Family Services (www.rideauwood.org) is a non-profit agency serving individuals and family members who are or have been affected by addictions, substance abuse, problem gambling or related mental health issues. Contact your school or Rideauwood Intake: 613-724-4881.
- Local Community Health and Resource Centres offer many programs and services for youth and families related to alcohol and substance misuse: www.coalitionottawa.ca.
- Sandy Hill Community Health Centre (sandyhillchc.on.ca) offers addiction and mental health services, which include confidential counselling services for individuals, couples, family and children/adolescents seeking help for addiction (including problem gambling), mental health issues, or concurrent disorders. Call 613-789-8941.
- Wabano Centre for Aboriginal Health provides comprehensive and culturally relevant services for Aboriginal (First Nation, Inuit and Métis) individuals, couples and families, including several programs for youth. This includes "I Am Connected," a holistic substance prevention programming for children and youth age 10 to 24. www.wabano.com
- Youth Services Bureau of Ottawa provides counselling, crisis support, intensive case management. Go to www.ysb.on.ca.

The data used in this publication came from the Ontario Student Drug Use and Health Survey conducted by the Centre for Addiction and Mental Health and administered by the Institute for Social Research, York University.