

Under the Influence

Myths and Facts

Oxycontin is the most commonly used depressant drug in Ontario.

MYTH – Alcohol is most common – 69% of Ontario high school students (grades 9-12) have used alcohol and 2% reported having used Oxycontin.

Binge Drinking is defined as having 5 or more drinks in one sitting.

FACT – It also increases your risk of violence, sexual assault, alcohol poisoning, injury and motor vehicle collisions.

You will sleep better if you have a couple of drinks before going to bed.

MYTH – Alcohol actually disrupts your sleep pattern. While alcohol has an immediate sleep-inducing effect, a few hours later as the alcohol levels in your blood start to fall, there is a stimulant or wake-up effect.

It takes approximately 2 hours for an average female to eliminate (metabolize) one standard alcoholic drink from her body.

FACT – The average female can eliminate ½ of a drink from her body every hour.

Labatt and Molson breweries combined spend \$50 million each year on beer promotion advertising.

MYTH – Labatt and Molson spend over **\$200 million** in promotion advertising each year – a lot is aimed at youth to trick them into brand loyalty. King of Beers - Budweiser / The Silver Bullet - Coors Light

The fine for underage drinking in Ontario is \$125.

FACT – The fine is \$125 for underage drinking – it is illegal for anyone under 19 years of age to drink, possess or buy alcohol.

You can drink 1 beer and still be legal to drive if you're under 22 years of age?

MYTH – You have to have a 0% blood alcohol concentration if you are driving and under 22 years of age.

It is safe for pregnant women to drink 1 alcoholic beverage a week as long as it is wine.

MYTH – There is no safe time, type or amount of alcohol when pregnant.

Roofties (Rohypnol) is the most common rape drug?

MYTH – Alcohol is the #1 rape drug. It is legal to buy, easy to access, and socially acceptable but can be very dangerous.

It can take up to a year for cannabis (marijuana) to leave your body.

FACT – since THC (the active ingredient in marijuana) is stored in your fat cells, it can take up to a year to be completely eliminated from your body.

Alcohol circulates through every organ, tissue and gland in the body?

FACT – Alcohol enters the bloodstream and is carried to the entire body – every area of the body is affected by alcohol.

Drinking coffee will help you sober up quicker.

MYTH – Once alcohol is in your body, no amount of food or drink can change its effects. Time is the only way to sober up. The danger is that caffeine can make you feel more sober than you really are.

If someone has been drinking or doing drugs they can not legally consent to having sex?

FACT – Even if someone agrees to have sex, when they are drunk or high they cannot legally give consent – even if you've both been drinking.

Usually when someone is sexually assaulted it is by someone they have never met before?

MYTH – 82% of sexual assault victims knew the person who assaulted them.

It is illegal to buy alcohol when you are underage but it is not actually illegal to drink it when underage?

MYTH – It is illegal to both buy and consume alcohol when under 19 years of age. The fine for underage drinking in Ontario is \$125.

One third (1/3) of young adults say that they have “done more” sexually than they planned to because of drinking?

FACT – Many people have trouble controlling their actions after drinking and often do things that they later regret.

Teens who binge drink (5 or more drinks at one time) are more than twice as likely to have unplanned sex, than those who do not?

FACT – Drinking 5 or more drinks of alcohol at one time will lower your inhibitions, alter your thinking, and affect your decisions and actions. Many unplanned pregnancies occur this way.

If a man and a woman are the exact same height and weight they will feel the effects of alcohol the same way.

MYTH – Women are **more** sensitive to the effects of alcohol since they have less water in their bodies (to dilute the alcohol) and their bodies do not break down alcohol as quickly as men.

You won't get as drunk if you drink alcoholic drinks with caffeine in them.

MYTH – Caffeine can trick your mind into thinking you are not as drunk as you really are. This could cause you to drink way more than you would otherwise or feel like you can handle certain potentially dangerous activities — like driving.

Beer won't get you as drunk as hard liquor or wine.

MYTH – One standard drink of beer (12 ounces), hard liquor (1.5 ounces) or wine (5 ounces) will have the exact same effect on your body. It's not about what you drink but how much alcohol is in the drink.

Marijuana is stronger today than it was in the 1960's.

FACT – Levels of THC (Tetrahydrocannabinol, the psycho-active ingredient in marijuana) have been found to be as much as 10 times greater in marijuana today due to changes in the growing process.

Smoking cigarettes can lead to cancer but smoking marijuana is safe.

MYTH - Marijuana smoke contains hundreds of cancer causing agents and when people smoke it they tend to hold the smoke in for a long time exposing them to these toxins. Marijuana has been linked to many health concerns including breathing, mental health and cancer issues, as well as incidents of impaired driving.

You can get addicted to marijuana.

FACT – Some people have a hard time quitting and have to find rehab treatment. They may have difficulty controlling their use and will continue to use even though it has a negative effect on their life. Some may experience withdrawal symptoms including problems sleeping, anxiety, irritability, nervousness, upset stomach or loss of appetite.

Prescription Drugs like Oxycontin and Percocet are always safe because they are prescribed by a doctor.

MYTH – When these drugs are used without a prescription or combined with other substances, they can be very dangerous. Health concerns such as overdosing and addiction as well as social, financial and emotional problems are common with prescription drug misuse.

Drinking games are a good safe way to get drunk.

MYTH – While drinking games can seem like fun, they can also be very dangerous. People end up drinking large amounts of alcohol much more quickly than they normally would and this can lead to blackouts, hangovers and even alcohol poisoning.