MADD Canada

2017-2018 School Assembly Program

EDUCATORS’ GUIDE

(Grade 7 & 8)

Discussion tools to help reduce the risk of deaths and injuries to your students.
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HUSKY ENERGY

MJM MEDIA

NEWFOUNDLAND LABRADOR LIQUOR CORPORATION
Introduction for Educators – Grades 7 & 8

Thank you for choosing MADD Canada to help educate your students about impaired driving. As a host of our 2017-2018 School Assembly Program, The Pact, you have received this package of educational tools that can be used in a classroom setting. The ideal time to begin to use these materials is shortly following the assembly program so the film is still fresh in the students’ minds and they can benefit from a debriefing.

It is important to start educating students on alcohol and drug use and impaired driving as early as Grade 7. Studies show that in Grade 7, depending on the province, 8–28% of Grade 7 students in Canada report drinking alcohol in the past year, 18.1-34.7% indicate they have used alcohol during their lifetime and 3–8% report past-year cannabis use. Also, 3.1-4% of Grade 7 students also have reported consuming five or more drinks on one occasion. Although these numbers are relatively low, it is a good opportunity to show students that the majority of students are not using alcohol or cannabis. As students go through to Grade 12, these numbers increase each year.

Although Grade 7 & 8 students are not yet driving, they may be already exposed to being a passenger in a vehicle driven by someone who has used alcohol or drugs. (See next page for statistics and provincial breakdown).

You can choose the subjects in this guide that are most relevant to your class of students.

The first section of this guide focuses on discussions around the film. In the second section, you will find factual resources on a variety of subjects that relate to the use of alcohol and/or drugs and impaired driving. The third section has in-classroom activities for your students. Section 4 will give ways that your students can make a difference in their school and community.

As a facilitator, you play a key role in guiding a discussion in which all your students can participate. You do not need to be an expert in the subject of impaired driving in order to support this discussion. All background materials are supplied in the second section of this guide.

This package includes 3 additional bonus DVDs. One is a 20-minute film entitled Too Close to Home. These are heartfelt stories told by victims/survivors of impaired driving crashes. The video is designed to be watched in its entirety and followed up with a discussion of what the students learned and how they plan to stay safe if they find themselves in a similar risky situation.

The second DVD, Lives Lost, is a compilation of victim/survivor stories from previous School Assembly Programs. Each story can be chosen according to the type of victimization and watched individually. It is narrated by an emergency room physician who speaks of situations physicians encounter on a daily basis in the ER. At the end of the video, the doctor speaks about ways to prevent these tragedies. And finally, Not Ready to Go tells the story of teenagers who perished in a terrible crash after smoking cannabis.

The CD in the tools package contains this guide so that you can share it with your colleagues. Also on the CD you will find the MADD Canada Youth Manual with lots of ideas for students to raise awareness about impaired driving as well as posters and school announcements. We hope that you find these tools useful.

We appreciate your support and thank you for your efforts to educate young people and to stop impaired driving.

Dawn Regan
Chief Operating Officer
MADD Canada
Statistics on Grade 7 students:

Percentage of students in Grade 7 reporting being a passenger in a motor vehicle during the past year with someone who had “too much to drink” (by province):

<table>
<thead>
<tr>
<th>Province</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>NB</td>
<td>9.8%</td>
</tr>
<tr>
<td>PEI</td>
<td>11.8%</td>
</tr>
<tr>
<td>NS</td>
<td>12.4%</td>
</tr>
<tr>
<td>NL</td>
<td>9.2%</td>
</tr>
</tbody>
</table>

Percentage of students in Grade 7 reporting being a passenger in the past year with someone who had consumed alcohol:

<table>
<thead>
<tr>
<th>Province</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>AB</td>
<td>21.0%</td>
</tr>
<tr>
<td>MB</td>
<td>25.3%</td>
</tr>
<tr>
<td>ON</td>
<td>14.0%</td>
</tr>
</tbody>
</table>

Percentage of students in Grade 7 reporting being a passenger with someone who has used cannabis:

<table>
<thead>
<tr>
<th>Province</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>MB</td>
<td>5.4%</td>
</tr>
<tr>
<td>NB</td>
<td>3.6%</td>
</tr>
<tr>
<td>PEI</td>
<td>3.1%</td>
</tr>
<tr>
<td>NS</td>
<td>5.1%</td>
</tr>
<tr>
<td>NL</td>
<td>3.2%</td>
</tr>
</tbody>
</table>

Percentage of students in Grade 7 reporting lifetime cannabis use:

<table>
<thead>
<tr>
<th>Province</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>BC</td>
<td>6.5%</td>
</tr>
<tr>
<td>MB</td>
<td>6.1%</td>
</tr>
<tr>
<td>ON</td>
<td>4.7%</td>
</tr>
<tr>
<td>NB</td>
<td>4.9%</td>
</tr>
<tr>
<td>PEI</td>
<td>3.1%</td>
</tr>
<tr>
<td>NS</td>
<td>6.0%</td>
</tr>
<tr>
<td>NL</td>
<td>4.2%</td>
</tr>
</tbody>
</table>

Source: Student Alcohol and Drug Use 2011, Canadian Centre on Substance Abuse
Let’s get started!

As an educator you know better than most that effective teaching means asking challenging questions, debating moral and ethical ideals and discussing pros and cons surrounding risky activities.

This guide is a resource for educators to bring the messages from the *The Pact* presentation into the classroom. We hope it will help you to get your students thinking about the seriousness of impaired driving and what they can do to stop it.

*Inform – Empower – Inspire – Change*

We know impaired driving is wrong; that it destroys lives and tears families apart. It is still the #1 criminal cause of death in Canada. Population surveys show the number of Canadians driving after using drugs is on the rise. In fact, driving after smoking cannabis is now more prevalent among some younger drivers than driving after drinking. Survey data from a 2015 Centre for Addiction and Mental Health report showed that, among young Ontario drivers in grades 10 – 12, 5.1% per cent drove after drinking while 9.8% drove after smoking cannabis."

Equally concerning as the numbers is the misperception that many young people, and some parents, have that driving under the influence of cannabis is safer than driving under the influence of alcohol.

Many young people think driving under the influence of cannabis is risk-free. Yet studies have shown that smoking cannabis can produce unwelcome effects behind the wheel, including a shorter attention span, an altered perception of time and distances, and slower reaction times that impair the driver’s ability to respond to sudden events in traffic. A 2012 study by researchers at Dalhousie University in Halifax found that smoking cannabis three hours before driving nearly doubled a driver’s risk of having a motor vehicle crash.

Combining cannabis with even small amounts of alcohol greatly increases the negative impact on driving skills.

Many young people also think that they will never be caught or charged for driving high. While detecting cannabis is more challenging than detecting alcohol because we do not yet have a simple roadside drug test similar to the alcohol breathalyzer, police do have tools to determine whether a driver is impaired by drugs. The standard field sobriety test and the drug recognition evaluation allow police to determine if a driver is under the influence of drugs based on their behaviour and task-related tests. Furthermore, driving while high results in the same type of *Criminal Code* charges and penalties as driving while drunk.

*Cannabis or Alcohol?*

*Drug Free Kids Canada reports:*
One third (32%) of teens feel driving high (after marijuana use) is not as risky as drunk driving. One in four (25%) high school seniors say they have ridden in a car with a high driver.

*(PDFC Tracking Study 2014)*
This guide was designed for you to go through the discussions and activities at your own pace and you can repeat them as the school year goes on. Undoubtedly, you will run into debates in which your students will give what they believe are sound reasons for drinking underage, drug use (particularly marijuana), and driving impaired. We ask that you not shy away from these discussions and use this guide to encourage your students to take a look at their values, decisions, and the potential repercussions. This guide is not just about the facts; it’s about providing young people with the tools to make sound choices when they feel under pressure.

**USEFUL TIPS FOR EDUCATORS**

- Before using this guide with students, consider your own attitudes and values about this subject. The program will be most effective if it is non-judgmental and objective.
- Make sessions participant-centered. Make questions and discussions relevant and meaningful to students’ lives.
- Allow students time to discuss the issues.
- Allow them to speak freely and be open to their suggestions.
- Encourage personal goal-setting by each student.
- If possible, consider outside special circumstances behind each student’s behaviour such as difficulties with family, school, social groups, and personal stress. Their answers and reactions to the guide discussions and activities will reflect these circumstances.
- Be aware of cultural/ethnic/newcomer/literacy/religious issues that could affect understanding or common behaviour.
Section 1 – Leading the discussion on The Pact

Let’s discuss The Pact!

Synopsis of The Pact:

The 2017-2018 School Assembly Program, The Pact, is the story of a teenage girl, Zoe. Zoe has moved from school to school as her single father changed jobs. Developing new friendships is very important to her but also very difficult.

To avoid some mean girls she skipped school and ended up in a detention. The teacher in charge of the detention gave them an assignment to write about “friendship”. She saved her assignment in her jacket pocket. At the detention she met some other students, Charli, Nisha, James and Will. James invites her to join them at a party at his house that evening. Eager to make new friends, Zoe is excited to go.

Zoe convinces her Dad to let her have the car for the evening. When she was getting ready in her room, she slipped a small bag of marijuana in her purse.

When she meets up with James at the party, she offers him the marijuana as a “host gift”. He rolls a joint and they share it. During the evening, Zoe is offered beer by the partygoers. Initially she says no but then starts to join in the drinking. Will notices this and insists she hand over the car keys to Charli who will be the designated driver for the group. Nisha gets very drunk and Charli decides to drive her home. James offers to drive Zoe home later. He hasn’t been drinking but has been smoking weed.

During the ride home, Zoe becomes concerned because James exhibits signs of drug impairment while he’s driving. James is asking what she wrote in her assignment. As she pulls it out and begins to read it, they are in a violent crash. James is not seriously injured but Zoe is killed.

Zoe’s assignment on friendship is given to her Dad after her death and her thoughts are revealed.

While mourning the loss of their friend, Nisha, Will, and Charli make a pact for Zoe. They promise that they won’t let any of their friends drive impaired or get into a car driven by someone who’s been drinking or doing drugs, including weed. They create a social media campaign in Zoe’s memory to educate other young people and prevent this from happening to someone else.

The Pact is fiction. As realistic as it may seem, the characters are just actors. Next the video featured real-life people affected by impaired driving. Unlike the fictional drama, their stories are all too real.
Carol Grimmond, 47
February 15, 1965 – October 6, 2012
Windsor, ON
It was the Thanksgiving weekend and Carol and her twin brother, Colin, were on their way to their mother’s home. They were travelling on Hwy. 407 when they were struck head-on by an impaired driver who was going the wrong way. Colin was driving and suffered minor injuries. Carol was seriously injured and airlifted to the local hospital where she died. The impaired driver was not injured.

Craig Watson, 20
Montreal, QC
Craig had gone up north to Lachute with 3 high school friends and spent the day at a lake. They were 5 minutes away from one of the friends’ cottage. They got into a van, all had had some beer and it was suspected marijuana was involved. Driver was suspected to be intoxicated. No one was wearing seat belts. Driver was speeding on a small country road. Inexperienced, with new driver's permit, the driver lost control of van and hit a rise on side of road. Craig was ejected from a passenger window and the van rolled over him. He was the only one killed.

Maia Vezina, 19
Injured June 9, 2013
Nelson, BC
Maia and her mother Pat were travelling to Calgary when an impaired driver crossed the centre line and hit them head-on. They were both critically injured. Pat suffered many broken bones and had many internal injuries requiring many surgeries. She needed resuscitation numerous times and was on life support. Maia also suffered many broken bones – both her femurs, ankles, her left knee, pelvis, both arms, right wrist, left clavicle, a rib and left cheekbone. Both have had a very long recovery and still suffer the effects of their injuries.
A Guide for a Discussion on The Pact

Preparation: Review the following fact sheets found in Section 2.
- Marijuana facts
- What does “impaired driving” mean?
- Criminal Code Penalties for impaired driving offences
- Costs of impaired driving

Class time needed: 1 or 2 periods of 50 minutes to allow for in-depth discussion.

Discussion points:

1. Zoe had planned to drive herself home and knew she shouldn’t drink and drive. Why do you think that she decided to start drinking beer?
   - She wanted to be popular and fit in.
   - She gave in to peer pressure.

2. How does alcohol affect someone’s body, brain and driving? *
   - Alcohol may slow your reflexes, movement and thinking. For a short time, alcohol can make you feel:
     - more calm and relaxed
     - more talkative, less shy
     - warm (skin may be flushed)
     - less coordinated.
   - Alcohol can make some people aggressive. For others, drinking can depress them or make them more depressed.
   - When people are intoxicated (drunk), they may:
     - have blackouts (lose their memory)
     - slur their speech or have trouble walking
     - feel sleepy or lose consciousness
     - be more likely to have falls and other accidents
     - get alcohol poisoning or die
     - have slower reflexes and thinking
     - take more risks and make bad decisions.
   - Also see fact sheets on alcohol for more information.

3. Why do you think James thought he was okay to drive after smoking pot?
   - Even though he was a novice driver, he thought he was a good driver.
   - He thought he drove better after smoking pot.
   - He underestimated the effects of the pot on his driving ability.
   - He hadn’t been drinking so thought he was okay to drive.

*Source: CAMH
4. How does marijuana affect someone’s body, brain and driving?

- For up to 5 hours after you use it, marijuana makes it harder to:
  - concentrate
  - pay attention
  - tell how far away things are
  - keep your hands steady
  - react quickly

- Risks go up when you combine smoking marijuana with drinking alcohol.
- All these things may make it harder to drive safely.
- See fact sheets on marijuana for more information.

5. If a person combines alcohol and marijuana and then drives, what effect does it have on their driving?

- It increases your impairment level.

6. If someone is the driver of a vehicle, what are their responsibilities to:

- their passengers
- other vehicles
- pedestrians
- the owner of the vehicle (parents)?

7. Why did the plans change that night?

- Zoe hadn’t planned to drink so she could drive herself home.
- When Zoe started drinking, Charli had planned to be the designated driver and drive Zoe home.
- When Nisha got sick, Charli had to drive Zoe home.
- James had not planned to drive that evening since the party was at his house but was flirting with Zoe and offered to drive her home.

8. How could this have been avoided?

- If Zoe had stuck to her plan not to drink (or smoke pot) and was able to drive herself home.
- If Nisha hadn’t drank too much and got sick, she wouldn’t have to go home early and Charli could have been Zoe’s designated driver.
- James could have called a cab or Zoe’s father to drive her home.
9. Why do you think that Zoe accepted a ride from James when she knew he had been smoking pot?
   - She knew people shouldn’t drive after consuming alcohol but she thought it was okay to drive after smoking pot.

10. If the police had stopped Zoe when she was driving under the influence of alcohol, what could she have been charged with and what would be the consequences of those charges?
   - Impaired driving (see supporting fact sheets on the Criminal Code for full details).

11. If the police had stopped James when he was driving under the influence of marijuana what could he have been charged with and what would be the consequences of those charges?
   - Impaired driving - the same as driving under the influence of alcohol. There is no difference.

12. Since James killed Zoe, what will he likely be charged with and what would be the likely consequences of those charges?
   - Impaired driving causing death resulting in a jail sentence, licence suspension and financial consequences.

13. Who were the people James hurt when he chose to smoke pot and drive? List as many as you can.
   - Zoe and her family and friends.
   - James’ family.
   - All their relatives, friends, neighbours.

14. What do you think James would do differently if he had a chance to go back and relive that night?

15. What do you think Zoe would do differently if she had a chance to go back and relive that night?

16. What are some of the future times in her life that Zoe and her Dad will miss?
   - Her college/university graduation.
   - Future birthdays and holidays.
   - Her wedding.
   - Having children/grandchildren.
17. Do you think that the social media campaign for Zoe, called the Pact, will make a difference?
   - If yes, why?
   - If no, why not?

18. How can teens reduce their risks if they choose to smoke marijuana?**
   - Don’t drive when you are high. To reduce risk even more, don’t drive for several hours after using marijuana.
   - Don’t get into a car with someone who has been using marijuana.
   - Don’t mix marijuana with alcohol or other drugs.
   - Don’t use marijuana before or during school.
   - Understand that smoking marijuana could get you arrested.
   - Choose not to use marijuana.
   - Get help if you think your marijuana use is getting out of control.

Closing statements to students:

It is important to keep yourself safe, and it is equally important to keep your friends and family safe. When you leave here today, I hope you will talk about this with your friends and family and make your own pact with them.

When you might be in a situation where there is alcohol and drugs, be sure you make a plan for a safe ride home before going. And most importantly stick to that plan. Talk to your friends and family about alternate safe ways to get home if you waiver from that plan.

**Source: Canadian Centre on Substance Abuse
Section 2 – Fact sheets to facilitate discussion

Information on impaired driving

What does “Impaired Driving” mean?

Impaired driving is driving while your ability is affected by alcohol and/or drugs. It is a crime under the Criminal Code of Canada. If convicted, you can lose your licence, be fined, or spend time in jail. Your vehicle does not even have to be moving; you can be charged if you are impaired behind the wheel, even if you have not started to drive.

Drinking and Driving

Drinking and driving is a deadly combination. One drink can reduce your ability to concentrate and react to things that happen suddenly while you are driving. The more alcohol in your blood, the more difficulty you have judging distances and reacting to sudden hazards on the road. To make matters even worse, your vision may become blurred.

Drugs and Driving

Any drug that changes your mood, or the way you see and feel, will affect the way you drive. This is not only true for illegal drugs. There are prescription drugs and some over-the-counter drugs that can also impair your driving ability.

http://www.mto.gov.on.ca/english/safety/impaired-driving.shtml

Fact: Alcohol affects your judgment and lowers your inhibitions.

The amount of alcohol in a person’s body is measured by the amount of the alcohol in their blood. This is called the blood alcohol concentration, or BAC.

For the purposes of law enforcement, BAC is used to define intoxication and provide a measure of impairment. In Canada, the maximum legal BAC for fully licensed drivers is 80 milligrams of alcohol in 100 millilitres of blood (0.08). Driving with a BAC in excess of 0.08 is a criminal offence.

Recognizing that even small amounts of alcohol can adversely affect driving skills and performance, most Canadian provinces and territories impose license suspensions on drivers with BACs in the warn range of .05 and over. Suspensions range from 24 hours to 7 days for a first infraction with escalating suspensions and other sanctions for repeat offences.

Young drivers in many provinces and territories have a .00% BAC requirement. They may range for the duration of the graduated licensing program or may extend until they are 21 years of age, depending on the jurisdiction. These special rules for young drivers reflect the very serious increased risks seen when young people mix drinking with driving.
The Facts About Road Crashes, Impaired Driving and Canadian Youth

- Impaired driving remains a significant road safety, health and economic issue in Canada. In fact, according to a recent National News Article, Canada ranks number 1 among 19 countries for roadway deaths linked to alcohol impairment.

- On average, every day in Canada 4 fatalities and dozens of injured (about 1,200 dead and tens of thousands of injuries each year) occur in road fatal crashes involving alcohol, drugs or combination of both, or nearly 60% of fatal collisions.

- Road crashes are the number one cause of death among young people in Canada and approximately 55% of these deaths are alcohol and/or drug-related.

- Survey data from the Centre for Addiction and Mental Health found that 5% of high school drivers reported drinking and driving and 10% drive after smoking cannabis.

- While young people are significantly overrepresented in alcohol-related deaths as drivers, they are overrepresented to an even greater extent as passengers. The impaired crash problem among youth is not simply a function of their immaturity and lack of driving experience; it also reflects their hazardous patterns of alcohol and drug use. 15% of students surveyed by the Centre for Addiction and Mental Health reported being a passenger in a car driven by a drunk driver and 12% reported riding in a vehicle driven by someone who had been using drugs.

- Canadian children and youth have one of the highest rates of cannabis use among developed countries. It’s the drug they use most after alcohol. Most young people see cannabis as a benign drug, far less dangerous than alcohol. They think driving under the influence of cannabis is risk free. CPHA (Canadian Public Health Association) relates that clinical evidence shows that smoking cannabis can produce unwelcome effects behind the wheel, including a shorter attention span, an altered perception of time and distances, and slower reaction times that impair the driver’s ability to respond to sudden events in traffic.

The social costs, human tragedy and productive years of life lost among youth from road crashes are significant and 100% preventable.
### Criminal Code Penalties For Impaired Driving Offences

<table>
<thead>
<tr>
<th>OFFENCE</th>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Prohibition from Driving (Mandatory)</strong></td>
</tr>
<tr>
<td></td>
<td>1st Offence</td>
</tr>
<tr>
<td>DRIVING WHILE IMPAIRED BAC OVER .08** (refusal to provide sample)</td>
<td>2nd Offence</td>
</tr>
<tr>
<td></td>
<td>3rd Offence</td>
</tr>
<tr>
<td>IMPAIRED DRIVING CAUSING BODILY HARM</td>
<td>Indictment</td>
</tr>
<tr>
<td>IMPAIRED DRIVING CAUSING DEATH</td>
<td>Indictment</td>
</tr>
</tbody>
</table>

1. * The Criminal Code's driving prohibition is distinct from any driving licence suspension that a province or territory may impose. Under the *Criminal Code*, an offender may drive during the remainder of the prohibition period, provided the offender is registered in a provincial/territorial ignition interlock program. Unless the sentencing judge orders otherwise, the start date for driving with an interlock can be as follows: 1st offence - after at least 3 months of the driving prohibition has been served; 2nd offence - after at least 6 months of the driving prohibition has been served; 3rd offence - after at least 12 months of the driving prohibition has been served.

2. ** Mandatory penalties in addition to prohibition from driving are as follows: 1st offence - $600 minimum fine; 2nd offence - minimum 14 days imprisonment; 3rd offence - minimum 90 days imprisonment.

Source: Transport Canada

Note that refusing to provide a blood sample carries the same penalties as driving while impaired (BAC over .08).
The Cost of Impaired Driving

Impaired driving can not only have deadly effects and cause suffering of individuals and their families, but perhaps not so well-known is the actual cost to an impaired driver who is convicted for even a first offense. This list itemizes the minimum costs in Ontario involved in an impaired driving conviction:

<table>
<thead>
<tr>
<th>ITEM</th>
<th>COST</th>
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</thead>
<tbody>
<tr>
<td>LEGAL COSTS (estimated range)</td>
<td>$2,000 - $10,000</td>
</tr>
<tr>
<td>CRIMINAL CODE FINE</td>
<td>$1,000</td>
</tr>
<tr>
<td>Back on Track PROGRAM</td>
<td>$578</td>
</tr>
<tr>
<td>LICENCE REINSTATEMENT FEE</td>
<td>$150</td>
</tr>
<tr>
<td>INCREASED INSURANCE (estimate) ($6,000 extra per year for 3 years)</td>
<td>$18,000</td>
</tr>
<tr>
<td>IGNITION INTERLOCK</td>
<td>$1,350</td>
</tr>
<tr>
<td>TOTAL MINIMUM COST* (plus applicable taxes on some items)</td>
<td>$23,078</td>
</tr>
</tbody>
</table>
Information on Marijuana and its Effects

*Fact: According to the 2015 Ontario Student Drug Use and Health Survey from the Centre for Addiction and Mental Health 9.8% of drivers in grades 10 to 12 reported driving a vehicle after using cannabis at least once during the past year.

In the presentation, *The Pact*, 3 out of 4 of the characters consume weed.

About Marijuana

What is marijuana?

Marijuana, hashish (hash) and hash oil come from cannabis sativa, a type of hemp plant. All three contain THC, a chemical that changes the way you think, feel and act. The word “cannabis” is used to refer to all three.

- Marijuana is made from the dried leaves and flowering tops of the plant.
- At a certain stage in the growth of the plant, before the flowers are mature, they become coated with a sticky resin. The resin can be dried to make hash.
- Hemp can also be used to make rope, fabric and paper. When it is grown for this purpose, the amount of THC is too small for someone to use it to get high.

What does marijuana look like?

- Marijuana is a green, brown or grey mixture of dried and shredded hemp leaves, stems, seeds and flowers.
- Marijuana is often rolled in paper so it looks similar to a cigarette. A common slang name for this is a joint.
- Hash is dark brown or black, and comes in solid chunks.
- Hash oil is reddish-brown or green.

Street names:

Weed, herb, chronic, jay, bud, blunt, bomb, doobie, hydro, sinsemilla, hash, joint, pot, grass, reefer, Mary Jane (MJ), ganja, homegrown, dope, spliff.
Did you know?

Cannabis sativa, cannabis indica and cannabis ruderalis have all been used for their intoxicating effects. When grown for industrial purposes, cannabis indica contains very little THC and could not be used to get high.

Who uses marijuana?

- Marijuana is the most commonly used illegal drug in Canada.
- Almost half (44%) of Canadians say they have used marijuana at least once in their lifetime.
- In 2015, 21.3% of Ontario students (grades 7–12) said they had used marijuana in the past year.
- The average age at first cannabis use among Grade 12 users was 15.3.
- 1.7% per cent of Grade 7 students have tried marijuana in the past year.
- By the time they have reached Grade 12, nearly half (37.2%) of Ontario students have used marijuana in the past year.
- About one in eight students (2.1%) who use marijuana use it every day, (about 20,000 students).

True or False?

1. Marijuana is natural, so it can’t be bad for you.
2. All marijuana is the same strength.
3. 9.8% of students who drive say they have driven after using marijuana.

Answers

1. False. A lot of natural things are poisonous, like snake venom and certain plants. When you smoke marijuana, it releases harmful chemicals into your lungs.
2. False. There is great variation in how strong marijuana can be.
3. True. And what many people don’t know is that if you drive while you are high, you will be impaired.

Source: The Centre for Addiction and Mental Health (CAMH)

2015 OSDUHS Survey
Marijuana and its effects

Can you get addicted to marijuana?

Yes, you can. Some people have a hard time quitting and have to find treatment.

They may feel they need the drug, and get anxious when they don’t have any.

Some people who use a lot of marijuana every day and then quit suddenly may have problems sleeping. They may get anxious, irritable or nervous without the drug. Or they may have an upset stomach or lose their appetite. These symptoms rarely last more than a few days.

Is marijuana harmful?

Yes. If you smoke marijuana, it can harm you. Many people don’t know this, but marijuana smoke contains more tar and more of some cancer-causing chemicals than tobacco smoke.

Here are some other ways that marijuana use can harm you:

- To get the maximum effect, people who smoke marijuana often inhale more deeply and hold the smoke in their lungs longer than tobacco smokers do. This increases the risk of cancer.
- Smoking marijuana irritates your lungs and has been linked to chronic cough and bronchitis. It may also make asthma worse.
- In people at high risk of developing schizophrenia, marijuana may bring on symptoms earlier.
- If you’re pregnant, the more marijuana you smoke, the more likely your baby will have problems (such as being too small).
- Using a lot of marijuana for a long time may make it harder to pay attention, remember things and learn.
- Large doses of marijuana can lead to “toxic psychosis.” This can cause people to hallucinate (see or hear things that aren’t really there), become paranoid (feel like people are out to get them) and believe things that aren’t true. These symptoms usually disappear within a week after the person stops using marijuana.
- Marijuana that you buy illegally may contain other drugs, or harmful pesticides or fungus.
- You may make decisions while using marijuana that you regret later.
- Marijuana affects your co-ordination and makes it harder to concentrate and react. This makes it dangerous to do things like ride a bicycle, drive a car or operate machinery.

Fast facts

There are at least 400 chemicals in marijuana.
**Did you know?**

If you smoke marijuana, the effects last for several hours. But the THC (the main active ingredient) is stored in your fat cells and can stay in your body for days or weeks! This doesn’t mean that you would be high for weeks, but you would test positive on a drug test for THC weeks after you smoked marijuana.

**How does marijuana make you feel?**

Marijuana affects each person differently. How it affects you depends on:

- how strong it is
- how often you use it
- whether you smoke it or eat it
- your mood and what you expect to happen when you take it
- whether you have drank alcohol or used other drugs when you take it

If you use marijuana, you may:

- feel more relaxed and less inhibited—or more anxious, confused, panicky or even paranoid
- be more outgoing and talkative, and laugh more—or you may be quiet and withdrawn
- find that time seems to pass more slowly and distances become distorted
- have keener senses, such as sharpened hearing and vision
- have trouble keeping your balance
- have trouble concentrating: thinking clearly, remembering things that just happened, and doing some tasks (e.g., homework)
- want to eat a lot (get “the munchies”)
- have a sore throat and lungs
- have increased heart rate
- feel sleepy as the drug wears off
- hallucinate, especially if you use a lot of marijuana at one time
- have a dry mouth and/or red eyes
- have trouble with coordination
- have slow reaction time.
The Dangers and the Law

Is it dangerous to smoke marijuana and drive?

Yes. Marijuana makes it harder to concentrate, pay attention and tell how far away things are, for up to five hours after you use it. It also makes your hands less steady and slows your reaction time; this means you wouldn't be able to react as quickly to a sudden, unexpected emergency. Your risks go up when you combine smoking marijuana with drinking alcohol. All these things may make it harder to drive safely. There is no roadside breathalyzer test for marijuana. But specially trained police can tell if you are high, and you could be charged.

Can smoking marijuana affect my school performance?

THC remains in your brain for days or weeks, and may affect your memory, speech and learning. Using marijuana regularly also affects your thinking and can make you less motivated.

Is marijuana legal?

No. Marijuana possession is illegal in Canada. A first-time conviction for possessing 30 grams or less of marijuana can result in a six-month prison sentence, a $1,000 fine or both. You will also have a criminal record, which may make it harder to get some jobs or to travel to another country. The maximum penalty for a second offence is a $2,000 fine and 12 months in prison. A change has been proposed in the law about possessing marijuana. The legal penalty for possession of small amounts would be reduced to a fine with no criminal record. Some people call this “decriminalization,” but possessing marijuana would still be illegal.

Did you know?

- Research shows that you have a greater chance of having a car crash when you drive after using marijuana. After alcohol, marijuana is the second most common drug found in dead and injured drivers.

- Mixing marijuana and alcohol is more dangerous than using each drug separately. Mixing even small amounts of marijuana and alcohol can make it dangerous to drive. Many impaired drivers test positive for marijuana and alcohol together.
**Fast facts**

- Most people convicted of possessing marijuana for the first time receive a fine or a discharge. Either way, you could end up with a criminal record.
- The maximum penalty for growing marijuana is seven years in prison.
- The maximum penalty for selling marijuana (called “trafficking”), or bringing it in or out of the country, is life in prison.

**Reducing risks and getting help**

How can I reduce my risks?

- Don’t drive when you are high. To reduce risk even more, don’t drive for several hours after using marijuana.
- Don’t get into a car with someone who has been using marijuana.
- Don’t mix marijuana with alcohol or other drugs.
- Don’t use marijuana before or during school.
- Understand that smoking marijuana could get you arrested.
- Choose not to use marijuana.
- Get help if you think your marijuana use is getting out of control.

*Canadian Centre on Substance Abuse*
**Not Ready to Go – A Video about Driving While Impaired by Marijuana**

MADD Canada has made a video documentary, *Not Ready to Go*, about a deadly crash in Kanata, Ontario. The video shares the story of 5 teens who were killed and 11 other people who were injured in marijuana impaired multi-vehicle crash as told by the survivors, families and emergency services responders.

It was a clear night and they were driving on an empty stretch of road. The drivers started playing leapfrog, taking turns passing each other. In normal circumstances this would be really dangerous, but with impairment from marijuana, the consequences were much deadlier.

One of the cars pulled into the oncoming lane to pass and didn’t see a truck coming. At the last second the passing driver saw the truck coming towards him and tried to get out of the way by pulling off the road. The truck couldn’t avoid hitting the car and it was deflected into the oncoming traffic lane, hitting another car head-on.

The fiery crash resulted in 5 people dead – all teenagers, and 11 others injured, 9 of which were teenagers. The two gentlemen in the truck were also severely injured. The driver of the truck still has the scars of the fateful night when his arm was severed. Although doctors were able to re-attach it, he is still missing sensation in that arm. The passenger in the truck had numerous surgeries and eventually had to have his leg amputated as a result of his injuries.

When the car that was hit by the truck in the first collision caught fire, some of the people in that car were trapped. Their bodies were burnt beyond recognition. Their families could not identify them.

All the teenagers involved that night were good friends. The driver of the first vehicle that caused the collision survived and was convicted of impaired driving causing death and served jail time. None of these young people thought smoking weed and driving could be dangerous and it was proven in court that impairment only by marijuana was a key factor (the driver had not consumed alcohol). He has to live with the guilt that he killed 5 of his close friends and caused serious injury to so many others.

Please visit [http://madd.ca/english/research/media.html#2](http://madd.ca/english/research/media.html#2) for ordering information and to preview *Not Ready to Go*. Another free resource that is available is *Braking Point*. This resource has more scenarios on alcohol and marijuana as well as testimonies by experts in the field. To order both, email avicioso@madd.ca.
To view MADD Canada’s “If you're high, you can’t drive” PSAs:
http://madd.ca/media/posters/dope-ad-oct2405.pdf
Study: What Canadian Youth Think About Weed

Excerpt from the study by Canadian Centre on Substance Abuse

(To be used as background information for teachers)

Key Findings

The data revealed a number of factors that influence the decisions of youth to either use or not use cannabis. Decisions to not use the drug were influenced by concerns about health risks, poor academic performance and negative impacts on relationships with family members. Family relations were also a significant influence on decisions to use cannabis: in particular, the parent-child relationship is believed to be absent or disengaged among cannabis-using youth, with the parents not openly communicating their positions on the drug to their children. Youth also held a strong belief that all youth are using cannabis all of the time.

The study’s participants perceived a number of negative and positive effects associated with cannabis. In terms of negative effects, cannabis was believed to result in dependency, a loss of focus, laziness and a number of physical problems. Interestingly, youth also perceived cannabis to affect youth on an individual basis — that is, cannabis affects each person differently and so it is not accurate to try to describe universal outcomes. It is hypothesized that this perception is ultimately used to minimize any negative effects associated with using cannabis because the negative effects are attributed to the individual rather than the cannabis. With regard to the drug’s perceived positive effects, the youth involved in the study stated that cannabis helps people focus, relax, sleep and improve their creativity. They also believed that cannabis produced a range of health benefits, from treating mental health issues to curing cancer.

Youth also held the perception that cannabis does not change people in a long-term, negative way; instead, any long-term changes are attributed to the individual and not the drug. As a result, cannabis was not seen as a causal factor in the problems youth may experience with the drug. Along with the notion that there are individual differences in how cannabis affects youth, this notion that cannabis does not have long-term effects further minimizes any negative associations with its use.

Participants also reported a perception that cannabis is safe and poses minimal risk to youth, with this perception particularly evident when discussing the use of cannabis while driving. While some participants suggested that cannabis makes drivers more focused, others thought that such use is dangerous because it impairs the driver, not unlike alcohol. Youth also commonly expressed the belief that cannabis is not and should not be considered a drug because it is argued to be natural, safe and categorically distinct from “hard drugs.” For example, participants suggested that a drug is defined as something that alters the user’s perceptions and is manufactured. As a result of this conceptualization, participants clearly demonstrated confusion in understanding why cannabis is illegal.

Youth also expressed frustration and confusion about the inconsistency in police reactions to cannabis. For example, they could not make sense of how the same substance could result in legal sanctions in some contexts (e.g., being caught with a large quantity of cannabis), but not others (e.g., being caught with a small quantity of cannabis). To further complicate the situation, youth appeared to have difficulty positioning the role of medically authorized cannabis in their understanding of the
drug’s legal context. Youth perceived the medical use of cannabis to raise a double standard in which cannabis is good for you if you are sick, but not (i.e., illegal) if you are healthy.

Finally, this research identified some key considerations that youth perceived would be helpful for future cannabis-related prevention efforts. Specifically, youth felt that (a) there should be an increased focus on cannabis content in prevention programs and materials; (b) prevention efforts should be delivered earlier; (c) those delivering the prevention message should have firsthand experience with the drug as well as an ability to connect with youth; and (d) approaches aimed at reducing the harms associated with cannabis use would be valuable.

**To read the full report:**
Study: Occasional Marijuana Use May Change Structure of Young People’s Brains

Occasional marijuana use may change the brain structure in young adults, a new study suggests. Marijuana may cause changes related to motivation, emotion and reward. The changes occurred in the areas of the brain involved in processing emotion and forming long-term memories, and in reward and addiction, Health Day reports.

To read the complete article on this subject:


More resources:

Cycles – An educational resource that explores decision making and marijuana use among young people. This program includes a video and discussion/activity guides.

http://www.cyclesfilm.com

(Developed by Barbara Moffat and Joy Johnson)

Study: When Help is not at hand – Teens Turning to Marijuana for Emotional Problems
http://www.heretohelp.bc.ca/visions/cannabis-vol5/when-help-is-not-at-hand
Alcohol is the #1 drug used by teens. 45.8% of Ontario students Grade 7-12 used alcohol (drank 1 drink or more on any occasion) during the last year. This rate increases to 72.4% by the time they reach Grade 12.

Did you know...

Young people exhibit driving characteristics that greatly increase their crash risks. Beginning drivers are immature, and lack both driving experience and the skills necessary to avoid potentially hazardous situations.

Road crashes are the number one cause of teen death in Canada and even conservatively estimated over 55% of these deaths are alcohol and/or drug-related.

15.3% of Grade 7-12 students surveyed report that they’ve been a passenger with a driver who had been drinking. 12.3% have been a passenger with a driver who had been using drugs. This increases to 19.9% of Grade 12 students who have been a passenger with a driver who have used drugs or alcohol.

17.6% of students had 5 drinks or more at one occasion (binge-drinking) at least once in the past month. This number increases to 32.6% of students by grade 12.

Young people have the highest rates of traffic death and injury per capita among all age groups.

21.3% of students surveyed in grades 7-12 report using cannabis at least once during the 12 months prior to the survey representing 203,900 students. This percentage rises to 37.2% among 12th Grade students.

Good news!

42% of students in grades 7 through 12 report using no drug at all during the past year – this includes alcohol and tobacco.


OSDUHS 2015 Survey
Parent Action on Drugs and Ontario Drug Awareness partnership
How much is "a drink" of alcohol?

This is a common question that many youth will ask you or they may simply believe that one glass of whatever they are drinking constitutes one drink. This is not the case. Not every drink affects a person the same way. Different types, different sizes and different mixtures can all affect the consumption of alcohol.

A “standard drink” is 13.5 grams of pure ethanol (the proper name of alcohol) which equals:

- 12 ounces of beer or wine cooler
- 5 ounces of wine
- 1 1/2 ounces of 80-proof (40% alc./vol.) of distilled spirits (whiskey, etc.)

In other words, a can of beer contains as much ethanol as a shot of liquor. A number of factors affect how quickly your BAC rises and drops. Body type, weight and food intake at the time of drinking can all impact your BAC. Since women tend to be smaller than men and have more fatty tissue, a woman who drinks as much alcohol as a man usually has a higher BAC.
Fact Sheet - Alcohol and Your Body

Factors that affect how intoxicated you get when you drink are:
- how fast you drink
- if you ate before or while you were drinking
- your body size and build
- if you are male or female

If mixed with alcohol, certain antibiotics can cause nausea, vomiting, and stomach cramps.

You may be suffering from alcohol poisoning if you:
- have bluish, cold or clammy skin
- vomit without waking up
- don’t respond when someone pinches you
- breathe less than 8 times a minute

If you fall asleep or pass out, your body continues to absorb the alcohol you drank up to that point.

When you drink, the alcohol spreads quickly and evenly throughout your body fluids and tissues.

Male vs female?

If a male and female drink the same amount, the female will be more affected by the alcohol even if they have a similar build and body weight. On average, women weigh less than men and have less water in their bodies, so alcohol is less diluted and has a stronger impact.

https://www.ontario.ca/page/alcohol-use-and-safe-drinking
Effects of Alcohol on Your Body’s Organs
Common Myths about Alcohol

Alcohol is a drug.

**TRUE:** Alcohol is a drug – and one of the deadliest. It’s a powerful drug that impairs coordination, vision, thinking and judgment and slows reaction time. It’s also the drug of choice for teens.

**Teens can’t become alcoholics because they haven’t been drinking long enough.**

**FALSE:** You can develop alcoholism at any age. It depends how much and how often you drink. As well, heavy drinking and binge drinking by anyone can be very harmful, whether or not they’re alcohol-dependent.

**Even one drink can affect your driving.**

**TRUE:** People have trouble judging how seriously alcohol has affected them. That means many individuals who drive after drinking think they can control a car – but they’re wrong. This can have deadly consequences.

**It’s just beer. It can’t permanently damage you.**

**FALSE:** Any kind of alcohol can cause serious damage. Alcohol abuse can damage your brain, heart, liver, stomach and other critical organs and take years away from your life.

**You’ll be more affected by spirits than by beer or a glass of wine.**

**FALSE:** A drink is a drink. A 12-oz. bottle of beer (5% alc./vol.), a 5-oz. glass of wine (12% alc./vol.) or a 1.5-oz. serving of spirits (80-proof, 40% alc./vol.) – each have the same alcohol content.

**The worst outcome of drinking too much is a raging hangover.**

**FALSE:** If you drink a lot of alcohol quickly, it can build up in your body so much that you can die from alcohol poisoning within only a few hours. As well, you’re more prone to injury, which can be serious or fatal. And, anyone who drinks and drives could severely injure or kill someone – including themselves.

**If someone passes out after drinking, it’s best to let them sleep it off.**

**FALSE:** If someone passes out, never leave them alone. Have someone call 911 for medical assistance. Be sure to roll them onto their side, with their head on its side as well, until help arrives.

What is Binge Drinking?

Binge drinking for men: consuming 5 or more drinks in a row on any given occasion. Binge drinking for women: consuming 4 or more drinks in a row on any given occasion.

*Fact: One-in-six (17.6%) of students report binge drinking (5+ drinks on one occasion) at least once during the month before the survey. The same proportion (16%) report getting drunk at least once during this time. Also, about 22% of students report binge drinking during the month before the survey.

Partying and getting drunk

smashed... loaded... hammered... wasted...

What we’re talking about here is drinking a lot of alcohol quickly—on a night out with friends at a party or bar, in a drinking game or contest, or just drinking too much because you want to get drunk. This is known as binge drinking.

What is binge drinking?

Researchers define binge drinking as having many drinks on one occasion: five or more drinks for a male, or four or more drinks for a female.

Young people who binge drink are especially at risk. This is because they are less familiar with the effects of alcohol, and are more likely to do something impulsive or dangerous. Binge drinking is also more common among young people. Recent surveys report binge drinking by:

- 17.6% of Ontario students in grades 7–12, at least once in the past month.
- Binge drinking increases significantly with each grade and climbs to 32.6% in grade 12.

*OSDUHS 2015 Survey*
What happens when you binge drink?

When you binge drink, you get intoxicated, or drunk. This is because you drink faster than your body can eliminate the alcohol. It takes more than an hour for your body to process one standard drink of alcohol. This rate is constant, no matter how much you drink. The only way to get sober is to stop drinking, and to wait.

Intoxication affects your judgement, your attitude, your behavior and your reflexes. People do all kinds of things when they are drunk that they would never dream of doing when they are sober. People are less inhibited, sensitive and aware and more reckless and careless when they are intoxicated. They often do things that seem stupid, dangerous, embarrassing or even shameful to them once they have sobered up.

Risks of binge drinking

When you binge drink, your risk of many safety and health problems increases. These include:

- misjudging a situation or what is being said
- getting into a fight or being assaulted
- having unwanted sex or pushing unwanted sex on others
- developing or worsening depression, anxiety and other mental health problems
- having blackouts (when you lose all memory of where you were and what you did when you were drunk)
- getting a hangover (headache, shaking, vomiting)
- seeing suicide as a way out when you are feeling down
- getting injured or killed while driving, biking, boating, snowmobiling, walking or being a passenger
- getting injured or killed from a fall, drowning or fire
- getting sick and possibly dying from alcohol poisoning
- choking on your own vomit (which can kill you if you are passed out)
- going into respiratory arrest (meaning you stop breathing).

Over a longer term, repeated binge drinking can also increase the risk of:

- damage to your stomach, pancreas, liver and brain
- developing cancer
- developing an addiction to alcohol.

Binge drinking also increases your risk of arrest and other legal problems.
What are the signs of alcohol poisoning?

Alcohol poisoning, caused by too much alcohol, is extremely dangerous and can cause coma and death.

Signs include:

- disorientation or confusion
- passing out, not being able to be woken up
- slow, irregular breathing
- bluish or pale, cold, clammy skin
- slowed heart rate
- vomiting while passed out.

What do I do?

When someone is passed out from alcohol poisoning:

- call 911 if you cannot wake the person, especially if he or she is vomiting or has vomited.
- gently roll the person on his or her side, tilting the head back and tucking the top hand under the chin to keep the mouth open and the airway clear. This helps to reduce the risk of choking if the person vomits. Bend the person’s top leg and bottom arm to support this position
- if they pass out or appear to fall asleep, pinch their skin to see if they react or wake up.
- check for cold, clammy, unusually pale or bluish skin
- count breaths to see if they breathe less than 8 times in a minute (slow breathing)
- check to see if breaths are more than 10 seconds apart (irregular breathing)
- watch to see if they vomit without waking up
- watch for seizures. Binge drinking can cause a seizure, even in people who do not have epilepsy
- put them in the recovery position so they don’t choke on their own vomit
- do not leave the person alone

If you see any of the above signs, call 911. If you are not sure, call anyway!

http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/alcohol/Pages/binge_drinking.aspx
Teens Partying and Alcohol Poisoning

Parent Action on Drugs.org has many resources for parents, educators and youth on alcohol and other drugs. The following is an excerpt from one of their resources. For the full report or more information visit their website:


Alcohol Poisoning Summary

- Alcohol is a depressant. That means alcohol will slow down – and eventually even shut down – the part of the nervous system that controls involuntary actions, like breathing and the gag reflex.
- Alcohol is absorbed very quickly through the stomach, into the bloodstream and to the brain, but can only be processed by the liver at the rate of about one “standard” drink in one hour.
- Specialized poison control cells in your brain detect danger – there is too much alcohol – and vomiting is an attempt to eliminate any unabsorbed alcohol.
- Eating before you drink will slow down the speed of intoxication but it is no guarantee that you won't get sick if you consume too much alcohol.
- It may take anywhere from about 30-90 minutes after you stop drinking before you reach your highest level of intoxication.
- If someone who has been drinking has any of the following symptoms, they are likely experiencing an overdose reaction:
  - Vomiting
  - Passed out
  - Difficult to awaken
  - Slow, shallow breathing
  - Doesn’t respond to stimuli
- Choking to death on one's vomit after an alcohol overdose is more common than you might think. Death by asphyxiation can occur when a person chokes on his or her own vomit or when alcohol depresses the body’s reflexes to the point that the person can't vomit properly (loss of the “gag” reflex).
- If someone is experiencing alcohol poisoning, put them in a “Recovery Position” (see illustration), call for medical assistance and watch over them until professional help arrives.

© Parent Action on Drugs 2013
How can I be safer when I drink?

The safest and healthiest choice is always to not drink alcohol or use drugs at all.

However, if you decide to drink, here are some tips to remember.

When you know you will be drinking, plan ahead, stay in control and stay safe!

Try these tips:

1. Pace yourself by alternating alcoholic drinks with soft drinks or water. Eat before you drink and while you are drinking.
2. Know your limit. Keep below it. Don’t let others push you beyond it.
3. Drink slowly. Don’t chug. No one will be impressed by how fast you can drink when you’re clinging to the toilet.
4. Stop drinking before you feel drunk.
5. Don’t mix alcohol with medicines, illegal drugs or energy drinks. Other drugs may interact with alcohol, causing affects you don’t expect or are unable to control.
6. Count your drinks. Ways to keep track include keeping your bottle caps in your pocket.
7. Think about your reputation, your safety and the safety of others.
8. Watch your drink so that no one can slip anything into it when you’re not looking.
9. Plan ahead. Arrange to walk, take a taxi or public transit home with a sober buddy; get someone you can trust to pick you up; or stay overnight where you will be drinking.
10. If you drink any alcohol, do not drive. The only way to know whether the level of alcohol in your body is within the legal limit for driving is a breathalyzer or blood test. You can’t tell by the way you feel. Just as important, don’t ride with a driver who has been drinking.

Source: Centre for Addiction and Mental Health

Also see:

Low risk drinking guidelines for youth
Refusal skills: How to say no

Quick quote:
Be who you are and say what you feel because those who mind don’t matter and those who matter don’t mind. - Dr. Seuss

Saying no can sometimes be hard, but you might be surprised how easy it gets with practice. If you know you are going to be some place where you might be offered alcohol or other drugs try to plan your response in advance. The following are options you can use.

Be direct
Say “no thanks”; sometimes it’s just that easy.

Repeat yourself
Be firm in your position and continue to repeat your response, “no thanks”.

State why
Give a reason why; try saying, “no thanks, I have to be up early tomorrow” (or I have a game tomorrow or I have to be home early or I got caught the last time).

Turn the tables
If the person won’t let up try turning the tables and ask, “why do you care if I do or don’t”. Be confident in your response.

State the truth
People don’t like being accused of peer pressuring others, so try stating the obvious, “wow, the peer pressure in this room is pretty strong”, then smile and walk away.

Walk away
It is always an option to not respond and just walk away.

Change the subject
Try suggesting something better to do with your time, “no thanks, do you want to _______”.

Be proactive
If you know you are in a situation where you are likely to be offered alcohol or other drugs, leave before you ever get to that point.

Accept the person, reject the behaviour
If the person is giving you a hard time try telling the person, “I respect your choice to do drugs, respect mine not to”.

AADAC, OYZ Refusal Strategy Tool Kit: https://drugfree.org/

Recommended web site: The young teen’s place for info on alcohol and resisting peer pressure
http://www.thecoolspot.gov/
SECTION 3 – CLASSROOM ACTIVITIES

Writing Exercise on the Impact of Impaired Driving

Imagine that you are Zoe, the lead character in The Pact, who drank beer and couldn’t drive home from James’ party. You accept a ride with your friend James. James has been smoking pot and got into a crash that killed you.

Write a letter to your Dad and take into consideration the impact that your decision to get into that car will have on him for the rest of his life.

After the exercise follow up with these discussion questions.

Discussion Questions:

1. How do you feel after writing the letter?

2. What could you have done differently when your friends were pressuring you to drink?

3. Why do you think you got in the car with James? Did the alcohol have anything to do with that decision?

4. When you realized that James had been smoking pot and was going to drive, what are some other things you could have done instead of accepting the ride home?

5. After viewing The Pact and working through this guide, have your thoughts on drug-impaired driving changed at all? If yes, how so?

To view more real life victim testimonials relating to drug-impaired driving, watch the hard-hitting video Too Close to Home and Lives Lost enclosed in the CD/DVD kit provided. To order additional copies, contact avicioso@madd.ca.
Role-Play Activity

The time allotted for this activity could vary based on the time that is available.

During this role-play activity, students have an opportunity to explore communication about decision making and impaired driving. They will work in small groups to write and perform a role-play about one minute in duration.

1. Split the class into small groups of 4-6 people.

2. Hand out the role-play scenario to each group (page 45). This may mean that more than one group receives the same scenario.

3. Allow students five minutes to prepare their script.

4. The "actors" can read their lines from a sheet of paper (they don’t have to memorize them).

5. Ask each group to perform their role-play. After each one, ask the group the following questions:
   - What did you think?
   - What did they do well?
   - Could they have done anything differently?

For resources to support this activity, see the fact sheets included in this guide:

- Marijuana facts
- Signs of alcohol poisoning
- Activity on designated drivers
- Criminal code penalties for impaired driving offences
- The cost of impaired driving

Adapted from “Cycles” - (Developed by Barbara Moffat and Joy Johnson)
Role-Play Scenarios Worksheet

Scenario 1:
Your friend Jeremy picks you up and you go to Carl's house to watch a game on TV. While watching the game, Carl brings out a case of beer that his older brother bought for him and passes them out. Towards the end of the game, you notice Jeremy is starting to get loud and slur his words. It's time to go home and Jeremy gets his keys out to drive you both home. What would you do?

Scenario 2*:
Your father did the laundry last week and found a joint in your jeans pocket. You've never talked to your parents about smoking weed. What conversation do you have with your father?

Scenario 3:
You're home studying. You see your neighbor, Dan, out on the back deck. He's sharing a joint with his girlfriend who happens to be your best friend. Then, 30 minutes later, you see them both heading out the front door. Dan has car keys in his hand and it looks like his recent marijuana use had an effect on him. What would you do?

Scenario 4:
You're at a party and it's getting late. There has been a lot of weed passed around and most of the partiers have been drinking a lot. You notice one of the girls in your class passed out on the living room sofa. When you try to shake her awake, you can't wake her up. What do you do?

Scenario 5:
You're at a party and Sandy is the designated driver for the evening. People are having fun drinking and smoking joints. Friends keep passing Sandy a joint because they think that everyone drives better after smoking weed. Sandy decides to go ahead and smoke the joint. She seems fine when it is time to go home but you are definitely in no shape to drive. What do you do?

Scenario 6:
Your best friend, Sarah, just called you in tears to let you know she was pulled over by the police and charged with impaired driving. She doesn't know what's going to happen to her if she goes to court and is convicted. What could happen?

Adapted from “Cycles” - (Developed by Barbara Moffat and Joy Johnson)

Quiz answers for page 51:
My Beliefs – Questionnaire

1. I believe that alcohol is a drug.
   ☐ True ☐ False

2. I believe none of my behaviour or attitudes change when I drink.
   ☐ True ☐ False

3. I believe that some prescription and non-prescription drugs can affect my driving ability.
   ☐ True ☐ False

4. I believe I can have a couple of drinks and still be a good driver.
   ☐ True ☐ False

5. I believe everybody who drinks alcohol forgets parts of the party.
   ☐ True ☐ False

6. I believe alcohol is a stimulant.
   ☐ True ☐ False

7. I believe I can be charged with impaired driving only if I register over .08 BAC on a breathalyzer.
   ☐ True ☐ False

8. I believe my drinking is my business and no one else’s.
   ☐ True ☐ False

9. I believe that one drink will not hurt anyone.
   ☐ True ☐ False

10. I am able to predict and control the amount I drink at all times.
    ☐ True ☐ False

(After students complete this questionnaire, review Common Myths About Alcohol on page 36. Then discuss their answers and have them determine the correct answers according to what they have learned so far.)

Source: Newfoundland & Labrador Safety Council, Think First
Test Your Knowledge on Drug-Impaired Driving

Questions

1. Driving while impaired by marijuana doubles your risk of being involved in a motor vehicle collision.

   True or False

2. Smoking marijuana can affect a person’s ability to drive.

   True or False

3. Driving while under the influence of drugs can impair a driver’s:
   a) Reaction time
   b) Ability to see clearly
   c) Ability to divide attention
   d) Ability to respond to unexpected events
   e) All of the above

4. Police have a test that can reveal if a driver is impaired by drugs.

   True or False

5. If someone in Canada gets caught by the police for driving while impaired by drugs, the penalties are different than the penalties for driving while impaired by alcohol.

   True or False

6. Certain drugs prescribed by your doctor can impair your ability to drive.

   True or False

7. If a driver is impaired by drugs it is very obvious and would be easy to detect.

   True or False

See answers on next page.
1. True. Research has found that driving within three hours of smoking marijuana almost doubles the risk of a crash that can result in injury or death. The most common drug found in drivers aged 16–19 is marijuana (60.8%). This age group is more likely to have marijuana in their system than any other age group.

2. True. Research shows marijuana increases impairment.

3. e) All of the above. Research shows that marijuana impairs a driver’s tracking and reaction time, as well as a driver’s ability to see clearly, divide attention and handle unexpected events.

4. True. The test is called Drug Evaluation and Classification and research has shown that Drug Recognition Evaluators (DRE) are accurate over 95% in detecting drug use. The 12-step evaluation is conducted by a trained officer and includes eye examinations and a series of motor coordination tests. To confirm results, drivers must provide a sample of urine, saliva or blood when demanded by a DRE.

5. False. The penalties are the same as for alcohol-impaired driving:
   - First offence: $1,000 fine, 12-month licence suspension and a possible jail sentence of up to 18 months.
   - Second offence: minimum 30 days in jail and a two-year licence suspension.
   - Third or subsequent offence: minimum of 120 days in prison, three-year driving prohibition.
   - Causing bodily harm or death while driving impaired: maximum 10-years in prison or life sentence.

6. True. Just because the drug was prescribed to you by your doctor does not necessarily mean it is okay to drive after use. Given the properties of some prescription drugs, it might not be safe to operate a vehicle after consumption. Be sure to read the label and speak to your pharmacist. The effects of some prescription drugs can last for several hours.

7. False. Impairment by some drugs, such as sedatives, might not be obvious and the effects of some sleep medications can linger into the next morning. Effects include slowed reaction time, sleepiness, poor psychomotor performance, impaired coordination, reduced ability to divide attention, increased errors and difficulty following instructions.

Source: Canadian Centre on Substance Abuse 2016
Activity

Signs of intoxication
List 9 common signs of intoxication

1.
2.
3.
4.
5.
6.
7.
8.
9.

Source: Anne Mullens, Readers Digest 2007 – Binge Drinking and Teens

See next page for answers.
Signs of Intoxication – *Answers*

1. Someone with slurred or slowed speech.
2. A person who is overly friendly.
3. Someone talking loudly, bragging, or using foul language.
4. An aggressive manner, argumentative, and possibly yelling.
5. Difficulty lighting a cigarette or opening a bottle.
6. Spills their drink and/or misses their mouth.
7. Glassy eyes, dilated pupils, sleepy look, and bobbing head.
8. Drinking at a fast pace.
9. Staggering, swaying, or the inability to walk.
QUIZ – Test your knowledge about alcohol

1. Beer is less intoxicating than other types of drinks.
   ☐ True ☐ False

2. A cold shower, fresh air and a cup of coffee will help to sober someone up.
   ☐ True ☐ False

3. Everyone reacts differently to alcohol.
   ☐ True ☐ False

4. Binge drinking is drinking 5 drinks in one sitting.
   ☐ True ☐ False

5. When someone is heavily intoxicated it is best to give them a glass of water and have them lie down for a while to sleep it off.
   ☐ True ☐ False

6. The worst that can happen from drinking too much is a hangover in the morning.
   ☐ True ☐ False

7. If you have one drink per hour, you don’t have to worry about being over the legal limit to operate a vehicle.
   ☐ True ☐ False

8. It’s okay to smoke weed and drive because it makes you pay more attention to the road.
   ☐ True ☐ False

9. Police can check for alcohol impairment but are not able to detect drug impairment.
   ☐ True ☐ False

10. A new driver is able to consume a maximum of 1 alcoholic drink prior to driving.
    ☐ True ☐ False

Answers on page 45.
Exercise on designated drivers

Ways to avoid riding in a vehicle driven by an impaired driver:

1. Know the public transit hours and have a list of taxi companies with phone numbers.
2. Plan for a sober friend or family member to pick you up and bring you home.
3. Make arrangements ahead of time to stay the night if you know you will be drinking.
4. Arrange for someone in your group to be the sober designated driver.

List 4 other ways to avoid impaired driving

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________

What makes a good Designated Driver (DD)?

1. Reliable   3. Able to not drink or use drugs
2. Responsible 4. Able to say NO

What needs to be decided ahead of time?

1. Who the DD will be (take turns every time you go out, be fair).
2. When will you leave, and what you will do if some of the group are not ready to go.
3. Who pays for things like gas and parking (the driver, or do you share the cost?).

What must the passengers do?

1. Be ready to leave at the agreed time.
2. Not get sick in the car.
3. Not be rude to the DD.
4. In the event that the designated driver drinks alcohol, have a backup plan (i.e. money for taxi or transit).

Activity

Even though you have agreed to be the Designated Driver or have decided not to use alcohol or drugs, your peers may still pressure you to drink or smoke pot. In groups, ask students to write down the five ways to refuse or say “no”. Bring the groups together and find out how many different answers they thought of.
Discussion questions on driving impaired by alcohol and/or drugs.

1. Do people you know or your friends ever get into a vehicle with someone who was impaired by alcohol and/or drugs?

2. Do you think they knew that the driver had been drinking and/or had smoked pot? What are the signs to look for?

3. Do you think doing drugs and driving is as bad as drinking and driving? Why or why not?

4. What are some common distractions that we face on the road? If you are driving, how does drug use affect how you react to these distractions?

5. What would you do if you were at a party and someone offered you marijuana?

6. If your ride home got high on marijuana, would you feel safe getting a ride home from them?

7. If you are impaired by alcohol or drugs could you accurately decide if your driver was drunk or high before getting into a vehicle with them?

8. Did you know you can be charged if you smoke marijuana and drive or if you possess marijuana? What are the penalties?

9. Would you get into a plane if you knew the pilot was high? (See page 51.) Why or why not? Is there a difference between that and getting into a vehicle?

10. What are the measures that you can plan ahead before leaving your home so that you can return safely? And what if at the end of the night you need to come home, how can you be sure that you’ll get home safely?
Would you want to be on this plane?

IF IT DOESN'T MAKE SENSE HERE, WHY DOES IT MAKE SENSE WHEN YOU DRIVE?

Visit www.potanddriving.cpia.ca to find out more about driving high.
Xperiment.ca

Requirements: access to the internet

This is an interactive, online resource directed at youth. Developed by the Canadian Centre for Substance Abuse, it is an innovative drug prevention website designed to provide youth with information and positive messages to support them in making healthy decisions about drugs and their effects. It is a safe place for youth to learn through virtual experimentation about drugs and their effects.

Topics include the real deal on marijuana and driving.

http://www.xperiment.ca/begin.html
Section 4 – What students can do to make a difference

How to use MADD Canada’s Youth Manual to make a difference

You are able to spread the message
You are able to make a difference
You are able to save lives!

What you can do to raise awareness about impaired driving.

Download the MADD Canada Youth Resource Manual at:
http://madd.ca/pages/programs/youth-services/get-involved/

The manual, this guide and other tools can also be found on the CD.

Are you creative and enjoy film-making? Enter our contest!

Have you ever wondered what you can do to help keep Canadian roads free of impaired drivers? MADD Canada recognizes the unique perspective and insight of youth, especially in messaging towards their peers. In order to promote and encourage youth involvement in the fight against impaired driving, MADD Canada hopes to provide students a creative outlet to express their feelings about impaired driving by entering MADD Canada’s Multi-Media Contest.

Students can create a 30-second TV or Radio Public Service Announcement (PSA) or a short film illustrating the dangers of impaired driving. They can form groups of 3-5 students and assign a director, cast, camera person, etc.

Have the students consider:

1. Which category they want to enter
2. How they will best demonstrate the theme
3. How their submission will create impaired driving awareness

Once the projects are complete, have the students select their top entries and submit them to MADD Canada’s Annual Multi-Media Contest (deadline for submissions is May 1).

For complete contest details, please visit the Youth Section at madd.ca.
Ways to prevent impaired driving

*Impaired driving impacts all of us; the following are some things each of us can do to make our roads safer.*

- Wear a seat belt.
- Be a responsible host. Serve food and have non-alcoholic drinks available. Don’t let your guests drive after drinking alcohol and never serve alcohol to someone under the legal drinking age.
- Speak out expressing your concern over impaired driving in your community.
- Never ride in a car with someone who has been drinking or using drugs – call a cab or ask a sober friend to drive you home.
- Report impaired drivers immediately to area law enforcement (call 911) from a car phone or pay phone with the license plate number, description of the vehicle, and the direction in which it was traveling.
- Keep a safe distance from anyone driving erratically and do not try to intervene yourself.

**Being a Friend**

*Stepping in and stopping a friend who is impaired is a true sign of friendship.*

- If one of your friends has been drinking and shouldn’t drive, please don’t let them. They could hurt themselves or others and maybe just a little persuasion from you could mean the difference between life and death.
- Suggest that you or a sober friend drive your alcohol-impaired friend home. His/her car can always be picked up at another time.
- Suggest that your impaired friend stay overnight in your home. This may sound inconvenient, but you could be saving your friend’s, or someone else’s life.
- Have your friend taken home in a taxi. Pay for the ride yourself. It’s hard to object to a free ride.
- Whatever you do, don’t give in. Friends don’t let friends drink and then drive. In the morning, you’ll have a safer and maybe an even closer friend.

Riding in a car with an impaired driver is just as dangerous as driving impaired. Never accept a ride from someone who has been drinking or using drugs.

Tips for teens

These are some of the things you and your friends can do to reduce your risks:

- Speak up. Talk to your friends about the risks of drinking and/or doing drugs and driving.

- Think ahead. How would you get around if you couldn’t drive? Graduated licensing means you can lose your license after just one drink. And how would you feel if you caused a crash – especially if someone were hurt or killed?

- Offer support. Make sure your designated driver doesn’t drink at all.

- Be strong. Never get in the car with someone who has been drinking or doing drugs! Instead, call your parents or someone else and ask for your ride. They would rather drive you home in the middle of the night than learn you were hurt or killed in a crash.

- Be prepared. Bring enough money to pay for a cab if you need one.

- Celebrate wisely. Promote “Safe Grad” concept. On graduation night, think about things to do besides drinking. If you and your friends do drink, make plans before the party to make sure everyone will get home safely.

Source: Smashed, TC1002934, Transport Canada
Start an impaired driving awareness group

There are a number of youth-oriented impaired driving awareness groups that work together to help educate their school communities about the dangers of impaired driving and prevent impaired driving deaths and injuries.

The following groups can help get you started:

- **SADD** – Students Against Destructive Decisions
- **OSAID** – Ontario Students Against Impaired Driving
- **CYAID** – Canadian Youth Against Impaired Driving
- **TADD** – Teens Against Drunk Driving

All you need is a couple of friends and a staff member to help get things started. For fundraising, awareness, and event planning ideas, download the MADD Canada Youth Manual at [http://madd.ca/pages/programs/youth-services/get-involved/](http://madd.ca/pages/programs/youth-services/get-involved/)

Some tips to help keep you and your friends safe:

- Stop friends from driving impaired or getting into a vehicle with someone who is impaired by alcohol or drugs. They could hurt themselves or others and maybe just a little persuasion from you could mean the difference between life and death.
- Be a responsible host. If friends are consuming alcohol in your house, ensure they do not drive home. Offer a couch, get a sober driver to take them home or pay for their cab home. Who’s going to object to a free ride? This may sound inconvenient, but you could be saving the life of your friend or another innocent victim.
- If the friend decides to leave anyway, always report suspected impaired drivers immediately by calling 9-1-1.
- Contact your local MADD Canada Chapter or Community Leader to find out how you can get involved. They can be found at [madd.ca](http://madd.ca).
- Talk to your parents about impaired driving and sign MADD Canada’s *Contract for Life* (see next page).
CONTRACT FOR LIFE – I promise

A reality check between friends and family members...

I understand the dangers involved in operating a motor vehicle while impaired. I WILL NOT DRIVE if I have been drinking or using drugs. If I am placed in a situation where a person driving is impaired, I PROMISE to call you to ask for advice or a ride, regardless of the hour or circumstances.

Name: __________________________

Because I care about you and others, when you contact me I PROMISE to do my best to help you through any situation in a non-judgmental way, either by suggesting possible solutions, or by volunteering to provide or find alternative transportation, no matter what the hour or circumstances.

Name: __________________________

Plan a sober ride home before setting out, designate a sober driver, call home, take a taxi, walk with a friend, arrange to stay over with friends or family, or take local transit.

You can download this contract from:

http://www.madd.ca/media/docs/contract_for_life.pdf

Help your friends and family stay alive – don’t let them drive after drinking or using drugs!

HOW THIS CONTRACT WORKS:

- Both parties must read, discuss and reach an agreement on the terms.

- This agreement provides an arrangement that has proven to be effective for many.

- Both parties may choose to attach terms to this contract, to better suit their situation. (Use the reverse side of this form.)

- This contract is also designed to be used as a forum for discussion between individuals.

- It can be a practical step in dealing with the realities of situations that involve impaired driving.

- This contract can be made between family members, friends and others.
When should you call 9-1-1 to report a suspected impaired driver?

When you see these signs:

- Driving unreasonably fast, slow or at an inconsistent speed
- Drifting in and out of lanes
- Tailgating and changing lanes frequently
- Making exceptionally wide turns, changing lanes or passing without sufficient clearance
- Overshooting or stopping well before stop signs or stop lights
- Disregarding signals and lights
- Approaching signals or leaving intersections too quickly or slowly
- Driving without headlights, failing to lower high beams or leaving turn signals on
- Driving with windows open in cold or inclement weather

When you pull over to call 9-1-1 be ready with these details:

1. State your location
2. Vehicle description
   - License plate number of vehicle
   - Color of vehicle
   - Make and model of vehicle
3. Direction of travel for the vehicle
4. Description of driver

Always maintain a safe distance from any driver you suspect might be impaired. Always wear your seatbelt and do not call while driving.
A Night to Remember
An After-Prom or After-Grad Party

Background

At MADD Canada, we know that young drivers are over-represented in the number of fatalities and serious injuries on our roads. In 2008, 16-25 year olds constituted 13.7% of the population, but made up almost 33% of the alcohol-related traffic deaths. These alcohol-related crash deaths help explain why 16-19 year olds are almost 15 times more likely to die per kilometre driven than their parents. Despite all of our efforts, traffic crashes remain by far the largest single cause of death among 15-24 year olds and approximately 50% are alcohol-related.

Take Action!

MADD Canada is committed to change these statistics and eliminate death and injuries on our roadways due to impaired driving and you can be too! High school prom and grad time is a time to celebrate. Unfortunately many of the all-night parties following the prom or graduation ceremonies involve the use of alcohol and/or drugs. No matter how parents try to supervise and control the amount of alcohol that is consumed, the risk remains too high. Too often the fun turns to tragedy, particularly when alcohol or drugs are mixed with driving.

If your school doesn’t already have an all-night dry party after these events, you can talk to your school advisor about starting a new tradition to keep students safe on one of the highest-risk nights of their lives. The evening is a night that all grads and their guests will remember.

This high-energy party has a wide variety of entertainment going on throughout the night, draws for some terrific prizes and lots of food. The entire evening is alcohol and substance free and is supervised by adult volunteers. Your goal would be to have a majority of all the graduating students attend.

An evening like this has already been implemented at high schools across Canada and can be very successful. Some schools have reached 100% attendance by grads.

For more information on MADD Canada’s A Night to Remember, contact info@madd.ca or visit madd.ca.
We would like to thank all those who shared their stories and photos for *The Pact*.

*The Pact* is dedicated to all victims/survivors of impaired driving.

Thank you for bringing *The Pact* to your school and for taking the time to bring this important message into your classroom.

We hope this guide helped to generate lively discussions and created an opportunity to educate, inform, and empower your students so that they can continue to make safe, positive choices.

For more information about MADD Canada programs, please visit

[madd.ca](http://madd.ca)