ᐃᒥᕐᑐᓄᑦ ᐊᑦᑕᓇᖅᑭᑐᒦᒍᑎᑦᓴᑦ

- ᑐᑭᑖᕐᓯᒪᒦᕐᓗᑎᒃ ᖃᑦᓯᐅᓗᐊᓂᒃ ᐃᒥᕐᓂᐊᒪᖔᕐᐱᑦ ᑲᔪᓯᒍᑎᒋᓗᒍᓗ.
- ᓱᒃᑭᑐᒥ ᐃᒥᕐᓗᑎᑦ. 2-ᐅᑉ ᐅᖓᑕᓄ ᐃᒥᕐᓯᒪᒍᓐᓄᓗᑎᑦ 3 ᑭᑦᓚᒍᓯᐅᔫᑉ ᐃᓗᐊᓂ.
- ᐃᒥᐊᓗᓐᓂᑕᒫᑦ ᐊᑕᐅᓯᕐᒥᒃ ᐃᒥᕐᑲᑦᑕᓗᑎᒃ ᐃᒥᐊᓗᖅᑭᑐᒥᒃ.
- ᓂᓇᓯᒪᕐᖄᓗᑎᑦ ᓂᓇᖃᑦᑕᓗᑎᓗ ᐃᒥᐊᓗᓕᑭᕕᑦ.
- ᐃᑉᐱᒦᓐᓇᓗᒍ ᐅᑭᐅᑎᑦ, ᐅᕐᑯᒥᓐᓃᑦ ᐊᒻᒪᓗ ᑎᒥᑉᐱᑦ ᖃᓄᐃᓐᓂᖓ ᐱᓄᓗᑕᖏᑦᓗ ᐃᑭᓐᓂᓴᓂ ᐃᒥᑭᓐᓇᑎᑦᓯᓂᐅᒻᒪᑕ.
- ᐃᒥᐊᓗᓐᓂᒃ ᐃᑲᔪᕐᓯᒪᓚᓐᓂᖃᑐᐃᓐᓇᓇᐊᓕᒃ ᐃᓚᖏᓐᓄᑦ ᐃᓄᓐᓄᑦ, ᐃᑲᔪᕐᓯᔭᐅᓂᐊᕐᑐᓇᓂᑯᓐᓄᑦ ᐃᒥᐊᓗᓕᐅᒥᔪᑦᓴᐅᖏᑦᓚᑎᑦ.

ᐊᑦᑕᓇᕐᑐᒦᑦᑐᓕᒪᔪᒥᒃ ᐃᒥᕐᓂᖅ ᐃᑲᔪᕐᓯᓂᖃᓲᖅᒍᐳᖅ ᓱᒐᓗᓗᐊᖅᑭᑐᒥᒃ ᐱᐅᓯᖃᕐᓂᒥᒃ.

ᐊᑦᑕᓇᕐᑐᒦᑦᑐᓕᒪᔪᒥᒃ ᐃᒥᕐᓂᖅ ᓴᐳᒻᒥᓂᖃᓲᖅᒍᐳᖅ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᒥᒃ ᐃᓅᓯᑦᓴᔭᓇᖃᕐᓂᒥᒃ.

ᑎᒥᐅᔪᑦ ᓴᐳᒻᒥᓯᒪᒻᒪᓇᑦᑐᑦ ᑲᓇᑕᐅᑉ ᑐᑭᒍᐊᕈᑎᓕᐊᓇᔭᐅᒪᔪᑦ ᐊᑦᑕᓇᕐᑐᒥᑦᑐᓕᒪᔪᒥᒃ ᐃᒥᕐᓂᒥᒃ:

ᑲᑐᑦᔨᖃᑎᒌᓐᓂᖅ ᑲᓇᑕᒥᐅᑦ ᐃᒥᐊᓗᕐᑏᑦ

ᑲᑐᑦᔨᖃᑎᒌᓐᓂᖅ ᓄᓇᓕᓐᓂ ᓇᐅᓕᒫᓄᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᓕᓇᔨᑦ

ᐃᒥᐊᓗᓕᐅᕐᑏᑦ ᑲᑐᑦᔨᖃᑎᒌᓐᓂᖅᒐ ᑲᓇᑕᒥᒃ

ᑲᓇᑕᒥᐅᑦ ᑲᑐᑦᔨᖃᑎᒌᓐᓂᖅᒐ ᐳᓐᓂᒌᑦ ᐊᖅᒐᔪᕐᖅᑭᑦ

ᑲᓇᑕᒥᐅᑦ ᑐᑦᑕᕕᖅᒐ ᐋᖅᒐᔭᓐᓇᑐᓂᑦ ᐊᑐᕐᓂᓗᓐᓂᒫᓕᖅᒐᔪᓂᒃ

ᑲᓇᑕᒥᐅᑦ ᐋᓐᓂᐊᓯᐅᓕᓇᓂᖅᒐᑕ ᑲᑐᑦᔨᖃᑎᒌᓐᓂᖅᒐ

ᑲᓇᑕᒥᐅᑦ ᐋᓐᓂᐊᓯᐅᕐᑎᒪᓈᑦ ᑎᒥᕐᑯᑎᖅᒐ

ᑲᓇᑕᒥᐅᑦ ᓇᐅᓕᒫᓄᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᒧᑦ ᑲᑐᑦᔨᖃᑎᒌᓐᓂᖅᒐ

ᑲᓇᑕᒥᐅᑦ ᒍᐊᓂᓕᐅᕐᑏᑦ ᑲᑐᑦᔨᖃᑎᒌᓐᓂᖅᒐ

ᑐᑦᑕᕕᖅᒐ ᐅᐃᓇᓯᒪᓂᕐᒥᒃ ᖃᐅᔨᓴᕐᑕᐅᓃᑦ ᐳᓇᑎᔅ ᑲᓚᒻᐱᐊᒥ

ᑐᑦᑕᕕᖅᒐ ᐅᐃᓇᓯᒪᓂᕐᒥᒃ ᐃᓱᒪᒃᑯᓗ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᓕᓇᓂᖅ

ᐃᓕᓐᓂᐊᕕᕐᔪᐊᖅ ᐃᓚᒋᓄᑦ ᐋᓐᓂᐊᓯᐅᕐᑎᒪᓈᑦ ᑲᓇᑕᒥ

ᑲᑎᒪᔨᑦ ᖁᑦᓯᓂᕐᔪᑦ ᐋᓐᓂᐊᓯᐅᓇᓕᓇᔨᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᒫᓕᖅᒐᔪᓂ

ᐃᓕᓐᓂᐊᕕᒃ ᓱᖅᒍᔪᔭᓄᓕᖅᒐᔪᖅ

ᐊᓈᓐᓂᑦ ᐊᑭᕐᕐᑐᑦ ᐃᓚᓯᒪᔪᓂᒃ ᐊᖁᕐᓂᒥᒃ

ᓄᑦ ᓯᑯᓴ ᐊᐅᓚᑦᓯᔨᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᒫᓕᖅᒐᔪᓂᒃ

ᑎᒥᕐᑯᑎᖅᒐ ᐋᓐᓂᐊᓯᐅᕐᑎᓄᑦ ᐱᐊᕐᕿᕐᕋᓯᐊᕐᓇᓇᔨᓄᑦ ᐊᒻᒪᓗ ᑲᓇᑕᒥ ᕿᑐᕐᖅᑭᐅᕈᓐᓇᐅᑎᓕᓇᔨᑦ

ᖃᐅᔨᒋᐊᕕᑦ:

Butt, P., Beirness, D., Gliksman, L., Paradis, C., & Stockwell, T. (2011). *and health in Canada: A summary of evidence and guidelines for low-risk* . Ottawa, ON: Canadian Centre on Substance Abuse.

ᐃᓱᒪᒋᔭᑎᓐᓂ ᐊᓪᓚᕕᕐᑲᓇᓐᓇᑐᑎᑦ ᖃᓇᑕᐅᔭᒃᑯᑦ ᐊᐅᓪᓚᑎᓗᒋ

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Developed on behalf of the National Alcohol Strategy Advisory Committee.

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CCSA - CCLAT
Canadian Centre on Substance Abuse
Centre canadien de lutte contre l'alcoolisme et les toxicomanies

camh
Centre for Addiction and Mental Health

ᐃᑲᔪᕐᑕᐅᒍᒪᕕᑦ? ᖃᐅᔨᒋᐊᕐᕕᒋᓗᒋᑦ ᐋᖅᒐᔭᓐᓇᑐᐃᑦ ᐃᒥᐊᓗᓪᓗ ᐃᑲᔪᕐᓯᔭᐅᓂᕐᒥᒃ ᐅᕐᑲᓚᐅᑎᒃᑯᑦ ᐱᒍᑦᔨᓯᑎᑦ ᐅᓐᑎᐊᓇᔪᒥ. ᐅᕐᑲᓚᐅᑎᖅᒐ ᐊᑭᕐᑲᖅᑭᑐᑦ 1-800-565-8603 ᖃᓇᑕᐅᔭᒃᑯᓗ www.drugandalcoholhelpline.ca

ᓄᐃᑎᑕᕕᓂᖅ: ᒫᑦᔨ 2012

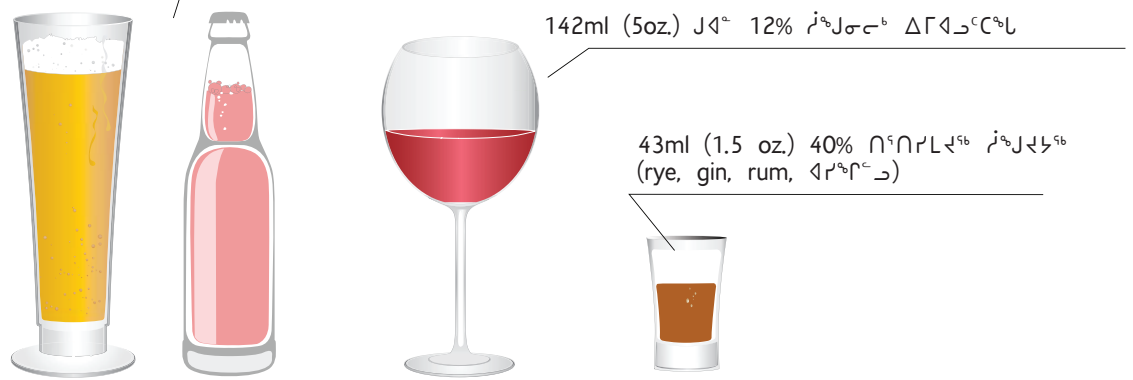
ᓄᐃᑎᑕ ᐃᑲᔪᕐᓯᔭᐅᑦᓯᓂ LCBO-ᑯᓄ

ᑲᓇᑕᐅᑉ ᐊᑦᑕᓇᕐᑐᒦᑦᑐᓕᒪᔪᒥᒃ ᐃᒥᕐᓂᖅ ᐃᒥᐊᓗᓐᓂ ᑐᑭᒍᐊᕈᑎᓕᐊᓇᔭᐅᒪᔪᑦ

ᐃᒥᐊᓗᓐᓂᖅ ᓇᒻᒥᓂᖅ

ᑐᑭᑖᕐᑕᐅᓱᒍᐳᖅ. ᐃᒥᕐᓂᐊᕈᕕᑦ, ᑕᒪᒃᑯᐊ ᑐᑭᒍᐊᕈᑎᓕᐊᓇᔭᐅᒪᔪᑦ ᐃᓕᓐᓂᑦ ᐃᑲᔪᕐᓯᒍᓐᓇᑐᑦ ᑐᑭᑖᕐᓂᐊᕋᕕᑦ ᖃᖓ, ᓇᓂ, ᓱᒧᑦ ᖃᓄᕐᓗ.

ᐅᑯᓄᖓ ᑐᑭᒧᐊᕈᑎᓕᐊᓐᓇᔭᐅᒪᔪᓄᑦ, “ᐃᒥᐊᓗᒃ” ᐃᒫᒃ ᑐᑭᓕᒃ:



ᐅᓄᕐᓂᓇᓂᐊᕐᑕᑎᑦ

ᐃᑯᓪᓚᓇᐊᕐᑎᓗᒍ ᐊᑦᑕᓇᕐᑐᒦᓐᓂᓇᔪᑦ ᐊᑯᓂᐅᑎᒋᔪᒥᒃ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓂᓇᓂᐊᕐᒐᑦ ᐃᒥᐊᓗᑦᑕᑎᑦ ᐅᖓᑖᓄᕐᑎᒍᓐᓂᓗᒋᑦ:

- 10-ᓂᑦ ᐃᒥᕐᓂᒃ ᐱᓇᓱᐊᕐᕈᓯᒥ ᐊᕐᓇᓈᓕᖓᔪᖅ, ᐅᖓᑖᓄᕈᓐᓂᓗᓂ 2-ᓂᒃ ᐃᒥᐊᓗᓐᓂ
- 15-ᓂ ᐃᒥᕐᓂᒃ ᐱᓇᓱᐊᕐᕈᓯᒥ ᐊᖕᒍᑎᓐᓈᓕᖓᔪᖅ, ᐅᖓᑖᓄᕈᓐᓂᓗᓂ 3-ᓂᒃ ᐃᒥᐊᓗᓐᓂᖅ ᐅᓪᓗᑕᒫᑦ

ᐅᓪᓗᓕᐅᕐᓯᒪᓗᑎ ᐃᒥᐊᓗᖕᖕᒋᑑᓂᓇᓂᑦᓴᑦ ᐱᓇᓱᐊᕈᓯᑕᒫᑦ ᐅᐃᓇᓯᒪᓕᕐᒐᓕᓂᐊᕐᕕᐃ.

ᓇᓪᓕᐅᓂᕐᓯᐅᕕᑦ

ᐃᑯᓪᓚᓇᐊᕐᑎᓗᒍ ᐊᑦᑕᓇᕐᑐᒦᓐᓂᓇᔪᑦ ᐋᓐᓂᓚᕿᓂᐊᖕᖕᒋᓇᕕᑦ ᐃᒥᐊᓗᑦᑕᑎᑦ ᐅᖓᑖᓄᕐᑎᒍᓐᓂᓗᒋᑦ ᐅᑯᓂᖓ 3-ᓂᒃ ᐃᒥᕐᓂᖅ (ᐊᕐᓇᓄᑦ) ᐅᑭᖕᒍᓐᓂᑦ 4-ᓂᒃ ᐃᒥᕐᓂᑦ (ᐊᖕᒍᑎᓄᑦ) ᐱᓂᐊᕐᓂᓇᔭᐅᔪᒥᒃ.

ᐸᕐᓇᓯᒪᑦᓯᐊᓗᑎᒃ ᐊᑭᑎᒋᔪᑦ ᐊᑦᑕᓇᖕᖕᒋᑑᓗᓂ. ᐅᖓᑖᓄᕐᒐᓕᓗᑎᓗ ᐃᒥᕐᑕᑎᑦ ᓇᓗᓂᕐᑕᐅᒪᔪᑦ ᖁᓛᓂ ᐅᓄᕐᓂᓇᓂᐊᕐᑕᑎᑦ.

ᐅᓄᕐᓂᓇᔪᑦ ᔭᕈᑉᐸᑦ

ᐃᒥᓇᐊᕐᑲᖕᖕᒋᑐᑎᑦ ᐃᒣᒍᕕᑦ:

- ᐊᕐᑯᕈᕕᑦ ᐃᖕᒋᕐᕐᐅᑎᒥᒃ ᐅᑭᖕᒍᓐᓂᑦ ᐊᐅᓚᐅᑎᓕᔭᕐᓂᐊᕈᕕᑦ
- ᐋᓐᓂᐊᓯᐅᑎᑐᕈᕕᑦ ᐅᑭᖕᒍᓐᓂᑦ ᐃᕐᕐᑲᕈᕕᑦ ᓱᕐᕋᑕᐅᓂᐊᕐᑐᓂᑦ ᐃᒥᐊᓗᒪᒧᑦ
- ᐅᓗᓇᐊᓇᕐᑐᓂᑦ ᑎᒥᒃᑯᑦ ᓂᒪᓐᓂᖃᕐᓂᐊᕈᕕᑦ
- ᐃᓱᒪᒃᑯᑦ ᑎᒥᒃᑯᓗ ᖃᓄᐃᓐᓇᑐᒥᒃ ᐱᓐᓗᑕᖃᕈᕕᑦ
- ᐃᒥᐊᓗᒪᒥᒃ ᐅᐃᓇᓯᒪᓂᖃᕈᕕᑦ
- ᐱᐊᕐᑦᓴᖃᕈᕕᑦ ᐅᑭᖕᒍᓐᓂᑦ ᐱᐊᕐᑦᓴᑖᖕᖕᒍᓱᓯᕈᕕ
- ᐊᓯᑎᓐᓂ ᑲᒪᒋᔭᑦᓴᖃᕈᕕᑦ ᐊᑦᑕᓇᕐᑐᒦᒋᐊᖃᖕᖕᒋᓂᖕᒋᓐᓂ
- ᐱᒪᒪᓇᓐᓂᑦ ᑐᑭᑖᓇᐊᖃᕈᕕᑦ

ᐱᐊᕐᑦᓴᖃᕐᕐᑮᑦ? ᔭᕈ ᐊᑦᑕᓇᖕᖕᒋᑐᒦᓂᕐᐸᐅᕗᖅ

ᐱᐊᕐᑦᓴᖃᕈᕕᑦ ᐱᐊᕐᑦᓴᑖᖕᖕᒍᓱᓯᒍᕕᓪᓗᓃᑦ, ᐊᒫᒪᑦᑎᓯᕕᐊᐱᒍᕕᓪᓗᓃᑦ, ᐱᐅᓂᕐᐸᐅᕗᖅ ᐃᒥᐊᓗᖕᖕᒋᖕᒫᕐᓗᑎᑦ.

ᑭᖕᒍᑭᓇᐊᕐᑎᓗᒍ ᐃᒥᐊᓗᓐᓂᓇᖕᖕᒍᓱᑦᑐᑦ

ᐃᒥᐊᓗᒃ ᓱᒃᑯᐃᕈᓐᓇᑐᖅ ᑎᒥᐸᐱᑦ ᖃᓇᑕᐸᐱᓗ ᐱᕈᕐᐸᓕᐊᓂᖓᓂ. ᐅᕕᒃᑭᑦ ᐊᓈᓇᒃᑯᒥᓂᒃ ᐊᑖᑕᒃᑯᒥᓂᒃ ᐅᖃᕐᖃᑎᕐᖃᔪᑦᓴᐅᔪᑦ ᐃᒥᐊᓗᓐᓂᒍᓕᖓᔪᒥᒃ. ᑐᑭᑖᕐᓯᒪᓕᕈᕕᑦ ᐃᒥᐊᓗᕐᖃᑦᑕᓂᕐᒥᒃ, ᖃᒪᔾᖃᕐᓗᑎᑦ ᑭᓯᐊᓂ ᐱᐅᓂᕐᓴᐅᕐᔭᕐᑐᖅ; ᐅᖓᑖᓄᕐᒐᓕᓗᑎ 1-2 ᐃᒥᐊᓗᓐᓂᑕᒫᑦ, ᐅᖓᑖᓄᕈᓐᓂᓗᓂᓕ 1-2 ᐱᓇᓱᐊᕈᓯᑕᒫᑦ. ᓯᕗᓂᐊᓂ ᐸᕐᓇᑕᐅᒪᒋᐊᖃᕐᑐᖅ, ᒪᓕᓪᓗᒋᑦ ᓄᓇᓕᐅᑉ ᐃᒥᐊᓗᓐᓂᒍᓕᖓᔪᕐᑯᑎᖕᒋᑦ ᐊᒻᒪᓗ ***ᐃᒥᕐᑐᓄᑦ ᐊᑦᑕᓇᖕᖕᒋᑐᒦᒍᑎᑦᓴᑦ*** ᐊᓪᓚᑕᐅᒪᔪᑦ ᑕᒫᓂ.

ᐅᕕᒃᑲᖅ 17-24-ᓂᒃ ᐅᑭᐅᓖᑦ ᖃᖕᒋᔪᑦᓴᐅᖕᒋᓪᓚᖅ ᐅᓪᓗᑕᒫᖅ ᐱᓇᓱᐊᕈᓯᑕᒫᓪᓗ ᓇᓗᓄᕐᑕᐅᒪᔪᓂ ᒫᓂ ***ᐅᓄᕐᓂᓇᓂᐊᕐᑕᑎᓐᓂᑐᑦ***.