

# #BASH! - BEYOND ALCOHOL & SUBSTANCE HIGHS

## POST-SECONDARY OVERVIEW OF INTERVENTIONS

### GENERAL INFORMATION



- Offered by Sedqa Agency
- Incorporates 3 exhibitions
- 2-3 hours each exhibition
- Learning through informal approaches such as: quizzes and educational games.



### EXHIBITION #1 THINK BEFORE YOU DRINK!

- Alcohol and the law
- Drink driving and the law
- Responsibilities
- How to stay safe

### EXHIBITION #2 STAY CHILL, TRY A COPING SKILL!



- Awareness of stressors
- Stress management
- Distinguishing coping skills
- Motivation
- Looking for help



### EXHIBITION #3 KNOW YOUR FACTS, FOR REAL!

- Substance & Behavioural addictions
- Substances and the law
- Harm reduction techniques
- Alternative leisure
- Looking for help

