

Before You Mix, Know the Risk.

Alcohol and drugs can affect how hormones work in your body.



They can make hormones less effective and cause side effects like mood swings, fatigue, headaches, or changes in your appetite.

Listen to your body and know your limits.

The Students
Commission
of Canada
Centre of Excellence for
Youth Engagement



La commission
des élèves du
Canada
Le centre d'excellence pour
l'engagement des jeunes



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Check out our new pocket
zine and other resources
for substance use



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Trans and non-binary young adults deal with a lot, like feeling uncomfortable in your body, being treated unfairly, or feeling left out.

Mixing substances might seem like a way to cope, but it can be harmful and lead to addiction.



You are not alone.

Connect with a community that respects your identity.



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**Mixing substances can lower inhibitions
and make it harder to recognize
unsafe situations.**



If you plan to use alcohol or drugs, stay close to people you trust and who affirm your identity.

Having someone who looks out for you can help you avoid harm.

