



Ask people, young and old alike, why they drink alcohol or use other drugs and you're likely to get responses that include (though not limited to) coping with stress.

Thinking about stress, according to BC's [Adolescent Health Survey](#) (2013) most youth across BC (83%) reported feeling at least some stress in the past month. Females were more likely than males to experience extreme stress that prevented them from functioning properly (13% vs. 5%). Of those who reported using alcohol or other drugs, 16% of males and 25% of females cited stress as a reason for using.

All of us experience stress and, while it's not always a bad thing (e.g., starting a new school year, preparing for a trip or a performance), it is important to learn how to manage stress in a healthy way. Drinking alcohol or using other drugs may provide us with trichange your mood  
and risk of harmful