



**LIVE OUT
YOUR PASSIONS,
IT'S INTENSE**

UN
QUÉBEC
POUR TOUS

DRUG AWARENESS WEEK

Québec 

THERE ARE MANY WAYS TO BE INTENSE.

I've been doing theater for a year and am not nearly as shy as I used to be.

I do a lot of skiing. I'm really good because I take lessons. Afterwards I ski with my family and friends.

I love science fiction and fantasy. I've discovered loads of new books since I joined the book club in my neighborhood.

I take swimming lessons at the municipal pool on Saturdays. Afterwards I practice diving with my friends.

Having passions is intense! Showcase your artistic talents, get moving, take part in your favorite activities, or discover new pastimes. The ideas are endless—just take your pick! Lots of young people are involved in their passions!

I often help my grandparents. I run errands for them, rake their leaves in the fall, and am even learning to cook with my grandmother.

I've been taking judo for a year. One day, I'm going to get my black belt.

I'm learning to play the violin. It's not easy, but I feel really proud when I learn to play a new piece.

I play soccer. My team is awesome! We want to win, but we also cheer each other on.

I go hiking with my dad. In the winter, we put on our snowshoes. I can walk 10 kilometers!

I go skateboarding with my friends. We found a skate park where we can practice. It's so cool!

I make jewelry with my cousin. We love creating new designs with lots of color. My friends are crazy about our stuff!

I'm in the school science club. We do experiments and learn all kinds of stuff. It's really cool!

GET INVOLVED!

How? Do at least one activity on a regular basis on your own or with your family, friends, or other young people.

DISCOVER YOUR PASSIONS

Need some inspiration? Wondering what might interest you? Look inside. You'll find lots of information and ideas that will help you create your profile. Your turn!

**GET CREATIVE,
GET MOVING,
DISCOVER
NEW ACTIVITIES.**

**THAT'S
WHAT
GETTING
INVOLVED
IS
ALL
ABOUT.**

GETTING INVOLVED FEELS GOOD!

WHEN YOU GET INVOLVED IN AN ACTIVITY THAT MATCHES YOUR INTERESTS...

- › You discover your talents.
- › You learn to know yourself better and what you like and don't like.
- › You meet new people who share the same interests as you.
- › You learn to assert yourself and respect others.
- › You learn to better manage your stress and emotions.
- › You improve your physical and intellectual skills.
- › You learn to set goals and not give up despite the obstacles.
- › You build self-esteem.
- › You meet adults who encourage you (parents, teachers, coaches, etc.).
- › You develop new skills.

GET A CLEARER PICTURE

ANSWER THE FOLLOWING QUESTIONS TO GET A BETTER IDEA OF THE ACTIVITIES THAT MAY INTEREST YOU. When you're done, go to the next page to see the types of activities that may suit you.

1

Do you enjoy being active, burning energy, working on a team, and outsmarting your opponent?

Yes No

2

Do you enjoy being active, burning energy, and excelling physically, but by yourself?

Yes No

3

Are you curious?
Do you like finding out how things work?

Yes No

4

Do you like words or anything to do with the arts? Do you like being creative and expressing your creativity?

Yes No

5

Do you like helping others, supporting a cause (e.g., protecting the environment), or volunteering?

Yes No

ACTIVITIES

1 If you answered YES to Question 1, **team sports** may interest you. Here are a few examples:

- Soccer
- Basketball
- Hockey
- Baseball
- Volleyball
- Ringette
- Other (specify): _____

2 If you answered YES to Question 2, **individual sports** may be for you. Here are a few ideas:

- Swimming
- Skiing
- Snowboarding
- Figure skating
- Cycling
- Kickboxing
- Karate
- Gymnastics
- Other (specify): _____

3 If you answered YES to Question 3, you may like **intellectual activities** that satisfy your curiosity. Here are a few possibilities:

- Reach for the Top*
- Astronomy
- Chess
- Science activities
- Journalism
- Scrabble
- Reading
- Other (specify): _____

4 If you answered YES to Question 4, **creative and artistic activities** may be perfect for your inner artist. Here are some suggestions:

- Drawing
- Music
- Improv
- Dance
- Singing
- Photography
- Writing
- Other (specify): _____

5 If you answered YES to Question 5, you should explore **community-related activities**. Here are some examples:

- Volunteer work
- Outdoor work
- Protecting the environment
- Pet sitting
- Helping the elderly
- Recycling club
- Other (specify): _____

GOOD NEWS!

Even if only one category appeals to you just a little bit, one of its activities may still be right for you or end up making you passionate about it!

If more than one category appeals to you, that's great too! It means you're interested in all kinds of things, in which case it might be fun to explore these various facets of your personality.

Because everyone is unique, everyone has their own individual profile. To create yours, check off the activities that may appeal to you in the list. Then, in order of importance, enter the four activities that appeal to you the most in the **My Profile** section below.

ONCE YOU'VE CREATED YOUR PROFILE, YOU'LL HAVE A BETTER IDEA OF WHAT MIGHT INTEREST YOU!

MY PROFILE

Activities that I prefer or that appeal to me the most:

1. _____

Why? _____

2. _____

Why? _____

3. _____

Why? _____

4. _____

Why? _____

IF SOMETHING IS WRONG OR YOU HAVE QUESTIONS

DON'T KEEP IT TO YOURSELF.

You can talk about it to someone you trust, such as your mother, father, a friend, a teacher, or the school nurse.

If there's no way you can talk about it to someone you know or if you need advice, you can also call **Tel-jeunes**, a help line designed especially for young people like you:

TEL-JEUNES

1-800-263-2266

TELJEUNES.COM

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