

DRUG AWARENESS WEEK

NOVEMBER 19 TO 25, 2006

5th and 6th
grades

YOU DON'T KNOW...
WHO TO TALK TO?
WHO TO ASK WHEN YOU HAVE QUESTIONS?
WHO TO ASK FOR ADVICE?



LOTS OF OPTIONS TO CHOOSE FROM!
YOU CAN GET HELP

- From a teacher or from the school nurse
- From an adult you trust in your family or in your environment
- From one of the following two free and confidential telephone services (accessible 24 hours a day, 7 days a week)

Tel-jeunes: 1-800-263-2266 or in the Montreal region, 514-288-2266

Drugs: help and referral: 1-800-265-2626 or in the Montreal region, 514-527-2626

Visit www.parlonsdrogue.com and www.dependances.gouv.qc.ca for a lot of tips that can help you to make good choices.

C'MON, LET'S TALK

Santé
et Services sociaux

Québec

Avec la participation de :
• ministère de l'Éducation, du Loisir et du Sport

THINKING
LISTENING
DISCUSSING
SPEAKING
DECIDING

MY CHOICES
MY DECISIONS
MY PREFERENCES
MY LIFE

IN LIFE, YOU HAVE TO MAKE THE RIGHT CHOICES

whether these concern alcohol, drugs or anything else

YOU CAN MAKE THE RIGHT CHOICES AS LONG AS

...you get properly informed before deciding

- Ask at school
- Ask your parents
- Visit www.parlonsdrogue.com
- Visit www.dependances.gouv.qc.ca
- Call Tel-jeunes
- Other: _____
- Other: _____

...you talk to someone when you aren't sure

Opening up to someone you trust can provide you with another opinion that can help you make your decision.

...you decide for yourself and not just to make others happy

You must be comfortable with your decision. You must choose for yourself, and not just to make a friend happy. Don't forget that you are responsible for your decision, regardless of whether it is right or wrong.

...you give yourself permission to change your mind

At first you say YES, but you regret it after thinking about it. We all have the right to change our mind. Nobody can take this right away.

IT'S YOUR TURN TO TALK

I would tell Mathieu, who tells everyone that he can't wait to be a teen so that he can drink alcohol:

I would tell Lydia, who has been sad since her group of friends rejected her because she didn't agree with them:

I would tell Felix, who has questions about alcohol and drugs but does not know who to ask:

