



# DO YOU HAVE QUESTIONS?

[www.parlonsdrogue.com](http://www.parlonsdrogue.com)

Don't know who to talk to?

Who to ask if you have questions?

Who to ask for help?

Have you thought about talking to someone you trust, like your dad or mom, a friend, a teacher, or your school nurse?

You can also call one of these telephone help lines:

**Tel-jeunes:** 1-800-263-2266

From the Montréal region: 514-288-2266.

**Drugs: Help and Referral:**

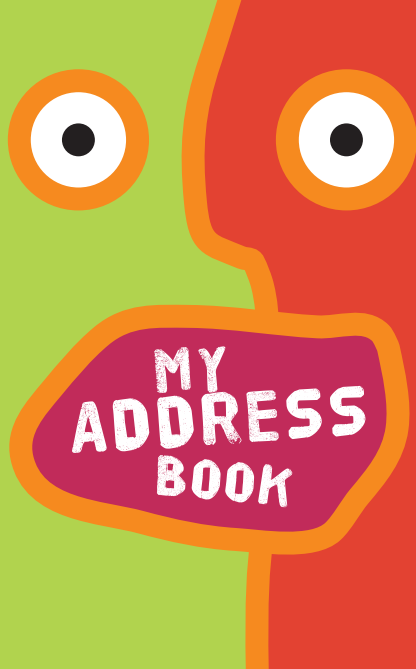
1-800-265-2626

From the Montréal region: 514-527-2626.

**These services are free and confidential. Someone is available to take your call 24 hours per day, 7 days per week.**

→ Think about what you really want, and make your choices accordingly.

GET INFORMED  
TALK ABOUT IT  
STAND UP FOR YOURSELF



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Santé  
et Services sociaux

Québec 

With the participation of:  
• ministère de l'Éducation, du Loisir et du Sport

DRUG AWARENESS WEEK  
NOVEMBER 18 TO 24, 2007

Québec 



My passion: \_\_\_\_\_

My favourite colour: \_\_\_\_\_

My favourite song: \_\_\_\_\_

My favourite movie: \_\_\_\_\_

My favourite game: \_\_\_\_\_

My closest confidante: \_\_\_\_\_

Choose friends who  
respect your opinions  
and your choices.

What makes me 😊:

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What makes me ☹️:

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## Who can I trust?

**At school** (teacher, counsellor, psychologist, etc.):

NAME: \_\_\_\_\_

NAME: \_\_\_\_\_

**Family** (parents, older brother, aunt, grandfather, etc.):

NAME: \_\_\_\_\_

NAME: \_\_\_\_\_

**In my neighbourhood** (recreational counsellor, coach, CLSC worker, etc.):

NAME: \_\_\_\_\_

NAME: \_\_\_\_\_

Ask for advice when you are worried or when you feel uncomfortable.

## Of all of my friends, I know I can always count on you.

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

BIRTHDAY: \_\_\_\_\_

day

month

Try to find solutions to your problems. If you can't do it alone, ask someone you trust to help you.

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

BIRTHDAY: \_\_\_\_\_

day

month

**Of all of my friends, I know  
I can always count on you.**

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

BIRTHDAY: \_\_\_\_\_  
day month

*Even if it isn't easy, talk to your  
friends or parents when you  
feel sad.*

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

BIRTHDAY: \_\_\_\_\_  
day month

*Recognize your strengths!  
It will help you to accept  
yourself just as you are.*

**Of all of my friends, I know  
I can always count on you.**

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

BIRTHDAY: \_\_\_\_\_  
day month

*Get involved in activities that will  
help you to make your dreams come  
true. Join a sports team, join the  
improv team at school, take music  
lessons, etc.*

## Think before you make a choice




Just like with other situations in your life, when it comes to alcohol and other drugs, you will have to make choices. Every choice you make will have consequences that are sometimes good and sometimes not so good.

Here are a few scenarios. See if you can determine what type of choice the young person made in each one.

### 1. Being part of the gang – Dylan

*My gang is pretty cool. I'm not saying that I always go along with what they do, but that's okay. I just don't speak out, so there's no problem. When it comes right down to it, I think I'd do anything to be part of my gang.*

Dylan




-  Good choice ☐
-  Questionable choice ☐
-  Bad choice ☐

Find the answers inside the back cover.

## 2. Experiencing emotions – Matthew

*I really get off on strong emotions. When I tried it the first time, I felt like I was flying. I felt as light as a feather, and I could see everyone from up above. Let me tell you, there's nothing more thrilling than being on a trampoline!*




Matthew

-  Good choice ☐
-  Questionable choice ☐
-  Bad choice ☐

### 3. Solving problems – Megan

*Last week, I failed a math test. I didn't get into trouble with my parents, because I didn't show it to them. I decided to copy my mother's signature before handing in my corrected copy.*

Megan

-  Good choice ☐
-  Questionable choice ☐
-  Bad choice ☐

Find the answers inside the back cover.

## Think before you make a choice

### Answers

#### 1. Being part of the gang – Dylan

##### Questionable choice

Real friends should always respect your opinion, even if it's different from theirs. Don't hesitate to express your opinions. If you feel obligated to do things that you don't want to do, you might want to consider changing gangs.

#### 2. Experiencing emotions – Matthew

##### Good choice

Sports, reading, music, and movies – these are all great ways to experience intense emotions. You don't need alcohol or drugs!

#### 3. Solving problems – Megan

##### Bad choice

Do you have a problem? Try to solve it instead of pretending it isn't there. Doing that won't solve anything. Talk to your parents, a teacher, or a friend.