

The 5 intruders

Of the following 16 declarations, identify the 5 that could have a negative effect on you and cause problems:

1. Being respected.
2. Not giving up.
3. Having projects.
4. Not caring about anything.
5. Being proud of myself.
6. Hiding my problems and hoping they will disappear by themselves.
7. Seeking information before making a choice.
8. Confiding in someone.
9. Talking about my problems.
10. Deciding for myself and not for others.
11. Asking for help when things aren't going well.
12. Doing what others want instead of what I want.
13. Isolating myself.
14. Listening to my inner voice.
15. Having self-confidence.
16. Not thinking of the consequences.

(You will find the answers inside the second cover.)



DRUG AWARENESS WEEK
2008
www.parlonsdrogue.com

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

Don't know who to talk to?
Who to ask if you have questions?
Who to ask for help?

You can ask for help:

- From your teacher or school nurse.
- From an adult you trust in your family or around you.
- From these two free and confidential services (available 24 hours per day, 7 days per week):

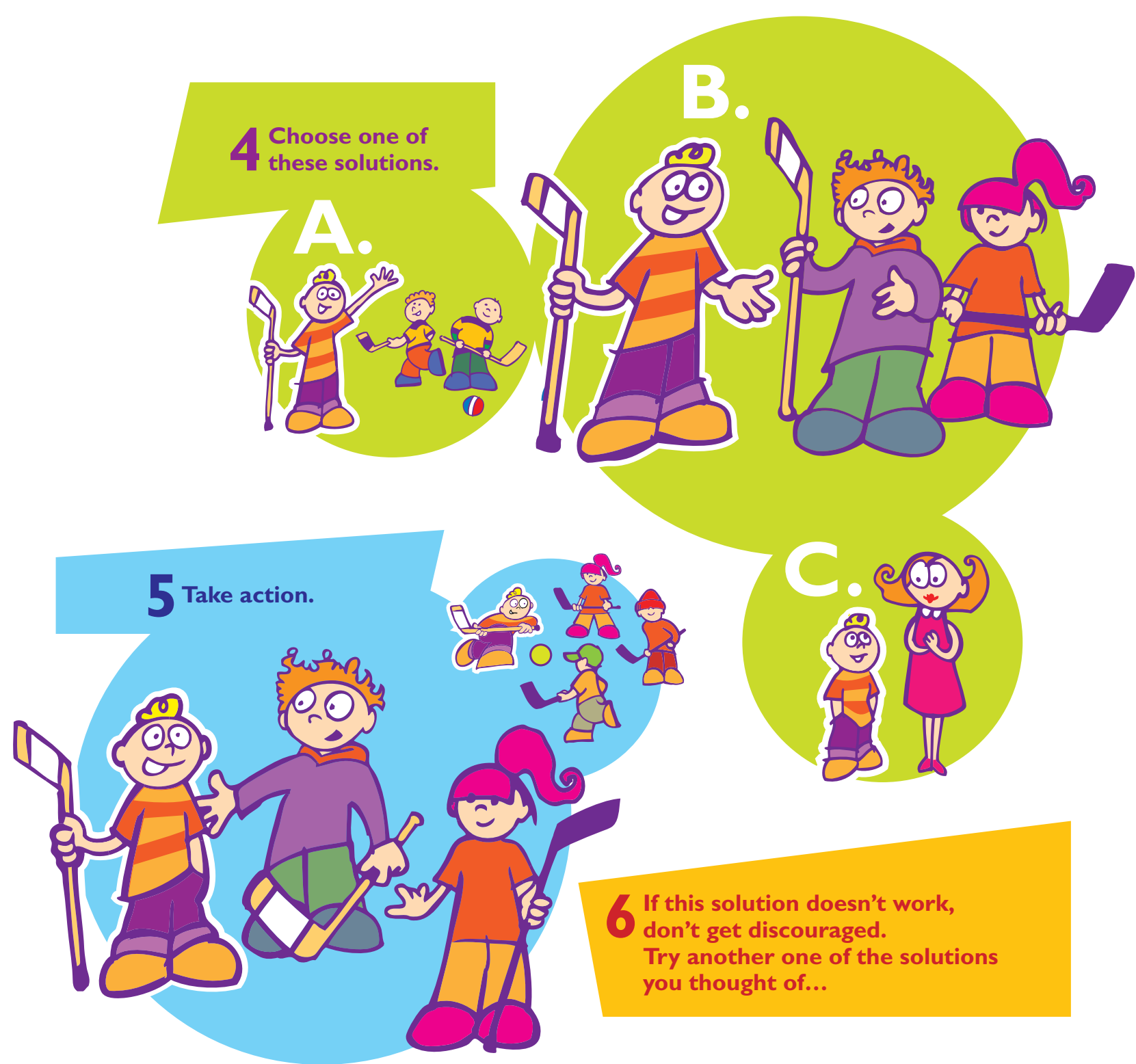
Tel-jeunes at 1-800-263-2266
(In the Montréal region, call 514-288-2266.)
Drugs: help and referral at 1-800-265-2626
(In the Montréal region, call 514-527-2626.)
Visit www.parlonsdrogue.com
for all the tips to follow for an addiction-free life.

You have more power than you think

Are things not turning out the way you wanted?
Are you sometimes scared, frustrated, sad, or worried because of a conflict at school, with the kids around you or at home?

Never forget that you have the power to change a situation. It's always better to resolve a situation that is bothering you than to let it continue and get worse.

It isn't always easy, but you can do it in six easy steps. Here they are:



Answers: The 5 intruders

Choosing from among the attitudes below will have negative effects and make you unhappy. Think about it!

- 4. Not caring about anything.
- 6. Hiding my problems and hoping they will disappear by themselves.
- 12. Doing what others want instead of what I want.
- 13. Isolating myself.
- 16. Not thinking of the consequences.