



**ME** : my personal space

Drug Awareness Week 2009  
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**ME**

## I protect my space...

All kinds of conversations can be overheard in a school courtyard. Of the ones I heard this morning, which one features someone who was not protecting his or her personal space?

### CONVERSATION BETWEEN JUSTINE AND KELLY:

- I don't want to do my math homework!
- Well, my English homework is giving me a headache!
- If you want, we can work together. I'll help you in English and you help me in math...
- Okay! Want to come to my house?

### CONVERSATION BETWEEN RYAN AND LEAH:

- Your guitar performance at the end-of-the-year show was really good.
- Thanks! I've been taking lessons for a bunch of years. Sometimes I get frustrated but I stick with it...
- You play really well!
- That's nice of you to say. I like playing music!

### CONVERSATION BETWEEN KARIM AND JULIAN:

- You're signed up for a soccer team... But last week you said you didn't like that sport.
- Yeah, that's true. I like swimming better.
- But you signed up for soccer anyway?
- Of course. All my friends are playing, so I have to play too!



## Taking care of my personal space

Your personal space is like sports equipment. It is made up of several elements and, when everything is in place, it ensures maximum protection for you. Do you have everything you need to take care of your personal space?

### I have good self-esteem:

- I have confidence in myself and in my abilities;
- I feel appreciated by my friends and my family;
- I feel proud when...

**I participate in projects, I have interests, I participate in sports or activities on a regular basis.**

**I have friends who I trust and who I enjoy being with.**

**I am able to talk openly and express my feelings.**

### I can find solutions to my problems:

- I think about what is bothering me and what I would like to change;
- I think about possible solutions and I take action.



Is something bothering you?  
Do you need to talk to someone?  
Who can answer your questions?  
**WHERE CAN YOU GO FOR HELP?**

### YOU CAN GET HELP:

- From your teacher, the nurse or any other staff member at your school.
- From an adult who you trust in your family or your community.
- From one of these two free and confidential services (24 hours a day, 7 days a week):

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

(In the Montréal area, call 514-288-2266.)

**Drugs: help and referral**

**1-800-265-2626**

(In the Montréal area, call 514-527-2626.)

Visit  
**parlonsdrogue.com**  
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how to steer clear of any kind  
of dependency.

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• ministère de l'Éducation, du Loisir et du Sport

# A BROKEN ARM, BUT LOADS OF SELF-CONFIDENCE!

Over the weekend, Max took a bad fall off his bike. He broke his arm...

Everyone wants to sign their name and write a "get well" message on his cast.

Good job Max! You can't even ride a bike!!!

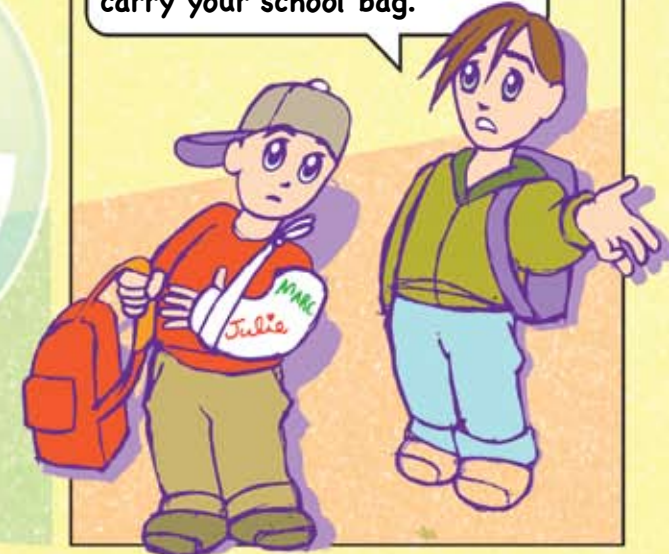


What you said hurt my feelings. I don't want you to sign my cast.



After school, Bruno catches up with Max on the sidewalk.

I'm sorry. I wasn't thinking about what I said earlier. I think I was jealous of all the attention you were getting... If you want, I can help you carry your school bag.



When everyone is done signing Max's cast, Bruno comes over to sign as well. But...



There's some space left on my cast. If you want, when we get home you can draw something there. You're a good artist!

