

### SO, BEING WELL EQUIPPED MEANS...

doing things that reflect your personality!  
believing in yourself!  
knowing who you can count on!  
earning the respect of others!

> And, most importantly, it means...  
really knowing who you are!

### SO, WHO ARE YOU?

Circle the words that best  
describe your characteristics  
or values and that represent  
your interests:

Happiness	Shyness	Drawing
Friendship	Comedy	Games
Love	Tragedy	Fashion
Respect	Suspense	Music
Money	Intelligence	Sports
Beauty	Undisciplined	Skilled
Punctuality	Hyperactivity	Unskilled
Laughter	Calm	Restlessness
Victory	Reading	Family

Not sure who to talk to?  
Who can you turn to when  
you have questions?  
Who can you ask for help?

Have you thought about talking with someone you trust, like your  
father, your mother, a friend, a teacher or the school nurse?  
You can also call one of these telephone help lines:

 **Tel-jeunes**  
**1-800-263-2266**  
(in the Montréal area: 514-288-2266)

 **Drugs: help and referral**  
**1-800-265-2626**  
(in the Montréal area: 514-527-2626)

These services are free and confidential  
(24 hours a day, 7 days a week).

**Visit [parlonsdrogue.com](http://parlonsdrogue.com)**

and discover tons of tips on how to steer clear of any kind of dependency.

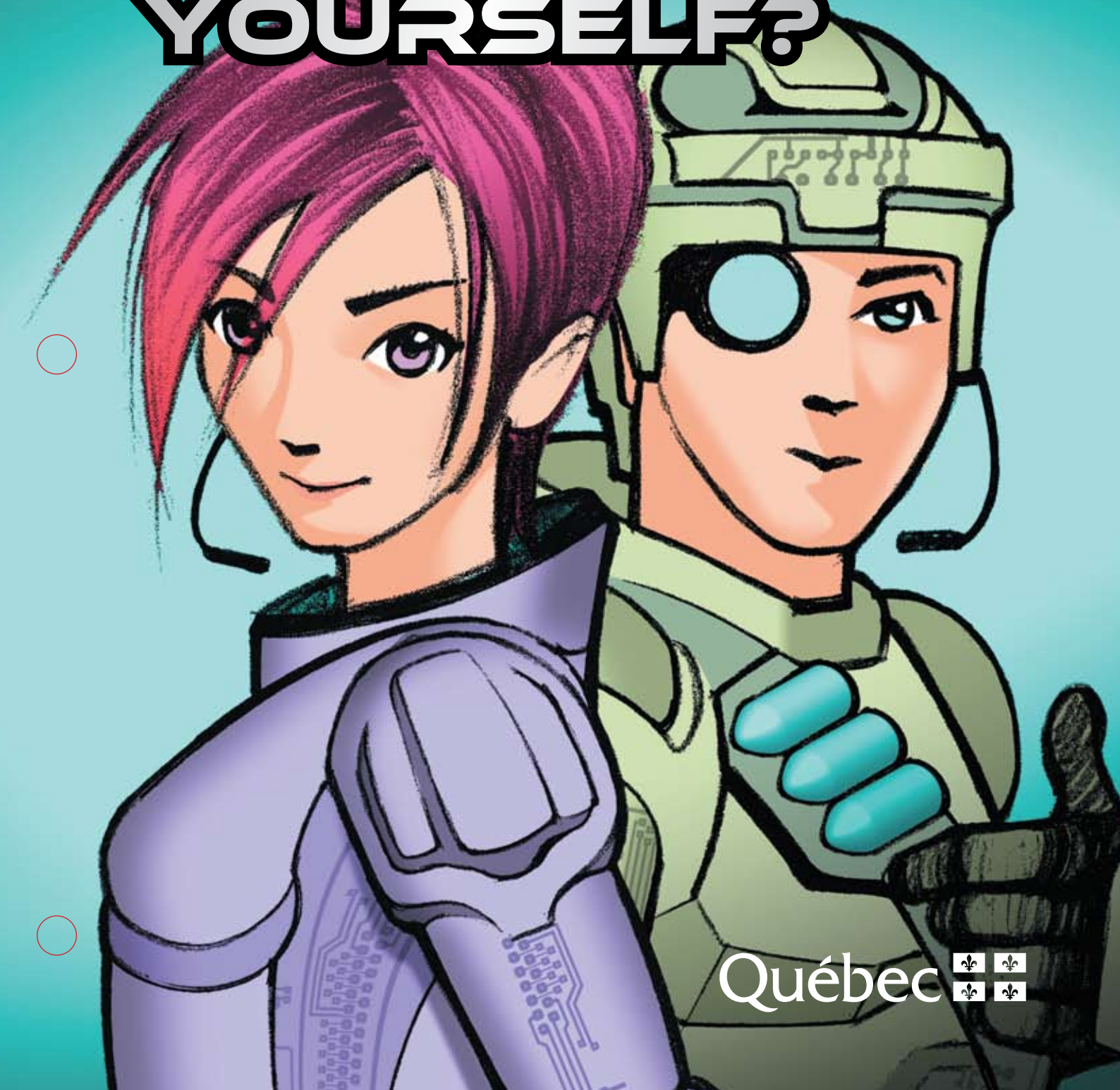


Santé  
et Services sociaux  
Québec

With the participation of:  
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DRUG AWARENESS WEEK

# ARE YOU WELL EQUIPPED TO ASSERT YOURSELF?



Québec



## ARE YOU WELL EQUIPPED TO ASSERT YOURSELF?

### Conversation between Kelly and Brian:

**Kelly** > I got a message from Sara yesterday. She wants to join my network.

**Brian** > Lucky! Did you accept?

**Kelly** > Are you crazy? After what she said to everyone about me? There's no way I would accept her!

**Brian** > She did say some pretty mean things about you... but everyone likes her. It would be good to have her in your network, don't you think?

**Kelly** > No. My network is only for people who respect each other! I'm going to block her.

**Brian** > You don't mind blocking the most popular girl in class?

**Kelly** > Not at all! But I plan on talking with her this morning so that she can explain to me why she wants to be my friend on the Internet but she doesn't talk to me at school. It makes no sense!

In this conversation, one of the two young people is better equipped than the other. Which one?

OK

Answer: Kelly

## ARE YOU WELL EQUIPPED TO ASSERT YOURSELF?

**Asserting yourself means...** being open about who you are and what you like. You can do this by expressing your opinions, choosing clothes and a hairstyle that reflect your personality, or participating in sports and activities that you enjoy.

**It also means...** having confidence in yourself, it is simply a question of liking yourself for who you are with, your strengths and your weaknesses.

## YOU ARE WELL EQUIPPED TO ASSERT YOURSELF WHEN YOU:

### Kontak: Dialogue transmitter/receiver

- Seek advice when you are worried or feel uncomfortable.
- Talk to your friends or your parents when you feel sad.
- Communicate by asserting yourself and showing respect for others.

### P batteries: Pride replenisher

- Recognize your strengths, and accept yourself for who you are!
- Think about what you really want, and make appropriate choices.
- Try to find solutions to your problems.

### 3F viewfinder: Friend detector

- Choose friends who respect your opinions and your choices.
- Identify the influence that others can have on you.
- Don't let anyone intimidate you.

### Adrénalix: Energy reserve sports + activities + projects

- Dare to participate in activities that help to fulfill your dreams.

Assertiveness, respect for others and self-confidence are like equipment; they help ensure your protection. They are skills that you already possess or that can be developed. Make sure all the elements of your protective gear are in working order.