

OPTION 03

THERE'S SO MUCH MORE TO LIFE!



SO WHICH OPTION WORKS FOR YOU?


DRUG AWARENESS WEEK
Alcohol Drugs Gambling /tasjustelvie.com

Québec 

YOUR OPTION
GET MOVING
BE CREATIVE
GET INVOLVED

SO WHICH OPTION WORKS FOR YOU?

**THERE'S SO MUCH MORE TO LIFE
THAN ALCOHOL, DRUGS, AND GAMBLING!**



Not everyone behaves the same way when it comes to alcohol and drugs. Some never touch the stuff while others experiment once and never try again.

Drinking or using drugs may give you a feeling of pleasure or relaxation. But alcohol and drug use, even occasionally, can have serious downsides.

THERE'S MORE TO LIFE THAN ALCOHOL, DRUGS, AND GAMBLING!

FOR EXAMPLE, WHEN YOU GET INVOLVED
IN AN ACTIVITY YOU MIGHT...

BUT, when you drink or use you might...

Feel your **HEART
POUNDING**

➡ BEFORE **TAKING THE STAGE** WITH YOUR GUITAR.

➡ because you had unprotected sex last night after drinking too much and are afraid you contracted a *sexually transmitted disease*.

Have **TEARS IN
YOUR EYES**

➡ FROM THE WIND IN YOUR FACE DURING A **BIKE RACE**.

➡ because you were really *nasty* to your best friend at a party last night where you used drugs.

Be **OUT OF
BREATH**

➡ AFTER PLAYING HOCKEY ALL NIGHT AT THE RINK.

➡ from *being sick to your stomach* because you drank the alcoholic concoction your friend gave you last night.

Feel like a
HERO

➡ WHEN YOUR TEAM **WINS** THE **REACH FOR THE TOP** REGIONAL FINALS.

➡ *but not be one* after *stealing* your dad's vodka for the gang.

Be **PART OF
THE GANG**

➡ THAT **MADE** CHRISTMAS BASKETS LAST YEAR FOR 500 NEIGHBOURHOOD FAMILIES.

➡ that ended up at the police station after causing a *disturbance* at your neighbour's place.

Wake up all
SMEARED

➡ WITH INK, BUT SO **HAPPY** YOU FINALLY FINISHED YOUR COMIC STRIP LAST NIGHT.

➡ with dirt after a party that ended in a late-night *brawl* in the park.

GETTING INVOLVED CAN MEAN...

WHY GET INVOLVED?

Get involved in something you're passionate about, something that lets you develop your strengths and steer clear of problems with alcohol, drugs, and gambling.

OPTION 15

Taking part in extracurricular activities like improv, theater, a book club, etc.

There's no end to the possibilities.

OPTION 10

Helping out younger students.

You were that age once — maybe you could have used a hand from an older student.

OPTION 02

Doing art or a craft: jewelry design, painting, photography, knitting, sculpture.

Take your pick.

OPTION 14

Joining a volunteer group in the neighbourhood or at school.

Helping others is healthy!

OPTION 18

Doing things with your family like games, biking, winter sports, or camping.

OPTION 03

Taking part in individual or team sports.

OPTION 08

Taking dance lessons: social, line, hip-hop, classical, African.

There are so many choices!

OPTION 07

Working in carpentry or mechanics.

OPTION 09

Discovering Science: astronomy, biology, chemistry... And what else?

BEING INVOLVED
=
STAYING HEALTHY

SO WHICH OPTION WORKS FOR YOU?

Whether you like sports, the arts, science, fashion, mechanics, literature, math challenges, being involved in the community, or helping your neighbours, animals, or the whole planet — there's something for you.

GET MOVING, GET INVOLVED, BE CREATIVE — THERE'S SO MUCH MORE TO LIFE THAN ALCOHOL DRUGS, AND GAMBLING!

WHAT?

You haven't found what you really love to do and you constantly switch from one activity to another?

NO NEED TO WHISPER!

Finding your passion isn't easy. It's normal to want to switch around and try new things—and sometimes it feels like nothing is right. The answer?

DARE TO...

Sign up for a new activity that lets you tap into one of your interests (who knows what you may learn about yourself?). If that doesn't grab you, make the best of it, enjoy yourself, and make a change next time.

Ask at school or at the municipal or neighbourhood recreation department for a list of activities offered.

Form a soccer team with friends.

Chat with friends, family, or other relatives. They know you better than you think and may have some fresh ideas to share. What have you got to lose?

So which option works for you?

IS DRINKING OR USING A CHOICE?

Sometimes people use alcohol or other drugs because they think everyone does; they want to belong and not feel rejected or different.

But did you know that since 2000 kids your age have reduced their consumption of alcohol, cannabis, and other drugs?

Like your peers who are using less or have stopped using, tap into what moves you and listen to your needs—it will pay off!

As for gambling, it's the same story: since 2000 the number of young people gambling has dropped.

HOW DOES DRUG AND ALCOHOL CONSUMPTION AFFECT YOU?

Alcohol and drugs change how your brain functions. These substances affect communication between nerve cells and disrupt the senses. They distort your judgment and throw your behavior and physical coordination off balance.

They make you do things you wouldn't do otherwise.

ALCOHOL AND DRUG USE CAN LEAD TO...

During:

- Conflicts with family or friends
- Injuries from fights or accidents
- Unprotected sex and the possibility of getting a sexually transmitted infection

After:

- Health problems (digestive disorders, headaches, lack of energy, etc.)
- Psychological problems (inability to concentrate in school, mood swings, temper, irritability, anxiety, despair, etc.)



Got questions about drinking, drugs,
or gambling?

Talk to someone **YOU CAN TRUST.**

YOU CAN GET HELP AND INFORMATION

- From a trusted adult relative or friend
- From a teacher or school counselor
- From the three free and confidential services listed below

CALL:

Tel-jeunes at 1-800-263-2266
in the Montréal area call 514-288-2266

Drugs: help and referral at 1-800-265-2626
in the Montréal area call 514-527-2626

Gambling: help and referral at 1-800-461-0140
in the Montréal area call 514-527-0140

**SOMEONE WILL ANSWER YOUR CALL,
24 HOURS A DAY, 7 DAYS A WEEK.**

VISIT THE WEBSITE: tasjuste1vie.com
for more information on drinking, drugs, and gambling.