



**LIVE OUT YOUR PASSIONS,
IT'S INTENSE**

25th DRUG AWARENESS WEEK

Québec 

SHOWCASE YOUR ARTISTIC TALENTS!

Music, dance, drawing, improv...

The arts are a means to express yourself!

Show who you are by displaying your works, acting in a play or being part of a show, or take time to explore your passion on your own until you're ready to share your talent with the world.

SCORE POINTS IN YOUR LIFE!

In a team or individually, participating in your favourite sport makes you feel great!

Sports keep you alert, healthy, and alive. No matter who wins or how you perform, sports make you realize that despite life's ups and downs, staying active always has its rewards!

HELP OTHERS—IT'S A PASSION THAT PAYS!

Recycling, volunteering, gardening...

These are just some of the ways you can look out for others—and grow yourself.

By helping your grandparents, parents, or people in need, doing something to make your neighbourhood a better place, or caring for animals or plants, you're also helping yourself be a better person!

HARNESS THE POWER OF YOUR BRAIN!

Reading, games, writing, science—there's a whole universe waiting for you out there!

Explore your scientific and intellectual potential with stimulating individual or group activities. Tackling a challenge is always a thrill.



GET INVOLVED!

GETTING INVOLVED MEANS...

Having at least one regularly scheduled activity you enjoy with your family, your friends, or on your own, whether through your school or with a community—or school-based organization.

YOUR FAVOURITE ACTIVITIES CAN BE INTENSE AND LET YOU:

- Discover your talents and know yourself better
- Take pride in your accomplishments
- Make friends who share your interests
- Spend time doing what you love the most
- Believe in your future and set goals for yourself

TELL ME WHAT YOU LIKE, I'LL TELL YOU WHO YOU ARE

Circle the activities that match who you are and that you'd like to get involved in:

SPORTY

Soccer
Basketball
Hockey
Skiing
Snowboarding
Figure skating
Swimming

ARTISTIC

Photography
Writing
Dance
Singing
Music
Drawing
Improvisation

INTELLECTUAL

Quiz competitions
Journalism
Astronomy
Chess
Reading
Scrabble
Scientific activities

SOCIAL

Volunteering
Recycling
Outdoor activities
Ecology
Animal welfare
Babysitting
Helping seniors

PROFILES

The group(s) in which you circled the most activities are the ones that match your interests the closest.

No matter what your profile, engaging in your favourite activities can be intense!

SPORTY

You're full of zest! You love to be on a team or participate in individual sports, and you thrive on pushing your limits. Play on! You've got energy to burn!

ARTISTIC

You've got that creative spark! You're crazy about everything related to art, expression, and theater. Your imagination is your favourite creative tool. When you dance, write, draw, sing, or practice for a play, time just flies by!

INTELLECTUAL

Curiosity is the force that drives you! You love to figure out how things work and what their purpose is. You enjoy playing with words, math, and images. Numbers, letters, and pixels are your tools for expressing who you are!

SOCIAL

You're a doer, someone who's happy helping others, taking care of younger kids, or keeping our environment healthy and green. The planet and your human community are your inspiration!

AND YOU KNOW WHAT?

You might well be a mix of categories: artistic/sporty, social/sporty, intellectual/artistic, intellectual/artistic/social, social/sporty/artistic... The possibilities are endless, but you—you're unique!

NEED SOMEONE TO TALK TO?

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

Or maybe you have questions you don't dare ask someone you know, but that are too important to ask just anyone. Maybe you're looking for some advice?

Remember, you can always call the telephone help line created for young people like you:

Tel-jeunes

1-800-263-2266 | teljeunes.com

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