



INTENSE BY NATURE

THERE'S SO MUCH MORE TO LIFE! FIND YOUR OWN INTENSITY!

INTENSEBYNATURE.COM

25th DRUG AWARENESS WEEK
ALCOHOL - DRUGS - GAMBLING

Québec 

Not everyone behaves the same way when it comes to alcohol or 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 can have serious downsides.

INTENSE BY NATURE

FOR EXAMPLE, WHEN YOU ARE INTENSELY INVOLVED IN AN ACTIVITY YOU MIGHT...

But, when you drink or use drugs you might...

WAKE UP ALL SMEARED

WITH INK ALL OVER
YOUR FINGERS,
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.

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.

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 infection.

BE PART OF THE GANG

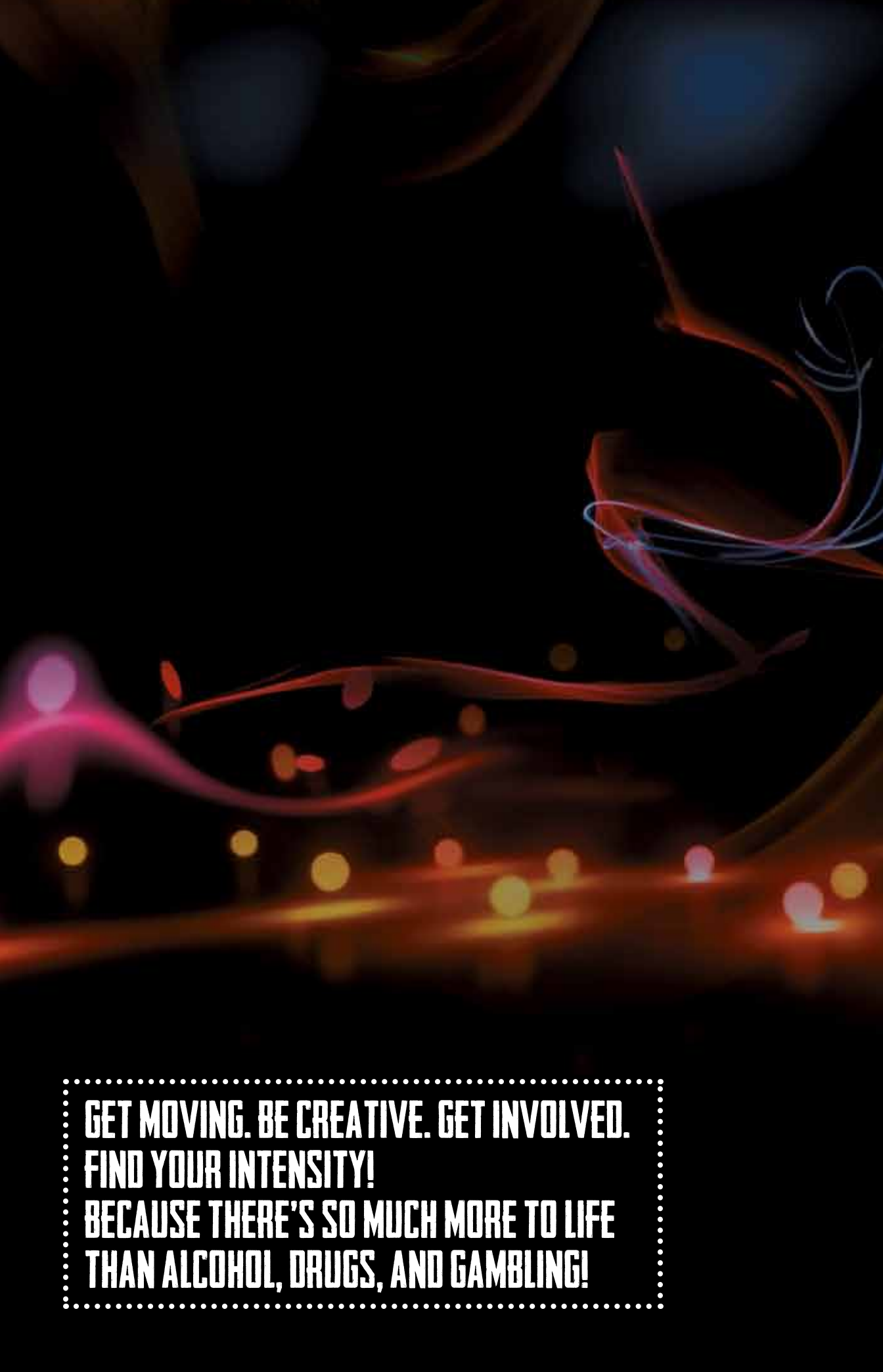
THAT MADE CHRISTMAS BASKETS LAST
YEAR FOR 500 NEIGHBOURHOOD FAMILIES.

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

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.

The background is a dark, almost black, space filled with vibrant, out-of-focus light elements. There are several long, thin, curved streaks of light in shades of red, orange, and pink, some appearing to trail off into the distance. Interspersed among these are numerous small, circular bokeh lights in yellow, orange, and pink, creating a sense of depth and movement. The overall effect is one of dynamic energy and artistic expression.

**GET MOVING. BE CREATIVE. GET INVOLVED.
FIND YOUR INTENSITY!
BECAUSE THERE'S SO MUCH MORE TO LIFE
THAN ALCOHOL, DRUGS, AND GAMBLING!**

WHY GET INVOLVED?

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

BEING INVOLVED = STAYING HEALTHY

GETTING INVOLVED CAN MEAN...

Taking part in extracurricular activities like improv, theater, a book club, etc. There's no end to the possibilities.

Doing art or a craft: jewelry design, music, painting, photography, knitting, sculpture. Take your pick.

Taking dance lessons: hip-hop, classical, African, social. There are so many choices!

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

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

Working in carpentry or mechanics.

Joining a volunteer group in the neighbourhood or at school. Helping others is healthy!

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

Taking part in individual or team sports.

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

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. No matter what you're into, getting involved in your favourite activities is naturally intense!

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 team for soccer or another activity with friends.
- Chat with friends, family, or other relatives. They know you better than you think and, who knows, they may have some fresh ideas to suggest.

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 2002 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. Under the influence of drugs and alcohol you may do things you wouldn't do otherwise.

ALCOHOL AND DRUG USE CAN LEAD TO...

- Conflicts with family or friends
- Injuries from fights or accidents
- Unprotected sex and the possibility of getting a sexually transmitted infection
- Health problems (digestive disorders, headaches, lack of energy, etc.)
- Psychological problems (inability to concentrate in school, mood swings, irritability, anxiety, despair, etc.)

Got questions about drinking, drugs, or gambling?
Talk to someone you can trust.

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YOU CAN GET HELP AND INFORMATION:

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

CALL:

Tel-jeunes at 1-800-263-2266

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 **intenseaunaturel.com** for more information on drinking, drugs, and gambling.

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