

# INTENSE BY NATURE

## THERE'S SO MUCH MORE TO LIFE

### YOU CAN HELP YOUR CHILD FIND ITS OWN INTENSITY

Certain healthy lifestyle choices that young people make can be protection factors that help protect them from the problems associated with alcohol, drugs, and gambling. **Getting involved is one of these factors.**

Getting involved means taking part in one or more organized activities on a regular, long-term basis. Activities that fit with the young person's interests can be found in various contexts including family, school, and extracurricular youth or community organizations.

When young people get involved, they gain **new knowledge and skills** that can help them steer clear of risks like those associated with alcohol, drugs, and gambling.

#### GETTING INVOLVED HELPS YOUNG PEOPLE:

- Develop self-confidence
- Get to know themselves better
- Respect themselves
- Push themselves
- Experience a sense of accomplishment
- Develop strong social skills (assertiveness, respect for others, the ability to deal with pressure from others)
- Find a peer group of people who share their interests
- Make contact with caring adults who support their involvement

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Parents can **play an important role** in supporting young people and encouraging them to take part in social, sports, artistic, intellectual and other activities.  
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### SOME HINTS TO FIND ITS OWN INTENSITY

There's no shortage of stimulating, interesting, and exciting activities out there!

**Artistically** inclined young people can pursue writing, painting, drawing, singing, dance, improv, or music, for example.

**Sporty** young people can get involved in activities like soccer, hockey, basketball, swimming, biking, camping, or climbing, with both friends and family.

Young people who like **working with their hands** can take up carpentry, mechanics, sewing, and more.

**Community-minded** young people can opt to volunteer with those less fortunate or with seniors, help younger students with homework, protect animals or the environment, or get involved in community improvement projects, to give a few examples.

The **intellectually minded** may prefer to join a book club at school, explore science, or play board games like chess or Scrabble with family or friends.

Whatever the activity in which your child is involved, the important thing is to **develop skills** that help stay away from the problems associated with alcohol, drugs, and gambling.

After all, **there's so much more to life!**

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Need some ideas to help talk to your child about alcohol, drugs, and gambling? Want to find out more, or get some help?

Visit our website: [dependances.gouv.qc.ca](http://dependances.gouv.qc.ca) (Drugs and Alcohol section: Parent support).  
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