



# INTENSE BY NATURE

THERE'S SO MUCH  
MORE TO LIFE

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UN  
**QUÉBEC**  
POUR TOUS

DRUG AWARENESS WEEK  
ALCOHOL—DRUGS—GAMBLING

Québec 

People have different approaches to the use of alcohol and other drugs. Some abstain entirely, while others drink or take other drugs occasionally or repeatedly. When you drink or take other drugs, you may experience a feeling of pleasure or relaxation. **BUT, IT'S IMPORTANT TO KNOW THAT ALL DRUG AND ALCOHOL USE HAS AN EFFECT AND MAY ENTAIL RISKS AND NEGATIVE CONSEQUENCES.**

**THERE ARE MANY WAYS TO BE INTENSE.**

**LIKE THIS...**



**OR THIS...**



**HOW ABOUT GETTING INVOLVED INSTEAD OF DRINKING OR USING?**

## WANT TO...

- › Feel good about yourself?
- › Have confidence in yourself?
- › Excel?
- › Set goals and achieve them?
- › Have friends who share your passions?
- › Find a boyfriend or girlfriend who shares your values?
- › Improve your social skills (assert yourself, develop your critical thinking, etc.)?
- › Stay away from the risks and consequences associated with drug and alcohol use and gambling?

# GET INVOLVED IN AN ACTIVITY YOU LIKE!

When you take part in a regular, structured activity that matches your interests, you get involved in being yourself and exploring your full potential. It means choosing to be **NATURALLY INTENSE** and developing skills you can use the rest of your life. Now that's intense!

# BEING NATURALLY INTENSE MEANS...

Having a passion,  
serving the community,  
being part of a team,  
and choosing to experience  
your intensity naturally.  
It's all about deciding to pass  
on alcohol or other drugs and  
do something else instead.

## GO AHEAD—TAKE PART IN YOUR FAVORITE ACTIVITIES OR DISCOVER ONES THAT MAY BE FOR YOU AND YOU CAN EXPLORE.

NOT SURE WHICH ACTIVITY TO CHECK OUT? WHATEVER YOUR TASTES, THERE ARE ENDLESS POSSIBILITIES.  
PICK AN ACTIVITY THAT CLOSELY MATCHES YOUR INTERESTS.

➤ **Get involved** in an extracurricular activity, such as music, theater, cooking, chess tournaments, improv, etc. The idea is to have fun while exploring new facets of your personality.

➤ **Take lessons** in dance, singing, drawing, photography, guitar, etc. Fine-tune your skills, discover how good you are, and have fun. Take your pick!

➤ **Practice** an individual or team sport, such as soccer, mountain biking, volleyball, badminton, kickboxing, swimming, rock climbing—there are countless options to get yourself moving and have fun.

➤ **Join** an ATV or snowmobile club and organize group outings.

➤ **Join** the social committee at your work or organize jogs for the staff. Getting involved with a group is motivating!

➤ **Organize** an activity or take part in a project. You can plan a fundraising activity for a humanitarian cause or language immersion trip, take part in planning a social, cultural, or environmental activity—the choices are limitless.

➤ **Learn** to build wooden furniture, fix a bike, disassemble and reassemble a computer, or become a do-it-yourselfer. If you're a jack-of-all-trades, there is plenty to choose from!

➤ **Join** a volunteer group at school or in your community. You can assist the elderly, help kids with homework, lend a hand at a local soup kitchen or library, etc. Helping others is very rewarding!

➤ **Write** for the student newspaper or contribute to community radio. Become a journalist, photographer, caricaturist, researcher, host, humorist, etc.

➤ **Are you studying** a skilled trade? Practice and train to enter skilled trades competitions.

**No matter what your profile is, you'll see that getting involved in your favorite activities is natural and intense!**

THERE'S SO MUCH MORE TO LIFE.  
BE CREATIVE, GET MOVING, GO FOR IT—GET INVOLVED!

# ALCOHOL AND OTHER DRUGS

Consuming alcohol or other drugs affects brain function by disrupting communication between nerve cells. These changes generate various psychological and physical effects. Drugs and alcohol distort judgment, impair behavior, and reduce physical coordination.

Depressants, such as alcohol, make you feel relaxed and less inhibited. They affect your perception, concentration, and motor skills. Disrupting chemicals, such as marijuana, produce an altered perception of time, space, and your surroundings as well as distorted sensory perception. Stimulants, such as ecstasy, produce a feeling of euphoria and a false sense of security and self-control.

Because alcohol and other drugs change how we act and affect the decisions we make, consuming them has risks and may lead to negative consequences.

# GAMBLING

Gambling can become a problem. People who give up their activities to gamble are unable to stop, have trouble paying their gambling debts, and cut themselves off from their family and friends probably have a gambling problem.



**“I was arrested in the park for smoking a joint.”**  
– Étienne

SIMPLE POSSESSION of any quantity of drugs is a criminal offense that may lead to legal action, a fine, or a criminal record, regardless of the accused’s age.

**“My best friend ended up in the hospital after a chugging contest.”**  
– Éric-Martin

Chugging, which consists of drinking a large quantity of alcohol in a short period of time, may cause ACUTE INTOXICATION leading to repetitive vomiting, breathing difficulties, and loss of consciousness. It may even cause death. A person who has drunk a great deal of alcohol should not be left alone.

**“I lost my driver’s license because I drove after smoking pot. Now I have to rely on others for transportation.”**  
– Steve

Driving while impaired by alcohol or drugs is a criminal offense. The police are authorized to test for both drugs and alcohol. Anyone found guilty can lose their license and have a CRIMINAL RECORD that prevents them from working in certain occupations and traveling to countries such as the United States.

**“When I took ecstasy, I was sick and super anxious. I didn’t think it could do that. That had never happened to me before.”**  
– Noémie

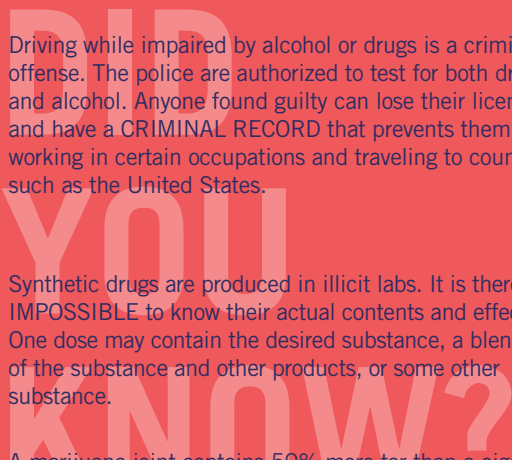
Synthetic drugs are produced in illicit labs. It is therefore IMPOSSIBLE to know their actual contents and effects. One dose may contain the desired substance, a blend of the substance and other products, or some other substance.

**“Since I stopped smoking cigarettes, I smoke only marijuana. It’s less risky.”**  
– Julie

A marijuana joint contains 50% more tar than a cigarette and its smoke can cause AS MANY pulmonary problems as 4 to 10 cigarettes. In the long term, regular excessive marijuana use may lead to a drop in motivation and interest as well as memory and concentration problems. Marijuana use is also associated with an increase in anxiety and depression among young adults.

**“I frequently practiced gambling on trial sites and often won. When I started gambling for real, I lost \$3,400. I thought I could beat the machine.”**  
– Pierre-Luc

Pierre-Luc didn’t know that tips and strategies don’t help you win games of chance more often. LADY LUCK ALWAYS decides who wins, and it’s generally known that winning on trial sites is easier than on sites where you have to bet money.



# INTENSE BY NATURE CONTEST

Go to [intenseanaturel.com](http://intenseanaturel.com), answer the quiz, and get a chance to win the grand prize valued at approximately \$2,000, or one of a whole bunch of gift cards to help you pursue your passion as intensely as you can!

## WANT THE FACTS ON DRUG AND ALCOHOL USE AND GAMBLING?

CALL:

**TEL-JEUNES** – 1-800-263-2266

**DRUGS: HELP AND REFERRAL** – 1-800-265-2626 or 514-527-2626 (Montréal area)

**GAMBLING: HELP AND REFERRAL** – 1-800-461-0140 or 514-527-0140 (Montréal area)

Calls are answered 24/7.

YOU CAN ALSO GO TO

[INTENSEAUNATUREL.COM](http://INTENSEAUNATUREL.COM)

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