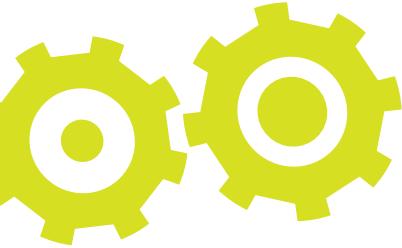


**STAY ACTIVE, CURIOUS,  
CREATIVE, INSPIRED**

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**YOU'VE GOT  
WHAT IT TAKES**

# YOU'VE GOT WHAT IT TAKES TO GO FAR.



Getting involved in activities and groups can pay off much more than you might think! By doing what you like, you learn to know your needs, strengths, and limitations—and that's cool stuff to know! The activities you do now help you learn things you can use in other situations down the road. Things like a sense of responsibility, autonomy, organizational skills, perseverance... All sorts of stuff—called competencies—that help you make better decisions. The more you learn about yourself and those around you while you're having fun, the more tools you'll have for life!

## DISCOVERING AND EXPLORING CAN TEACH YOU A LOT!

Here's what happens when you get involved in an activity:

- ▶ You learn to know yourself better and what you like and don't like.
- ▶ You discover your talents.
- ▶ You meet other young people who share the same interests as you.
- ▶ You develop healthy lifestyle habits (diet, exercise, sleep, etc.).
- ▶ You learn to assert yourself and respect others.
- ▶ You learn to better manage your stress and emotions.
- ▶ You improve your physical and intellectual skills.
- ▶ You learn to set goals and not give up despite the obstacles.
- ▶ You build your self-esteem.
- ▶ You develop critical thinking skills, which help you make good decisions.
- ▶ You learn to be a team player and cooperate.
- ▶ You Learn to excel.
- ▶ You learn to handle criticism.

## THERE ARE LOTS OF WAYS TO DEVELOP YOUR COMPETENCIES!



JASON

"I'm saving up for the school trip and I'm feeling good about being able to set money aside—it makes me feel really responsible! And I can't wait for the trip!"



STEVE

"For three months, I've been volunteering with a group that picks up trash in the park. I like getting involved in projects like this with other people, because I know it helps keep the environment clean. I feel like I can make a difference in my neighborhood!"



SARAH

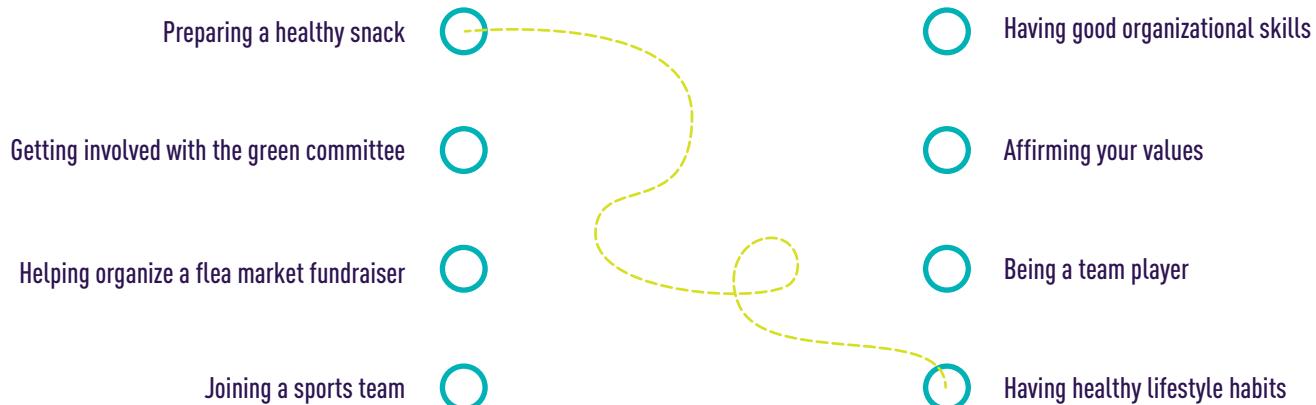
"I'm taking karate, and even though I don't always feel like getting up early on Saturdays, I know it's the only way to earn my black belt. I'm really proud that I've got enough discipline to stick to it!"



EMMA

"I had the opportunity to take some yoga lessons a while ago, and I was sure I wouldn't like it, but in the end the breathing exercises helped me listen to my body and manage my stress. Now I use them before giving oral presentations!"

## NOW THAT YOU KNOW WHAT A COMPETENCY IS, TRY MATCHING THE ACTIVITIES BELOW WITH THE COMPETENCIES YOU CAN ACQUIRE AND DEVELOP.



## USE YOUR COMPETENCIES IN EVERYDAY LIFE!

Here are some examples of how the competencies you develop through specific activities can be useful in other situations:

You've got what it takes not to raise your voice when you argue because...	...you learned to control your emotions at taekwondo.
You've got what it takes not to panic the night before an exam because...	...you're well prepared and have been practicing how to manage your stress, like when you perform with the neighborhood choir.
You've got what it takes to work as a team member and fulfill your role because...	...playing hockey has taught you how to stick to your position and be a reliable team player.

## TAKE AN INTEREST— IT'S IN YOUR INTEREST!



HAVE FUN



USE YOUR  
COMPETENCIES

# THERE ARE ALL KINDS OF ACTIVITIES THAT CAN HELP YOU BUILD YOUR COMPETENCIES. SO HOW DO YOU FIGURE OUT WHICH ONES MIGHT INTEREST YOU?

Start by determining what your interests are. Circle the letter that best corresponds to your preference.

## YOU FEEL PROUD OF YOURSELF WHEN:

- A** You create something you find beautiful
- B** You're satisfied with your athletic performance
- C** You solve a problem
- D** You help someone

## IN YOUR FREE TIME, YOU LIKE TO:

- A** Do crafts or work on a project
- B** Be active, play sports
- C** Read
- D** Socialize

## WITH OTHER PEOPLE, YOU LIKE TO:

- A** Do theater or some kind of artistic activity
- B** Play ball, hockey, or another team sport
- C** Play board games
- D** Take care of people

If you chose mostly A's, you're probably the artistic type. Artistic activities allow you express yourself, develop your creativity, learn to focus, and take pride in finishing a project.

- You could:
- ▶ Join a theater company
  - ▶ Create comics
  - ▶ Play music or sing

If you chose mostly B's, you're probably the athletic type. Athletic activities help you learn to be a good team player, know your limitations, and appreciate the results of your dedication.

- You could:
- ▶ Take dance lessons
  - ▶ Join a track and field club
  - ▶ Join a soccer or basketball team, or play an individual sport

If you chose mostly C's, you're probably the intellectual type. Intellectual activities help you improve your judgment, increase your knowledge, improve your concentration, and develop your critical thinking skills.

- You could:
- ▶ Join a book club
  - ▶ Sign up for the science club at your school
  - ▶ Take part in Reach for the Top competitions

If you chose mostly D's, you're probably the social type. Social activities help you learn to take responsibility for your choices, become a better listener, be more attentive to others, and maintain healthy interpersonal relationships.

- You could:
- ▶ Join your school's green committee
  - ▶ Volunteer
  - ▶ Run for class president

# YOUR TALENTS CAN BE USEFUL IN MANY DIFFERENT SITUATIONS!

You can develop your personal and social skills just by getting involved in activities you like. The skills you learn will be useful in all sorts of situations—and in your relationships with your friends, family, and others around you too. Think about it—the more you develop your competencies and talents, the more you'll stay active, curious, creative, and inspired, and the more you'll know what you really want.

Check out how other young people have gained competencies through their involvement in activities, and how these competencies can help them in other situations:



"Sometimes it's hard for me to concentrate, but to get

## GOOD AT DUNGEONS AND DRAGONS,

I learned not to give up, to keep on trying. I realized that I'd get a bit better every time I played, and eventually I advanced to the next level! Now I know my efforts paid off and that I can stay focused and succeed—and I'm trying to do the same thing with math!"

— Mark



## "MY IMPROV EXERCISES

helped me learn to express myself and break out of my shell. I love it, since I feel I can truly be myself. Now I'm less and less shy in class and ask more questions. I'm proud of myself!"

— Lisa



"I tend to give up easily and get discouraged when I don't succeed at something...

## BUT NOW I'VE JOINED A PING PONG CLUB

and, even if I'm not the best, I can see I'm improving and I really love it. I'm going to try to be just as determined in gym class."

— Alex



## GYMNASTICS

has taught me to know my limits to prevent injury. Since I started, I think I've gotten better at recognizing that I need to get to bed when I'm tired. I'm better at listening to myself and respecting my needs."

— Jade



## "I MADE A DEAL WITH MY PARENTS:

If I help my dad mow the lawn until the end of the summer, my parents will buy me a dog! This means I'll have to say no to my friends sometimes when they ask me to go play with them. It's a drag, but I stay motivated by thinking about later, when I can bring my dog to play with my friends at the park!"

— Jeremy

TO STAY ACTIVE, CURIOUS, CREATIVE, AND INSPIRED,  
**MAYBE YOU NEED  
TO TALK.**

DON'T KEEP THINGS  
TO YOURSELF.

Talk with someone you trust, like your mom or dad, a friend, a teacher, or your school nurse.

If you're not comfortable talking with someone you know or you're looking for advice, you can always call **Tel-jeunes**, the telephone help line created for young people like you:

TEL-JEUNES



1-800-263-2266



TELJEUNES.COM

