

IT'S NOT WORTH
THE RISK

CHOOSE YOUR CHALLENGE

**DRUG
AWARENESS
WEEK**

ALCOHOL
DRUGS
GAMBLING

Quebec.ca/AlcoolDroguesJeu

Québec 

CHOOSE YOUR CHALLENGE

Read paragraphs A, B, C, and D. Choose the one that best represents you and go read the paragraph shown right.

A You're bursting with energy and you can't wait till your next gym class. Whether you're on the ice or the soccer field, you're always ready to push yourself and give it your all.

**GO TO
PARAGRAPH
1**

B You have an active imagination and you love to create things. You're always looking to find ways to express yourself, whether it's on stage, on your computer, or in an art class.

**GO TO
PARAGRAPH
2**

C You've always been very curious. You want to figure out how things work. You're the type to scrutinize a magic trick to uncover the magician's secret.

**GO TO
PARAGRAPH
3**

D You like people. You prefer group projects and activities with lots of friends. You're someone who wants to be part of a crew and make the world a better place.

**GO TO
PARAGRAPH
4**



1

At camp this summer, you spent most of your time on the basketball court playing games of 3 on 3, 21, and even just practicing dribbling by yourself. Now that you're back to school, you see the school basketball teams and you'd really like to join one, though you've never played on team before.

Signups are closing soon so you've got to make a decision.

If you decide to join a team

GO TO
PARAGRAPH
5

If you'd rather keep practicing by yourself at home

GO TO
PARAGRAPH
6

2

Last summer, you started messing around with your dad's old guitar. You really like it. You even learned a few chords of your favorite songs from videos online. A group of kids at school is looking for a guitarist to play with them during lunch break and maybe even do a show.

You've got a lot of options. Which of the following do you choose?

If you ask if you can join them

GO TO
PARAGRAPH
7

If you'd rather practice a bit more and maybe even wait till next year to find a band to play with

GO TO
PARAGRAPH
8

3

You've always had a curious mind that drives you to understand and analyze things. When you were little, you used to like to take your game console and other contraptions apart to figure out how they work, and now you're obsessed with strategy video games. Your grandpa recently introduced you to chess. You find it fascinating. You've read a lot about the tactics the pros use and you'd like to get better at it quickly. You know there's a club at school that meets weekly to play. The club even participates in a big regional tournament during break.

You've got a lot of options. Which of the following do you choose?

If you decide to take the plunge and join the club

GO TO
PARAGRAPH
9

If you'd rather take more time to decipher the game on your own and you enjoy playing online at home against increasingly challenging opponents, go to

GO TO
PARAGRAPH
10

4

You get the impression your parents don't understand how important the environment is to you, but you finally managed to convince them to compost at home. It's 2018—that's the least someone can do! Considering how well your plan worked out at home, you start thinking you could do the same at school. If there's room for recycling bins, surely there's room for compost bins!

You have to make a decision. What do you do?

If you go talk to the principal about your idea

GO TO
PARAGRAPH
11

If you drop it, thinking it might not go anywhere anyway

GO TO
PARAGRAPH
12

5

Right from the first few practices, you notice it's fun and motivating to play on a team. Plus you're getting better even faster because of the competitive aspect of the games. You train hard, and the older players and coach have really helpful advice. You may even make the team that goes to the regional tournament. You were right to trust yourself and go hard after what you wanted!

GO TO
PARAGRAPH
13

6

You spend a lot of time practicing on the courts at school and in the park. You watch videos online to improve your skills and you even make friends with one of the best players on the team, who gives you some tips and tells you about practice. You go to every game at school, and in the stands you feel like you could have found a place on the team if you had given it a shot.

GO TO
PARAGRAPH
14

7

You're nervous about playing in front of the band members, but as you get to know them you start to feel at home and more confident. The bassist, who also plays guitar, gives you tons of tips that are really useful and helps you practice your big solo for the Christmas show. You realize you have to keep working hard, but you find the energy and motivation you need. This performance is a bit terrifying, but at the same time, you're really excited to show everyone what you can do!

GO TO
PARAGRAPH
13

8

You've continued playing in your room, and with a little perseverance you even manage to play the beginning of your favorite songs. But when you see you're not making as much progress after a few months, you ask your parents to get you private lessons. It's a good idea: you learn different styles and the teacher builds your confidence in your abilities as a guitarist. At the Christmas concert, the band you were thinking about joining blows everyone away. When you are applauding in the crowd, you think to yourself, "I totally have the talent to be on stage with them." Maybe next time?

GO TO
PARAGRAPH
14



9

Within minutes of showing up at the club, you wonder what you were so worried about. They welcome you right in. It turns out everyone's glad to see the club grow. Plus, as you get to know everyone you start to feel at home and more confident. You learn new aspects of the game that you hadn't noticed in books and online. It really is a lot more fun than playing by yourself in front of a screen, and in just a few weeks you're the one teaching the new kids tricks.

GO TO
PARAGRAPH
13

10

You continue to play for a while and you even make some friends online who you play against from time to time. But your grandpa is still your biggest opponent! Over time, your interest in chess leads you to even more complex strategy games, which you play online since your friends aren't as interested in this kind of game as you are. Whenever you walk past the chess club at school, you think that if you had been brave enough to try it, you might have met new friends there who share the same interests as you.

GO TO
PARAGRAPH
14

11

It's not easy to put together a project like this, but you get a lot of support. Other students join the committee you're leading and the project advances quickly. The principal even tells you that other schools would like you to help them set up their own composting programs! You should be proud of yourself!

GO TO
PARAGRAPH
13

12

Every time you see someone throw an apple core in the trash, you think that you could have prevented that. And it bothers you. A few months later, you learn that someone started a composting project that's been extended to a number of schools in the area. The news is proof that your idea was a good one. Now you find the courage to talk to the principal to get your school involved in the initiative.

GO TO
PARAGRAPH
14



13

It's really incredible to be surrounded by people who like the same things as you and to be part of something you really believe in. It's the best way to stay motivated, to get to know yourself better, and to succeed at things you never would have thought possible. Plus you've seen what you can accomplish when you're part of a team you trust. You've learned to find your place and accept constructive criticism. That will serve you well your entire life! And most of all, don't forget that the activities you can do at school are just the beginning. You surely have other passions just waiting to be discovered. Explore the activities that are out there and talk to your friends about them too!

14

You faced a dilemma and you chose to listen to yourself and respect your desire to wait before jumping in. That's a good thing. The next time you hesitate to give something a go, ask yourself what's holding you back. Learn to trust yourself and recognize your strengths. Those skills will help you your entire life. Always remember that everyone starts somewhere, even your favorite artists and athletes. The next time you have a good idea or want to participate in an activity, go ahead and get involved. The more you do activities you like and that motivate you, the easier it will be to get better at them! Plus you'll be a better teammate and you'll learn the importance of perseverance while sharing some great times with friends. You win either way!

