

Get to grips

**PARTICIPANT GUIDE  
FOR AGES 10 TO 12**



with your  
personality

Drug awareness week

## WHAT DEFINES WHO YOU ARE? HOW WELL DO YOU KNOW YOURSELF?

### CAN YOU IDENTIFY:

- what is important to you?
- your qualities and strengths?
- your skills and talents?
- your likes and interests?

## WHEN YOU KNOW YOURSELF BETTER, YOU CAN:

### 1. MAKE BETTER AND EASIER CHOICES IN ALL AREAS OF LIFE, SUCH AS:

- Choosing to do activities you enjoy
- Choosing who you want to be with

### 2. EXPRESS AND ASSERT YOURSELF IN ORDER TO:

- Share your ideas, opinions, and what you're thinking
- Communicate your needs
- Express how you feel

### 3. BOOST YOUR SELF-CONFIDENCE AND WELL-BEING

### 4. RECOGNIZE OTHERS WHO SHARE YOUR LIKES

### 5. REACT BETTER TO DIFFICULTIES



CIRCLE THE ANSWER THAT  
MATCHES YOU BEST:

**I PREFER TO DO  
SPORTS, ART, AND  
SCHOOL WORK**

- as a group
- on my own

**WHAT I LIKE MOST  
ABOUT SPORTS OR  
SCHOOL WORK IS**

- competing and being the best
- having fun while I learn

**IN GENERAL,  
I PREFER**

- new things, discovery,  
change, surprises
- routine, habits, knowing  
what to expect





## TO KNOW YOURSELF BETTER, YOU ALSO NEED TO KNOW YOUR:

### LIKES AND INTERESTS

Such as the arts (e.g., drawing, music, etc.), sports (e.g., soccer, cycling, dance, etc.), intellectual activities (e.g., reading, solving puzzles, sudoku, etc.), or social activities (e.g., volunteering, school committees, youth centres, etc.)

Write down two of your  
interests here

1

2

### CHARACTER TRAITS

Such as perseverance, team spirit, curiosity, a sense of humour, generosity, patience, courage, a calm or unsettled temperament, etc.

Write down two of your  
character traits here

1

2

### APTITUDES

(A PERSON'S NATURAL OR ACQUIRED  
ABILITY TO DO SOMETHING = THINGS THAT  
YOU FIND EASY!)

Such as creativity, working with your hands, a good memory, and a flair for sports, French, math, science, languages, etc.

Write down two of your  
skills here

1

2

### GOALS AND DREAMS

Such as what you want to achieve, what you want to become or do later on

Write down two of your  
goals here

1

2



**NOW THAT  
YOU'VE  
PINPOINTED  
A FEW OF YOUR  
CHARACTER  
TRAITS, CHOOSE  
THE ANIMAL  
THAT BEST  
MATCHES WHO  
YOU ARE.**

## MONKEY

CIRCLE THE CHARACTERISTICS OF A MONKEY THAT YOU RECOGNIZE IN YOURSELF, IF ANY.

YOU'RE LIKE A MONKEY IF...

- You have a sense of humour and like to have fun.
- You're imaginative and creative.
- You're sociable, you like to be part of a group, and you have a strong team spirit.
- You're happy, brave, and inquisitive.
- You're agile and like being active.

## PANTHER

CIRCLE THE CHARACTERISTICS OF A PANTHER THAT YOU RECOGNIZE IN YOURSELF, IF ANY.

YOU'RE LIKE A PANTHER IF...

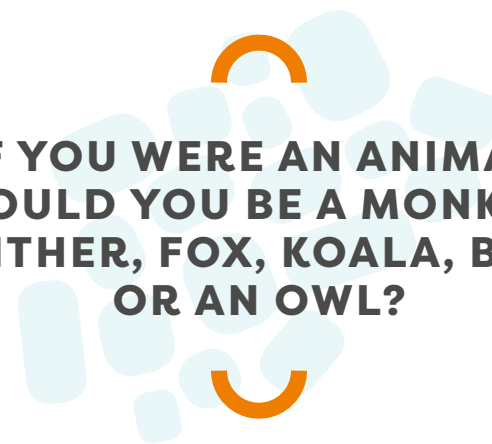
- You're energetic and you like it when there's something going on.
- You're committed and determined and you do what it takes to succeed.
- You have a strong personality and a free spirit and you enjoy your independence.
- You're courageous and not afraid of challenges.
- You like adventure and discovery.

## FOX

CIRCLE THE CHARACTERISTICS OF A FOX THAT YOU RECOGNIZE IN YOURSELF, IF ANY.

YOU'RE LIKE A FOX IF...

- You're overflowing with ingenuity and constantly have new ideas brewing in your head.
- You like to experiment and you have more than one string to your bow.
- You express yourself easily and are a good listener.
- You like challenges and anything that involves strategy.
- You're patient and have good concentration skills.
- You're smart and friendly.



**IF YOU WERE AN ANIMAL,  
WOULD YOU BE A MONKEY,  
PANTHER, FOX, KOALA, BEAR,  
OR AN OWL?**

## KOALA

CIRCLE THE CHARACTERISTICS OF A KOALA THAT YOU RECOGNIZE IN YOURSELF, IF ANY.

YOU'RE LIKE A KOALA IF...

- You're relaxed and you like it when things are calm. You're a thinker rather than a do-er.
- You like to feel safe, on familiar ground.
- You enjoy comfort, your own things, your routine, and your habits.
- You're kind and gentle, and people can count on you.
- You seek stability and you like it when everything is in order.

## BEAR

CIRCLE THE CHARACTERISTICS OF A BEAR THAT YOU RECOGNIZE IN YOURSELF, IF ANY.

YOU'RE LIKE A BEAR IF...

- You live in the moment and make the most of it without worrying too much.
- Nothing much scares you, and you enjoy hard work.
- You're always up for a new project or ready to lend a hand.
- You have a big, generous heart.
- You enjoy being with friends and family.
- You're not afraid to defend your ideas or the people you love, when you need to.

## OWL

CIRCLE THE CHARACTERISTICS OF AN OWL THAT YOU RECOGNIZE IN YOURSELF, IF ANY.

YOU'RE LIKE AN OWL IF...

- People admire your wisdom and logic and they listen to you because you think things through.
- You don't say much, except when you think it's important.
- You're perceptive and observant and you catch on quickly.
- You have a gift for figuring out the right way to resolve conflicts and problems.
- You want everything to be fair and you don't like injustice.
- You're naturally inquisitive and have a thirst for knowledge.



OR ARE YOU MORE LIKE AN ANIMAL  
THAT'S NOT ON THE LIST?

MAYBE YOU'RE A MIXTURE OF TWO ANIMALS  
(AN OWL/MONKEY, A BEAR/PANTHER,  
OR PERHAPS A CROCODILE/LION, A DINOSAUR/CAT,  
OR A GROUNDHOG/SHARK)?

ANYTHING IS POSSIBLE BECAUSE  
WE'RE ALL UNIQUE.

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#### DRAWING ACTIVITY

NAME YOUR ANIMAL AND COLOUR IT IN.  
LET YOUR IMAGINATION RUN FREE AND  
ADD WHATEVER YOU WANT!

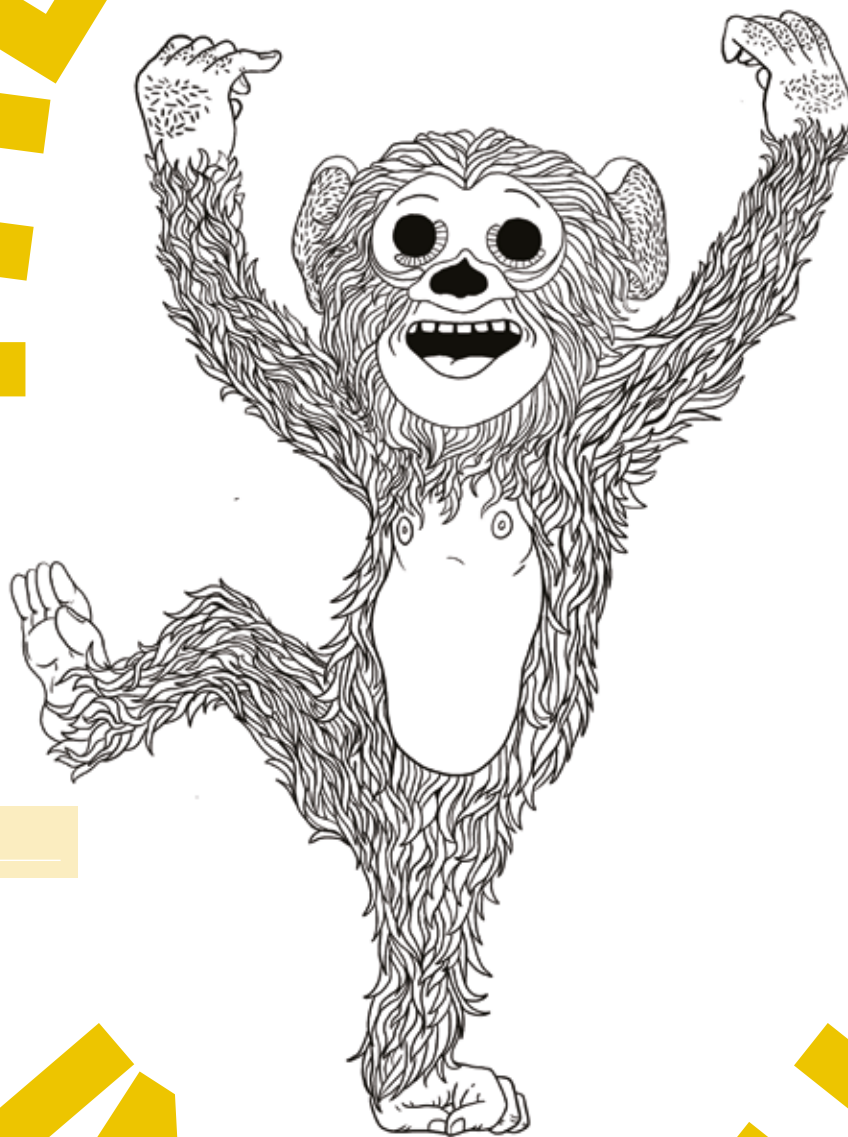
FOR EXAMPLE, YOU CAN PERSONALIZE  
YOUR ANIMAL BY ADDING  
PHYSICAL CHARACTERISTICS OR  
OBJECTS THAT SAY SOMETHING  
ABOUT YOU (CAP, GLASSES,  
SOCCER BALL, ETC.).

IN THE SPACE ON EACH SIDE  
OF YOUR ANIMAL, WRITE DOWN TWO  
OF YOUR CHARACTERISTICS.

YOU MIGHT ALSO THINK OF A  
DIFFERENT ANIMAL THAT MATCHES  
YOUR PERSONALITY, DRAW IT ON THE  
BLANK PAGE, AND COLOUR IT IN.

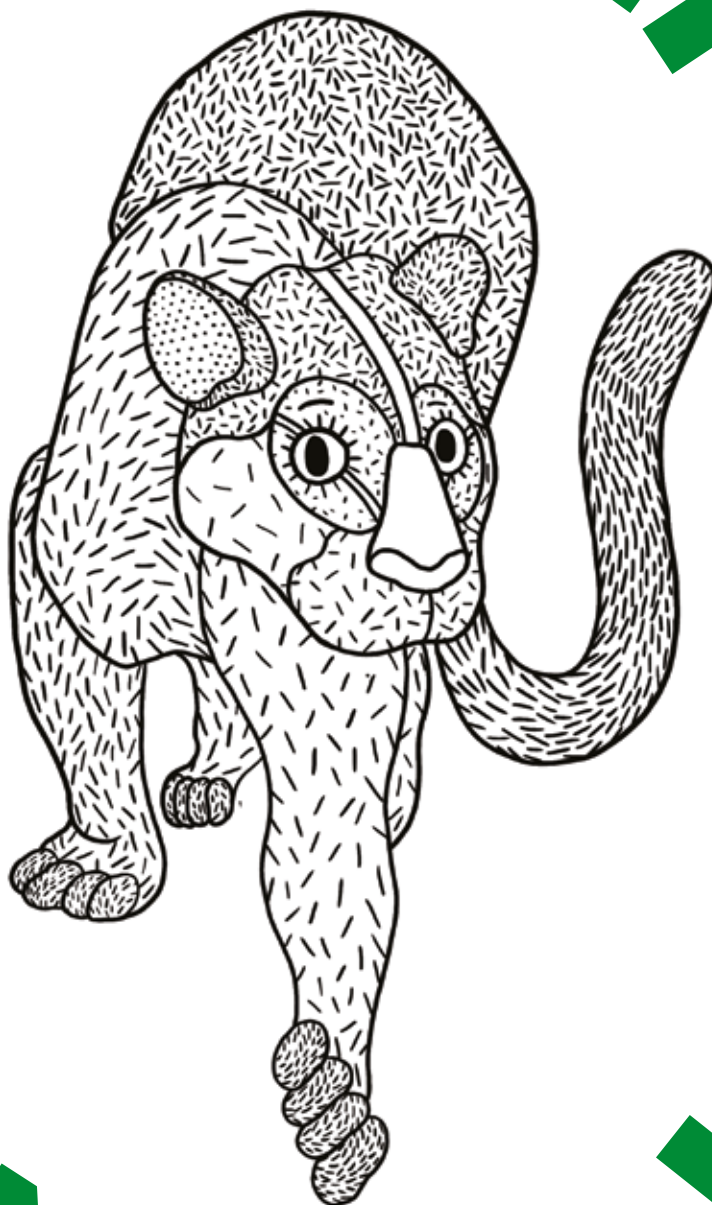


THE MONKEY



IN YOU

THE PANTHER



IN YOU

# THE FOX



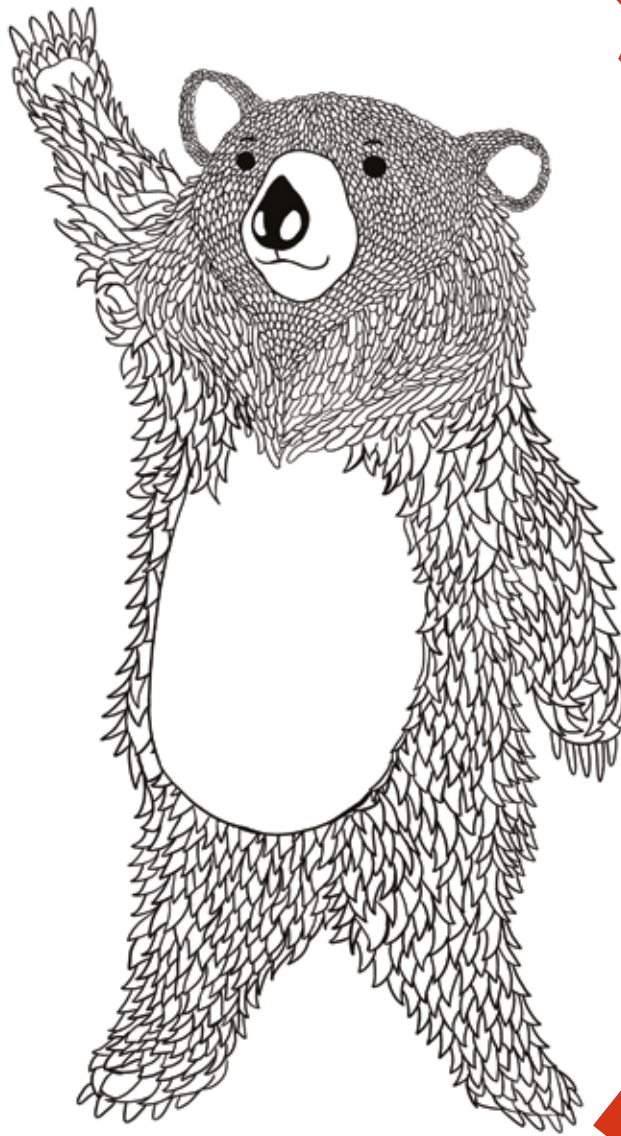
# IN YOU

THE KOALA



IN YOU

THE BEAR



IN YOU

THE OWL



IN YOU

THE ANIMAR



WYOU

