

# CHOOSE YOUR OWN ADVENTURE

An illustration featuring a single yellow leaf with a green stem and veins, positioned to the right of the main text. To the left of the leaf is a cluster of green, bean-shaped seeds. To the right of the leaf is a trail of green dots of varying sizes, suggesting movement or a path.

ADDICTION  
PREVENTION  
WEEK

ALCOHOL  
DRUGS  
GAMBLING

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# CHOOSE YOUR OWN ADVENTURE

Read paragraphs A, B, C and D. Choose which one describes you best and then go read the paragraph indicated on the right.

**A** You're bursting with energy and can't wait for gym class. Whether on skates or on the soccer field, you're not afraid of putting in a little extra effort to push your limits.

GO READ PARAGRAPH **1**

**B** You have a vivid imagination and love to create things. Expressing yourself in a variety of ways is very important to you—be it on stage, at your computer or in art class.

GO READ PARAGRAPH **2**

**C** You've always been curious by nature. You want to know how things work—you're the kind of person who analyzes a magic trick in order to figure out the secret.

GO READ PARAGRAPH **3**

**D** You like people, activities with lots of friends, and teamwork. It's important for you to feel supported and to improve the world around you.

GO READ PARAGRAPH **4**

# 1

When you went camping this summer, you spent most of your time on the basketball court playing 3-on-3 or games of 21, and practising dribbling on your own. Now that you're back in class, you see the school basketball teams and you'd really like to join, but you've never been on a team before.

The registration period is almost over, so you'll have to make a decision.

If you decide to sign up for a team,

**GO READ PARAGRAPH 5**

If you prefer to keep practising at home on your own,

**GO READ PARAGRAPH 6**

# 2

This summer, you started playing around on your dad's old guitar. You really liked it. You even managed to figure out the chords for some of your favourite songs after watching on-line videos. At school, a few students are looking for a guitarist to jam at lunchtime and maybe eventually play a show.

You have a couple options. Which of these two will you pick?

If you ask to join their band,

**GO READ PARAGRAPH 7**

If you'd rather spend more time getting better, and maybe even wait a year before joining a band,

**GO READ PARAGRAPH 8**

# 3

You've always been filled with curiosity, which makes you want to analyze and understand things. When you were younger, you enjoyed taking apart game consoles and other gadgets to see what made them tick. And now you're into strategy games. Recently, your grandpa introduced you to chess. You find it fascinating and have read a lot about the tactics pros use. You'd like to get better fast. At school, you know there's a club that meets every week to play. The members even have the chance to compete in a regional tournament over spring break.

You have a couple options. Which of these two will you pick?

If you decide to go for it and join the club,

**GO READ PARAGRAPH 9**

If you'd rather spend more time honing your chess skills on your own and playing online against increasingly challenging opponents,

**GO READ PARAGRAPH 10**

# 4

You get the feeling your parents don't understand how important the environment is to you, but you finally managed to convince them to compost at home. In 2021, it's the least they can do! Since this first project went well, you think that maybe you could do the same at school. If there's room in the cafeteria for recycling bins, there's surely room for compost bins!

You have a dilemma. What do you do?

If you go see the principal about your project,

**GO READ PARAGRAPH 11**

If you think it isn't worth the trouble,

**GO READ PARAGRAPH 12**



# 5

Right away, you noticed practices were fun and playing on a team was really motivating. Plus, the competitiveness of the games helped you improve quickly. You train hard, and you find the advice from older players and the coach super useful. You might even be on the team that goes to the regionals. You were right to trust yourself and pursue your passion!

GO READ  
PARAGRAPH 13

# 6

You spend a lot of time shooting hoops at school and at the park. You watch videos online and you've made friends with one of the best players on the team, who gives you some tricks and tells you how practices work. You go to all the games at school, and from where you're sitting in the bleachers, you think that if you'd summoned up the courage to try out for the team, you would've been right at home.

GO READ  
PARAGRAPH 14

# 7

You're nervous about playing in front of the other band members, but you feel more comfortable and confident the more you get to know them. The bassist, who also plays guitar, gives you tons of super useful tips and helps you practise for your big solo in the Christmas concert. You realize you're going to have to keep working really hard, but you've found the energy and motivation you need. You have a bit of stage fright, yet at the same time you're happy you get to show your classmates what you can do!

GO READ  
PARAGRAPH 13

# 8

You keep playing in your room and with a little perseverance you manage to play the intros of your favourite songs. But as you see your progress slowing down after a few months, you ask your parents for private lessons. And it was a good idea—you've learned to vary your style and your teacher builds up your confidence in your guitar skills. During the Christmas concert, the band that you were thinking of joining impresses everybody. And as you're clapping at the end of their performance, you say to yourself that you definitely have enough talent to be on stage with them. Maybe next time?

GO READ  
PARAGRAPH 14

# 9

Almost as soon as you arrive at the chess club room, you wonder why you were stressed. Everybody is so welcoming—they're genuinely happy to have a new member. Plus, as you get to know the others, you really grow in self-confidence. And thanks to them, you discover aspects of the game that you hadn't noticed before when you read about the game in books or on the internet. Facing off against people in real life is a lot more fun than playing alone in front of a screen. A couple weeks after joining the club, you're the one giving tips to the new kids.

GO READ PARAGRAPH 13

# 10

You keep playing for a while and even make a few friends online, whom you face off against. But your grandpa remains your greatest chess foe! Over time, your interest in the game leads you to discover other, more complex strategy games that you play online because your friends are less keen on them. Every time you walk past the chess club room at school, you think to yourself that if you had worked up the courage to join, you'd have had the chance to make new friends who share your interests.

GO READ PARAGRAPH 14

# 11

It's not easy getting a project like this off the ground, but you receive a lot of support. Many students join the committee you head up and things progress quickly. The principal even tells you that other schools would like you to help them put their own composting program in place. You have much to be proud of!

GO READ PARAGRAPH 13

# 12

Each time you see someone throw an apple core in the garbage, you think that it could have been avoided. And it bugs you. A few months later, you hear that a student has launched a composting program at several schools in the area. This piece of news convinces you that your idea had been a good one and gives you the courage to speak to your principal so that your school can take part.

GO READ PARAGRAPH 14

# 13

There's nothing like being around people who love the same stuff as you and taking part in projects you care about. It's the best way to stay motivated, to get to know yourself better, and to succeed in doing things that you never thought possible. Plus, you see everything you can achieve when you're on a team you believe in. You learned to find a place for yourself and accept constructive criticism. That will prove useful in life! And remember, activities that you can do at school are just the beginning. There are probably other passions you've yet to explore. Don't be shy to see what's out there and to talk to your friends about them!

# 14

You faced a dilemma and you chose to listen to yourself and respect your need for more time before making a move. And that's totally ok. The next time you're unsure about moving forward, ask yourself what's holding you back. Learning to trust yourself and recognize your strengths will be very handy throughout your life. Remember that everyone has to start somewhere, even your favourite artists and athletes did at one point. If you have a great idea or the urge to join something again, give it a shot. The more you participate in activities that you love and that motivate you, the better you'll get! Plus, by sharing good times with others, you'll develop team spirit and learn the importance of sticking with things. It's a win-win all around!

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