Go to intenseunaturel.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 – 1-900-265-2266 or 514-527-2266 (Montreal area)
GAMBLING, HELP AND REFERRAL – 1-800-461-0140 or 514-527-0140 (Montreal area)
Calls are answered 24/7.

YOU CAN ALSO GO TO
INTENSEUNATUREL.COM

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Having a passion, seeing 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.

GETTING INVOLVED FEELS GOOD!

When you’re involved in an activity that matches your interests:
- You discover your talents.
- You learn to know yourself better and what you like and don’t like.
- You meet other young people who share the same interests as you.
- You learn to assert yourself and respect others.
- You learn to better manage your stress and emotions.
- You improve your physical or intellectual skills.
- You learn to set goals and not give up despite the obstacles.
- You build your self-esteem.

All these skills are useful for practicing the activity you love and will help you make decisions about your own life and be better equipped to avoid problems such as those associated with drug and alcohol use and gambling.

THE EFFECTS OF ALCOHOL AND OTHER DRUGS

Consuming alcohol or other drugs affects brain function by disrupting communication between nerve cells. These changes affect judgment and alter behavior.

Alcohol, for example, may make you feel relaxed and less inhibited to say and do things you otherwise wouldn’t. It affects your perception, concentration, and motor skills. Other drugs, such as marijuana, produce an altered perception of time, space, and your surroundings.

Because alcohol and other drugs change how we act and affect the decisions we make, consuming them 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.

NEED SOME INSPIRATION? EXPLORE THE POSSIBILITIES AND GO FOR IT! HERE ARE A FEW IDEAS.

- Take part in your school’s extracurricular activities, such as theater, music, the book club, etc. The idea is to have fun while exploring new levels of your personality.
- Practice art. Make your free, drawing your photography skills—the choices are endless!
- Take lessons in dance, singing, music, etc. Fine-tune your skills, discover how good you are, and have fun.
- Practice as individual or team sport, such as soccer, basketball, volleyball, tennis, swimming, rock climbing, cheerleading—there are countless options to get you moving!
- Join a volunteer group at school or in your community. Helping others is very rewarding.
- Learn to build wooden benches, to tie a kite, assemble and maneuver a computer, or become a do-it-yourselfer. If you’re a car of old trucks, there is plenty to choose from!
- Explore the sciences, such as chemistry, astronomy, botany, animal sciences, etc. There are so many—why not join your school science club?

There’s so much more to life. Be creative, get moving, get involved!

Some people have been drinking is more likely to have unsafe sex than someone who hasn’t been drinking. Léa has a sexually transmitted infection and may have also become pregnant.

SAMPS PETERShof had a quantity of drugs in a common vehicle that he had obtained from a legal source. He also obtained from his friend’s brother a marijuana joint and a pack of cigarettes. He and his friend decided to use the marijuana and cigarettes and that evening they discuss the effects of these substances.

Poker, for example, is a game of both luck and skill. In a match between two equally skilled players, luck will determine the winner. Going into debt, buying about gambling, and being incorrectly involved in gambling are signs that a person may have a gambling problem.
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So much to live, more to life  
INTENSE BY NATURE 
INTENSEUNATUREL.COM 

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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.

**THE EFFECTS OF ALCOHOL AND OTHER DRUGS**

Consuming alcohol or other drugs affects brain function by disrupting communication between nerve cells. These changes affect judgment and alter behavior.

Alcohol, for example, may make you feel relaxed and less inhibited to say and do things you otherwise wouldn’t. It alters your perception, concentration, and motor skills. Other drugs, such as marijuana, produce an altered perception of time, space, and your surroundings. 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.

When you’re involved in an activity that matches your interests—

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All these skills are useful for practicing the activity you love and will help you make decisions, assert yourself, and be better equipped to avoid problems such as those associated with drug and alcohol use and gambling.

HOPING FOR A CURE?

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 doing something else instead.

**IT’S ALL ABOUT DECIDING TO PASS ON ALCOHOL OR OTHER DRUGS AND DOING SOMETHING ELSE INSTEAD.**

**GETTING INVOLVED FEELS GOOD!**

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

NEED SOME INSPIRATION? EXPLORE THE POSSIBILITIES AND GO FOR IT. HERE ARE A FEW IDEAS.

- **Take part in your school’s extracurricular activities, such as tennis, rugby, the book club, etc.** The idea is to have fun while exploring new facets of your personality.
- **Practice your art.** Make jewelry, free, developing your photography skills—the choices are endless!
- **Take lessons in dance, singing, music, etc.** Fine-tune your skills, discover how good you are, and have fun!
- **Practice an individual or team sport, such as soccer, basketball, volleyball, badminton, kickboxing, gymnastics, weightlifting, water skiing, cheerleading—there are countless options to get yourself moving!**
- **Join a volunteer group at school or in your community. Helping others is very rewarding!**
- **Learn to build wooden benches, bikes, a bike, dassenbrei andreasen, a computer, or become a do-it-yourselfer.** If you’re a car of all trades, there is plenty to choose from!
- **Explore the sciences, such as chemistry, astronomy, biology, animal sciences, etc.** There are so many—why not join your school science club?
- **Join a newspaper, a magazine, a radio station, or a television station.**
- **Start your own business.**
- **Join a union or a professional association.**

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**YOU CAN HAVE A PASSION!**

**I got a sexually transmitted disease because I had unprotected sex.**

- **Lee**

**I was involved in an accident and my arm was injured. My bonded mother was driving. I’ve been drinking beer at their place.**

- **Philippe**

**I was arrested in the park for smoking a joint.**

- **Eric**

**If I thought I had no players, my poker skills would help me win every time. I thought I had no Luck. Luck followed me wherever I went back to a bunch of people.**

- **Pierre-Luc**

**They lack the skills.**

**What are your skills?**

- **Photography skills—the choices are endless!**

**In a match between two equally skilled players, I was involved in an accident and my arm was injured. My bonded mother was driving. I’ve been drinking beer at their place.**

- **Philippe**

**Take part in your school’s extracurricular activities, such as tennis, rugby, the book club, etc.** The idea is to have fun while exploring new facets of your personality.

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**BEING NATURALLY INTENSE MEANS...**

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**NEED SOME INSPIRATION? EXPLORE THE POSSIBILITIES AND GO FOR IT. HERE ARE A FEW IDEAS.**

- **Take part in your school’s extracurricular activities, such as frisbee, rugby, the book club, etc.** The idea is to have fun while exploring new facets of your personality.
- **Practice your art. Make bakery items, develop your photography skills—the choices are endless!**
- **Take lessons in dance, singing, music, etc.** Fine-tune your skills, discover how good you are, and have fun!
- **Practice as an individual or team sport, such as soccer, basketball, baseball, volleyball, field hockey, soccer, tennis, rock climbing.**
- **Laser Tag:**
  - Build wooden Fourieric texts, like a bike, a computer, and eventually a computer, or become a do-it-yourselfer if you’re a fan of all trades, there is plenty to choose from!
- **Explore the sciences, such as chemistry, astronomy, biology, animal sciences, etc.** There are so many—why not join your school science club!
- **Learn to love: For example, my poker skills would help me win 4 to 10 cigarettes.**
- **Poker, for example, is a game of both luck and skill.**
- **In a match between two equally skilled players, luck will determine the winner.** Going into debt, bragging about gambling, and being unnecessarily involved in gambling are signs that a person may have a gambling problem.

- **Decide how to use alcohol under the influence of alcohol and other drugs.**
- **Philippe:**
  - I was involved in an accident and my arm was injured. My brother thought I was drinking beer.
- **Sébastien:**
  - I was arrested in the park for smoking a joint.
- **Roxanne:**
  - I got a sexually transmitted disease because I had unprotected sex.
- **Mylène:**
  - I was told I had sex without a condom.
- **Étienne:**
  - I thought if I took my playing, my poker skills would help me win every time. I thought I could cheat Luck.
- **Simon:**
  - My friend’s brother was driving. We’d been drinking beer.
- **Léa:**
  - I have 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 doing something else instead.
INTENSE BY NATURE CONTEST

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