WANT TO...
› Feel good about yourself?
› Have confidence in yourself?
› Excel?
› Set goals and achieve them?
› Have friends who share your passions?
› Find a boyfriend or girlfriend who shares your values?
› Improve your social skills (assert yourself, develop your critical thinking, etc.)?
› Stay away from the risks and consequences associated with drug and alcohol use and gambling?

When you take part in a regular, structured activity that matches your interests, you get involved in being yourself and exploring your full potential. It means choosing to be NATURALLY INTENSE and developing skills you can use the rest of your life. Now that’s intense!

GET INVOLVED IN AN ACTIVITY YOU LIKE!

WANT THE FACTS ON DRUG AND ALCOHOL USE AND GAMBLING?

CALL:
TEL-JEUNES – 1-800-263-2266
DRUGS: HELP AND REFERRAL – 1-900-265-2025 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 INTENSEAUNATURE.COM

INTENSE BY NATURE
CONTEST

Go to intenseaunature.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!

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The photos in this publication are used only to illustrate the various subjects addressed. The people appearing in them are actors.

INTENSE BY NATURE
THERE’S SO MUCH MORE TO LIFE

INTENSEAUNATURE.COM
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. For some people, such as athletes, drinking can help with concentration and performance. However, it’s important to know that all drug and alcohol use has an effect and may entail risks and negative consequences.

There are many ways to be intense.

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

Get involved in an extracurricular activity, such as music, theater, cooking, chess tournaments, sports, etc. The idea is to have fun while exploring new facets of yourself.

Take lessons in dance, singing, drawing, photography, guitar, etc. Find the tools that discover how good you are, and have fun. Take your time.

Practice an individual or team sport, such as frisbee, tennis, bowling, badminton, volleyball, gymnastics, etc. There are countless options to get yourself moving and have fun.

Join an ATV or snowmobile club and have fun. Join biking, volleyball, badminton, and organize group outings. Some options to get yourself moving include: rock climbing—there are countless opportunities to find a route that suits you and challenge yourself.

Take lessons in cooking, chess tournaments, drawing, photography, guitar, etc. Find the interests that help you discover your talents and passions.

Are you studying a skillful trade? Practice with the best and enter selected trade competitions.

Decide your current level of involvement and your intensity naturally. It’s all about deciding to pass on alcohol or other drugs and do something else instead.

BEING NATURELY INTENSE MEANS:

Having a passion, serving the community, being part of a team, and choosing to experience your intensity naturally.

There’s so much more to life. Be creative, get moving, go for it—GET INVOLVED!

ALCOHOL AND OTHER DRUGS

Understanding other drug effects from friends by sharing communication with others. They change perceptions, psychological and physical environment, and may lead to negative consequences.

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

Depressants, such as alcohol, make you feel relaxed and less inhibited. They affect your perception, concentration, and mood. Heroin, cocaine, amphetamines, and other drugs distort judgment, impair behavior, and lead to serious problems. Depression, anxiety, and other mental health problems can also affect your judgment and ability to make decisions. 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.

GAMBLING

Gaming can become a problem. People who give up their activities to gamble are unable to stop. They risk paying their gambling debts, and cut themselves off from their family and friends, probably have a gambling problem.

When I took ecstasy, I was sick and super anxious. I didn’t think it could do that—on a scale of 1 to 10, I never thought I’d try ecstasy again. It’s all about deciding to pass on alcohol or other drugs and do something else instead.
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DRUG AWARENESS WEEK - ALCOHOL - GAMBLING

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DID YOU KNOW?

People have different approaches to the use of alcohol and other drugs. Some abstain entirely, you may experience a feeling of pleasure or relaxation.

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Being naturally intense means:

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 do something else instead.

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

Not sure which activity to check out? Whichever your tastes, there are endless possibilities. Pick an activity that closely matches your interests.

Get involved in an extracurricular activity, such as music, theater, cooking, chess tournaments, sports, etc. The idea is to have fun while exploring new facets of your personality.

Take lessons in dance, singing, drawing, photography, guitar, etc. Find your skills, discover how good you are, and have fun. Take your gold.

Practice an individual or team sport such as soccer, tennis, swimming, badminton, volleyball, baseball, etc. A variety of outdoor sports—there are countless options to get yourself moving and have fun.

Join an ATV or snowmobile club and have fun. Join an ATV or snowmobile club and have fun.

Join the social committee of your work or organize a group for tea and cookies. Getting involved with a group is motivating!

Organize an activity or take part in a project. You can plan an educational activity for a humanitarian cause or language immersion, take part in planning a social, cultural, or environmental activity—take the choices as endless.

Learn to build wooden furniture, fix a bike, disassemble and reassemble computers, or become a do-it-yourselfer. If you are a pick of all trades, there is plenty to choose from!

Join a volunteer group at school or in your community. You can avoid the elderly, help kids with homework, lend a hand at a local soup kitchen or library, etc. Helping others is very rewarding!

Write for the student newspaper, host a literary or cultural event, etc. Become a journalist, photographer, caricaturist, researcher, poet, humorist, etc.

Are you studying a skilled trade? Practice and try to enter skilled trade competitions.

No matter what your profile is, you know that getting involved in your favorite activities is natural and intense!

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Some people abstain entirely, and others engage in activities that involve alcohol or other drugs. The way you use these substances is unique to you and can be influenced by personal beliefs, social norms, and the situations in which you find yourself. When considering your approach to alcohol and other drugs, it's important to be aware of the risks and consequences associated with their use. By understanding these factors, you can make informed choices that support your health and well-being.

- **Chugging**, which involves drinking a large quantity of alcohol in a short period of time, can increase the likelihood of liver damage.
- **Overdosing** is a risk associated with illicit drug use, particularly for those who have a history of addiction.
- **Gambling** can become a problem, leading to financial difficulties, legal issues, and potential harm to oneself and others.
- **Sobering up** is a process that involves recovering from the effects of alcohol or other substances.

Understanding these risks and the potential consequences of their use is crucial. By being aware of these factors, you can make informed choices that protect your health and well-being.
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This poster in this publication is used only in Quebec. The various subjects addressed. The simple questionnaire is not available.

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