

## Talking with your kids about substance use:

Did you know that 1 in 5 Canadian teens claim that they used cannabis in the past year? Cannabis is now legal in Canada. With that, the protection of our kids is on many people's minds. Experts say that children should be supported to make healthy and safe choices about substance use. This is best done by parents and guardians engaging in open and supportive conversations with their children. Parents are encouraged to start having these talks early – well before the child is placed in situations where they may begin to engage in substance use.

Basic tips for talking to your child about substance use:

- Keep an open mind and don't lecture
- Find a comfortable setting where you both feel relaxed
- Put yourself in your child's shoes
- Remain calm and relaxed
- Stay positive and do not express shame or anger
- Be clear about your goals
- Be aware of your body language

For more information, visit: <https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf>

<https://www.canada.ca/en/health-canada/services/health-concerns/reports-publications/alcohol-drug-prevention/talk-your-teen-about-drugs-communication-tips-parents.html>

Woodstock Education Centre, Anglophone School District- West  
Healthy Learners in Schools Program