RELATED FOUNDATIONS:

- Curriculum Teaching & Learning

RESOURCES:

- Parent/Caregiver Presentation or Event

Parent/Caregiver Resources

ACTIVITY GOAL: To enhance the protective factor of the 'parent/caregiver and student' bond by way of supporting open communication around substance use.

ACTIVITY IDEAS:

When delivering substance use curriculum, consider involving parents/caregivers in the learning. Potential resources include:

Talking to Your Kids

- Strategies for Parents to Prevent or Delay Alcohol and Other Drug Use - Rethink Your Drinking
- Get Ready to Talk - Drug Free Kids Canada

Vaping

- Talking to Children and Youth About Vaping? - MLHU
- Health Canada Tip Sheet on Vaping - Government of Canada

Cannabis

- Cannabis Talk Kit - Drug Free Kids Canada
- Talking Cannabis - Drug Free Kids Canada
- Cannabis: What Parents/Guardians and Caregivers Need to Know - School Mental Health Ontario
- Help Your Teen Understand What's Fact and Fiction About Cannabis - Canadian Center on Substance Use and Addiction (CCSA)
- Online learning module on the Effects of Cannabis use during Adolescence - CCSA

Alcohol and Other Drugs

- Youth and Alcohol - CCSA
- Energy Drinks and Sports Drinks – Canadian Paediatric Society
- Youth and Prescription Painkillers – Centre for Addiction and Mental Health (CAMH)

Note: Factsheets can be used as handouts during parent night sessions.

Curriculum Connections:

- Grade 4: D1.4 Tobacco and vaping; D2.3 Decisions about smoking and vaping; D3.2 Short and long-term effects of smoking and vaping
- Grade 5: D1.2 Short and long-term effects of alcohol use; D2.3 Refusal skills, alcohol and other behaviors; D3.3 Decision to drink alcohol, use cannabis; influences
- Grade 6: D1.2 Effects of cannabis, drugs; D2.4 Strategies, safe choices, influences, tobacco, alcohol and cannabis
- Grade 7: D1.2 Mental health, substances, support; D2.3 Body image, substance use; D3.2 Implication of substance use, addictions and related behaviors
- Grade 8: D1.3 Warning signs, consequences

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