

Talking about Substance Use

~ tips and resources that can help ~

Parenting is a lot like being on a road trip. It can be fun to experience new places with your growing child, but it can also be challenging. Parents often wonder about the best way to protect their children when it comes to issues like alcohol and other drugs. Here are ten important tips parents can use to help their children (and others) navigate life successfully, including avoiding harm from alcohol and other drugs.

- Stay connected** – more than anything, your child needs you! Young people who know they are loved, have a stronger sense of self-worth.
- Have fun** and focus on building a positive relationship.
- Show your child you believe in them** by supporting their interests and encouraging them to pursue their passions.
- Help your child solve their own issues** – it helps build their resilience.
- Resist the urge to know everything** – they’re growing up and need some ‘space’ to find their own meaning of things.
- Share clear, consistent expectations** – the more you discuss these openly with your child, the more likely they will understand your intentions, and the more likely they will adopt them.
- Recognize that we all make mistakes** and use them as opportunities to learn together.
- Expect to be challenged** – be respectful and prepared to negotiate but clearly communicate your position and your own values.
- Be available** – by encouraging open and regular communication, you’re showing your child their thoughts and concerns matter.
- Be a positive role model** – part of being a parent is modelling healthy behaviours and attitudes.

Helpful Resources

VAPING 101

<https://tinyurl.com/yymukqlt>

Information for parents and caregivers from Vancouver School Board. Includes ideas for parents; comments regarding underlying issues; core knowledge on vaping.

TALKING WITH YOUR TEEN ABOUT VAPING

<https://tinyurl.com/y2llzn6m>

A tip sheet for parents from Health Canada.

“TALKING TO YOUTH” A resource to assist in communication about drug use and related concerns.

<http://www2.gov.bc.ca/gov/content/overdose/talking-to-youth>

ERASE <https://www2.gov.bc.ca/gov/content/erase> - Provides support and resources for empowering students, parents, educators and the community partners who support them to get help with challenges, report concerns to schools, and learn about complex issues facing students, including substance use.

ALCOHOL SENSE

www.healthyfamiliesbc.ca/home/articles/topic/alcohol-sense

This resource, part of Healthy Families BC, provides parents and adult influencers with tips, tools and videos for starting conversations that will help guide kids towards healthy decisions when it comes to alcohol.

CANNABIS USE AND YOUTH: A PARENT'S GUIDE

www.heretohelp.bc.ca/sites/default/files/cannabis-use-and-youth-a-parents-guide.pdf

This guide provides an honest and thoughtful discussion on cannabis so parents can make better decisions about cannabis use—or non-use—in the context of your family and be better equipped to have productive conversations with their children.

DISCOVERY YOUTH & FAMILY SUBSTANCE USE SERVICES, ISLAND HEALTH

<https://www.islandhealth.ca/our-services/youth-family-substance-use-services>

If your teen develops a problematic relationship with substance use, you and your family may benefit from a consultation with a substance use counselling professional. Talk to your family doctor or other health care professional for referrals and visit our webpage. Referrals are also accepted from families, youth themselves, or any allied service. Community-based counselling services for youth, families, and parents. Services are free and available to anyone in the community directly or indirectly negatively impacted by substance use. Tel: 250-519-5313.

FOUNDRY <https://foundrybc.ca>

Offers young people ages 12-24 health and wellness resources online and through an integrated service centre in downtown Victoria.

FAMILYSMART™ “IN THE KNOW” WEBINAR SERIES

<http://www.familysmart.ca/programs/in-the-know/>

There are numerous sessions that might be helpful including "Paying Attention: Relationship or Behaviour? – Talking to youth about substance use."

GOVERNMENT OF BRITISH COLUMBIA – MENTAL HEALTH & SUBSTANCE USE SUPPORTS

Information, support and treatment services for substance use and mental health concerns.

<http://www2.gov.bc.ca/gov/content/mental-health-support-in-bc>

WELLNESS CENTRES @ BELMONT, ROYAL BAY AND EDWARD MILNE (EMCS), ISLAND HEALTH

<http://belmont.web.sd62.bc.ca/nlc/wellness-centre-at-belmont> The centres offer a number of health services including mental, sexual, and physical health, health promotion strategies and referrals for youth up to age 25 years.

Credit: This document has been adapted from [Parenting: The Drugs Question](#) produced by the Canadian Institute on Substance Use Research. More on their schools focused work is online at www.helpingschools.ca. Additional resources have been added based on consultation with content experts within Island Health.