SUBSTANCE USE

Adolescents sometimes engage in **risky behaviours** such as smoking, vaping, drinking alcohol and using drugs.

Substance use is often experimental, occasional and temporary.

The majority of youth do not use or have problems related to substance use. However, substance use is risky and can have **negative consequences on health and quality of life**.



WARNING SIGNS



Drop in **school** performance



Dramatic change in **friendships**



Less openness and **honesty**



Abnormal sleep habits



Withdrawal and deterioration of **family** relationships



New health concerns

Sources .

 $https://www.camh.ca/-/media/files/guides-and-publications/what-parents-teen-risk-taking-en.pdf \\ https://www.drugfreekidscanada.org/wp-content/uploads/pdf/Cannabis-Talk-Kit_EN.pdf$

ADVICVE AND TIPS

IS YOUR CHILD USING?

- Don't be afraid to take the lead. Talk to him about it!
- Offer him multiple and varied opportunities to develop healthy lifestyle habits
 Consult the Info Sheet: Healthy Lifestyle Habits https://rapcotenord.ca/saines-habitudes-de-vie/
- Support and encourage him to participate in social, extra-curricular and community activities.





HOW TO TALK ABOUT TOBACCO, VAPING, ALCOHOL AND DRUGS WITH YOUR TEEN OR YOUNG ADULT?

- Prepare for your discussion.
- Choose a suitable time.
- Listen and show that you are open-minded.

YOUR INFLUENCE AS PARENTS

- You are a role model, whether positive or negative.
 Your child remembers how you deal with problems.
 Express your feelings and celebrate special events.
- Remember that your teen is looking for guidance.
 Your attitude as a parent is crucial.
- Develop a warm family atmosphere that promotes openness and communication.
- * Some parents believe that their child pays little or no attention to what they say. However, in several studies teens indicated that their parents are the most influential people in their lives and decisions, even more so than friends.

Source: https://www.rcmp-grc.gc.ca/en/qc/drug-awareness-parents

FOR MORE INFORMATION ON THIS TOPIC

Alcohol consumption, drug use and gambling: helping teenagers

https://www.quebec.ca/en/health/advice-and-prevention/alcohol-drugs-gambling/alcohol-drugs-and-gambling-helping-teenagers

Guide for parents with teens (in French only)

https://numerique.banq.qc.ca/patrimoine/details/52327/2983738

Tips for parents - Drug Free Kids Canada

https://drugfreekidscanada.org/prevention/tips-for-parents/



Réussite - Accomplissement - Persévérance