

ALCOHOL, CANNABIS, AND OTHER DRUGS

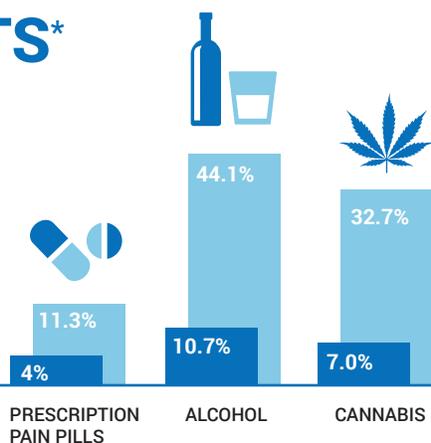
KNOW THE FACTS. KNOW HOW TO HELP.

The teenage years are a time of many firsts. As youth move through the school grades, they are going to experience new challenges and face different pressures. Working together, caregivers and the school can teach youth the skills they need to help protect themselves from harmful alcohol and drug use.

FAST FACTS*

Alcohol and drug use is very low among students in grade 7, but its use climbs by grade.

Grade 7 Grade 9



*2012 Nova Scotia Drug Use Survey

When is “normal” harmful?

Advertising, movies, and TV shows, and the example set by adults can all make alcohol, cannabis, or prescription drug misuse seem normal.

Look at your home, your community, and beyond. What can you do to keep the misuse of alcohol, cannabis, and prescription drugs from seeming normal to your child?

THINK before letting them use

Some parents think that letting youth use at home teaches them how to use responsibly, or keeps them safe. **Think again! Studies show this actually increases teen substance use by normalizing substance use and, if used earlier during the teenage years when the brain is still growing, there is a strong association with lifetime dependency and mental health issues, including psychosis (PS: It's also illegal.)**

Keep risk out of reach

The easiest place for youth to get alcohol, cannabis, and prescription drugs is at home. Separately, they can be harmful. Mixed together, they can be deadly. **Keep yours locked up and out of reach.**

Return unused prescription drugs to your pharmacy.

“Who are your Villains?”

Villains are pressures or challenges that can influence youth into using alcohol, cannabis, and other drugs.

Some villains are

- Stress
- Anger
- Relationship challenges
- Difficult situations or disappointments

Ask your child “do you know any villains?”

“What are your Super Powers?”

Super Powers are strengths and support that help protect youth from using alcohol, cannabis, and other drugs.

Some Super Powers are

- Having close ties to caregivers, family, and friends
- Knowing they can talk to someone at school
- Understanding the risks and harms of drug and alcohol use
- Knowing where to go for support
- Developing decision-making skills

Ask your child “what are your Super Powers?”

Share your own with your child. Or tell your child the Super Powers you wish you had when you were their age.



HOW CAN YOU HELP?

- Ask your child about what pressures and concerns they have
- Listen to their answers
- Ask them what they're learning in Healthy Living class
- Talk to your child's teachers at school
- Know your child's friends



Get Help

We can work together to help protect our youth. For more information, talk to the Guidance Counsellor at your child's school.

NOVA SCOTIA