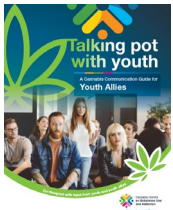
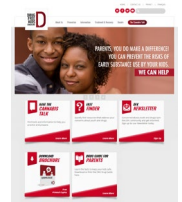


## Resources for Parents – Cannabis and our Youth



**Talking Pot with Youth: A Cannabis Communication Guide for Youth Allies:** The Canadian Center on Substance Abuse (CCSA) created this guide with input from youth and youth allies. It is intended to educate youth allies on how to have safe, unbiased, informed and non-judgmental conversations with young people about cannabis. [www.ccdus.ca/Eng/topics/Cannabis/Cannabis-Communication-Guide/Pages/default.aspx](http://www.ccdus.ca/Eng/topics/Cannabis/Cannabis-Communication-Guide/Pages/default.aspx)

**How to Talk to Your Kids About Drugs:** Drug Free Kids Canada provides a wide range of resources to raise awareness and educate parents and youth about substance use to help reduce drug and alcohol use and addiction. [www.drugfreekidscanada.org](http://www.drugfreekidscanada.org)

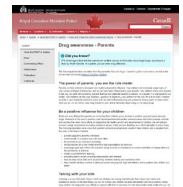


**Talking with Teenagers About Drugs:** Health Canada provides online information about the importance of talking to teens about drugs with tips and strategies, as well as information on cannabis, slang terms used, how to get help and more. [www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/talking-with-teenagers-about-drugs.html](http://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/talking-with-teenagers-about-drugs.html)



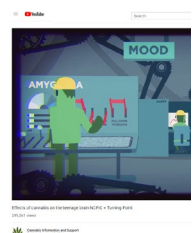
**Cannabis in Canada: Get the Facts:** The Government of Canada website offers information about various topics on cannabis including the law and health effects, cannabis impairment, popular cannabis questions and more. [www.canada.ca/en/services/health/campaigns/cannabis.html](http://www.canada.ca/en/services/health/campaigns/cannabis.html)

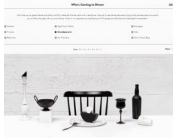
**Drug Awareness – Parents:** The Royal Canadian Mounted Police (RCMP) website details information from their pamphlet *Kids and drugs: A parent's guide to prevention* and the Government of Canada's National Anti-Drug Strategy such as: the power of parents and their positive influence, reasons young people might use drugs, signs and symptoms, as well as pictures of various drug paraphernalia. [www.rcmp-grc.gc.ca/en/qc/drug-awareness-parents](http://www.rcmp-grc.gc.ca/en/qc/drug-awareness-parents)



**Quick Info: Cannabis:** Parent Action on Drugs offers a quick summary of what is cannabis, methods of use, paraphernalia, short- and long-term effects of use, particularly on teens. [www.parentactionondrugs.org/alcohol-drugs/cannabis](http://www.parentactionondrugs.org/alcohol-drugs/cannabis)

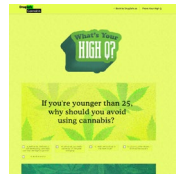
**Under Construction: Cannabis and the Teenage Brain:** The National Cannabis Prevention & Information Center created short animated video about the effects of cannabis on the brain of young people that is explained in simple language. [www.youtube.com/watch?v=FvszaF4vcNY](http://www.youtube.com/watch?v=FvszaF4vcNY)





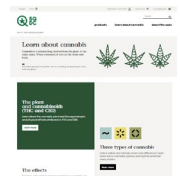
**Drugs Over Dinner:** Drugs Over Dinner is an online toolkit to plan, host and moderate a conversation about drugs and addiction. [www.drugsoverdinner.org](http://www.drugsoverdinner.org)

**What's your High Q?:** The Alberta Health Services created DrugSafe.ca, a trusted source of information on reducing the harm drugs can cause. The "What's your High Q?" is an online quiz to test just how much you know about drugs. [testyourhighq.drugsafe.ca](http://testyourhighq.drugsafe.ca)



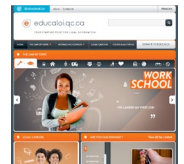
**10 Questions about Cannabis Use and Youth:** Teen Mental Health provides online information about cannabis that you can use to educate yourself regarding its recreational use. [www.teenmentalhealth.org/cannabis](http://www.teenmentalhealth.org/cannabis)

**Learn About Cannabis:** The Société Québécoise du Cannabis' (SQDC) mission is to sell quality, lower-risk products and to inform and educate users on how to minimize the health impacts of cannabis consumption. [www.sqdc.ca/en-CA/learn-about-cannabis](http://www.sqdc.ca/en-CA/learn-about-cannabis)



**Regulation of Cannabis in Québec:** The Government of Québec provides online information on the legislation of cannabis in Quebec, how it affects users and the associated health risks. [www.encadrementcannabis.gouv.qc.ca/en](http://www.encadrementcannabis.gouv.qc.ca/en)

**Online Youth Zone:** Éducaloi's created this online zone to help young Quebecers understand their legal rights and responsibilities by explaining the law in everyday language. Topics include Crimes, Tickets & Fines, Your Body & Law, Work & School, Vehicles & Housing, and more. [www.educaloi.qc.ca/en/youth](http://www.educaloi.qc.ca/en/youth)



**Parents Help Line** offers bilingual, 24/7 anonymous listening and intervention assistance to parents of children under age 20. You can call 1-800-361-5085 or visit their website at [www.ligneparents.com](http://www.ligneparents.com)



**Drugs: Help and Referral (DAR)** provides bilingual, 24/7 anonymous support, information and referral to people coping with addiction throughout Québec. You can call 1-800-265-2626 or visit their website at [www.drogue-aidereference.qc.ca/www/index.php?locale=en-CA](http://www.drogue-aidereference.qc.ca/www/index.php?locale=en-CA)

**Kids Help Phone** offers bilingual, 24/7 anonymous telephone counseling, referral and internet counseling service for children and youth, serving all of Canada. You can call 1-800-668-6868 or visit their website at [www.kidshelpphone.ca](http://www.kidshelpphone.ca).

