

Vaping / Nicotine :

Teen vaping – Let's talk about it is a short document that covers certain myths about vaping and how parents can open a discussion about vaping : <https://quebecsanstabac.ca/sites/default/files/inline-files/Fiche%20vapotage%20anglais.pdf>

Youth and Vaping is a 9 page document that explains what vaping is, the difference between vaping and cigarettes, the appeal of vaping to teens, vaping concerns, vaping and cannabis use, signs that a child might be vaping, and how to talk to them about it : https://www.drugfreekidscanada.org/wp-content/uploads/2019/10/DFK_Info_Vaping_FINAL_ENG.pdf

Talk to your teen about vaping tip sheet for parents is a short document that anticipates questions teens might have and possible answer parents can give about vaping as well as ways to keep lines of communication open : https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf

Consider the consequences of vaping campaign, this government website has a lot of information about teens and vaping, some of this information is delivered through videos or interactive games: <https://www.canada.ca/en/services/health/campaigns/vaping.html>

Finally, the "outils" section on the Quebec sans tabac website is a great source of information on vaping for parents who are willing to view/read the information in French. The following video is an example of their material: [Le vapotage chez les ados : un réel problème | Version longue - YouTube](#)

Cannabis

Do you speak cannabis?, this is a short document explaining what cannabis is and the different forms it can take, statistics about teen cannabis use, information about legalization, tips for parents, signs of problematic use and potential resources : <https://publications.msss.gouv.qc.ca/msss/fichiers/2018/18-236-06A.pdf>

Cannabis Talk Kit, is an informative 25 page document that provides facts about cannabis, the risks for teens, how parents can talk to their teens about cannabis as well as answers to potential questions or arguments their teen might have regarding cannabis. https://www.drugfreekidscanada.org/wp-content/uploads/pdf/Cannabis-Talk-Kit_EN.pdf

Fact sheet for parents and teens, outlines what teens say or think about cannabis versus what evidence shows in a clear and concise manner <https://www.ccsa.ca/sites/default/files/2019-05/CCSA-Marijuana-Fact-and-Fiction-Infographic-2016-en.pdf>

General cannabis legislation: <https://encadrementcannabis.gouv.qc.ca/en/loi/cadre-legal-en-bref/>

Alcohol

Youth and Alcohol is a 10 page document that covers underage drinking statistics in Canada, the risks associated with youth alcohol consumption, what parents can do to protect their children, how to start a conversation about alcohol and what to say : https://www.drugfreekidscanada.org/wp-content/uploads/2019/10/DFK_Info_YouthAlcohol_FINAL.pdf

Some useful websites:

<https://www.drugfreekidscanada.org/>

<https://www.ccsa.ca/alcohol>

<https://www.canada.ca/en/health-canada/services/substance-use.html>

Digital Citizenship

This website has blogs, tip sheets, and guides covering a wide range of digital topics and how to address them with students. Topics include, cyberbullying, stereotypes, sexting , web awareness, privacy, digital citizenship, using smartphones safely, amongst others.

<https://mediasmarts.ca/parents>

The "For Parents" tab on the following website allows parents to access articles about media, based on age, that are currently trending. It also acts as a tool that provides age ratings as well as expert and parent reviews/descriptions on a large variety of TV shows, video games, books, applications, movies, and other content kids might be viewing online.

<https://www.commonsensemedia.org/>

"Social Media TestDrive provides a simulated experiences of realistic digital dilemmas and scenarios, along with key concepts and strategies for navigating them". This is a very user-friendly program aimed at students in grades 6-8 that covers topics like healthy social media habits, social media privacy, online identities, accounts and passwords, how to be an upstander, among others.

<https://socialmediatestdrive.org/modules.html>

The following document explaining today's digital landscape and the importance of digital literacy is aimed at educators but has information that could also be helpful to parents.

<https://www.learningforjustice.org/sites/default/files/2017-11/Learning-the-Landscape-of-Digital-LLiteracy-Nov2017.pdf>