

Wanna talk?

Start a discussion with
your teenager

Alcohol

Energy drinks

Cannabis

Vaping

Screens

Wanna talk?

A simple way to talk
with your teenager

Because it's normal for teenagers to be curious about new experiences...

Because it is also normal that, as a parent, you wonder and sometimes worry...

Because parents play an important part in their teen's wellbeing...

OBJECTIVES

- To help you open a discussion with your teenager.
- To provide information.

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Drug and alcohol use

LAW OF EFFECTS $E = S \times I \times C$

The effects experienced from substance use depend on several factors :

Substance

quantity, ingredients, speed of consumption, mixed or not with other substances.

Individual

age, state of physical and mental health, weight, height.

Context

time of day, place, atmosphere, people present during use, reasons for use.

THEREFORE...

Two different **people** who use the same **substance** won't necessarily experience the same **effects**.

Also, the same **person** using the same **substance** in a different context can experience different **effects**.

TALK ABOUT IT WITH YOUR TEENAGER

Listen to what they tell you.

Choose a time that suits both of you.

Express your concerns but remain open-minded.

Encourage your teenager to talk about their thoughts on substance and screen use.

Thank your teenager for sharing and remain available to them.

IF YOUR CHILD USES OR HAS EVER USED DRUGS

Explore the reasons behind their use.

Express how you feel in a sympathetic way

Confirm your support and remain available to your teenager.

TALKING POINTS TO LIMIT RISKS

Encourage your teenager to create a 'buddy system' with a friend to look after one another.

Avoid mixing alcohol, energy drinks, drugs.

Avoid participating in dangerous activities.

As a parent, what place do **alcohol**, **energy drinks**, **cannabis**, **vaping** and **screens** take up in your life?

EXPLORE TOGETHER

Reflect on pastimes and activities that interest them.

Encourage them to develop their passions.

Help them find solutions to manage their stress if that is causing their drug or alcohol use.

Think about social media **posts** and **sharing** content in the context of drug and alcohol use.

Is what is shown legal? Does everyone consent? If that was me in the photo, would I like it?

Alcohol

WHAT IS IT?

Alcohol is a liquid obtained by fermenting certain fruits or grains.

It acts to depress the central nervous system, slowing the brain's general activity and bodily functions (reflexes, attention, judgment, etc.).

Nearly **half** of teenagers have **never drunk** alcohol.

Your teenager might like to know this and talk about it with you if they feel pressured to drink.

HEALTH RISKS

For young people, excessive or regular use of alcohol is linked to health problems such as :

- acute intoxication
- trauma;
- violence;
- risky behaviour.

Alcohol consumption is normalized in Québec.
It can be found everywhere and in many different contexts.

HOW TO limit the risks?

- Delay the age for having their first drink.
- Determine a maximum quantity to be consumed.
- Alternate between alcoholic and non-alcoholic drinks

As a parent, what place does alcohol take in your life?

Do you think that your habits can have an impact on your child and their view of alcohol?

MORE INFORMATION

Alcohol and drugs *
#EnModeAdo

Talking with teenagers about drugs and alcohol



HELP ■ SUPPORT

Tel-jeunes Parents

Info-Social 811, option 2

References

Institut national de santé publique du Québec (2024). *Alcool : substance psychoactive*. (in French only)
Gouvernement du Québec (2024). *Alcohol and drugs: a combination to avoid*
Institut de la statistique du Québec (2018). *Québec Health Survey of High School Students, 2016-2017*

Energy drinks

WHAT ARE THEY?

Drinks whose main ingredient is **caffeine**, synthetic or natural origin (guarana, yerba maté, etc.).

They also contain other stimulants, sugar or sugar substitutes.

Many young people have already gotten

free
energy drinks.

HEALTH RISKS

Possible side effects :

- anxiety;
- irritability;
- insomnia;
- increased blood pressure and heart rate;
- headaches;
- vomiting.

A single bottle can contain more caffeine than the maximum safe intake for young people.

Frequent consumption of these drinks can also create a dependence on caffeine.

Advertising encourages young people to consume them by promoting their ability to increase energy and alertness.

HOW TO limit the risks

- Choose water or other drinks over energy drinks.
- Avoid mixing an energy drink with alcohol as it hides the effects of the alcohol which remain present.
- Avoid drinking them while participating in sports.

TO MAINTAIN A GOOD ENERGY LEVEL

Getting adequate sleep, eating a balanced diet and being active are much more effective (and safer!) lifestyle habits than energy drinks.

MORE INFORMATION

Water, the drink of choice to stay hydrated
Gouvernement du Québec

Alcohol & drugs: a combination to avoid



HELP ■ SUPPORT

Tel-jeunes Parents

Info-Social 811, option 2

References

Association pour la santé publique du Québec (2023). collectifvital.ca/en/energy-drinks

Collectif vital (2023). [Brand Advertising Directed at Children and Teenagers: The case of Energy Drinks.](#)

Government of Canada (2024). [Supplemented foods: Overview](#)

Gouvernement du Québec(2024). [Alcohol and drugs: a combination to avoid](#)

Institut de la statistique du Québec. (2023). [Enquête québécoise sur la santé de la population 2020-2021](#) (in French only)

Cannabis

WHAT IS IT?

Cannabis (marijuana, weed, pot, hashish, etc.) is a drug made up mainly of THC and CBD which has disruptive effects on the brain.

The vast majority

of young people have **not used it.**

Your teenager might like to know this as it can lower the pressure they feel to use it.

HEALTH RISKS

Possible side effects :

- nausea;
- dizziness;
- anxiety;
- paranoia;
- hallucinations;
- toxic psychosis.

The more THC the more severe and unpleasant the side effects can be, no matter the way the cannabis is consumed.

THC = psychoactive chemical substance that is responsible for the **euphoric/« high » feeling** and **intoxication**.

CBD = chemical substance that **does not produce** a « high » or **intoxication**. CBD still has an effect on the brain.

Cannabis can be consumed in many ways: smoking, vaping, eating and oral drops.

HOW TO limit the risks?

- Delay the age for the first use.
- Choose products with a low level of THC.
- Avoid consuming several substances at the same time.

VAPING cannabis

It is inhaling a concentrate of cannabis through a small electronic device, a **wax pen**.

- In Québec, wax pens **cannot be found** on the **legal market**. They cannot be bought at the SQDC. It is therefore difficult to know what they really contain.
- **Wax pens** often contain from **70 % to 96 % THC**, while cannabis products purchased at the SQDC contain a maximum of **30 % THC**.

MORE INFORMATION

Vapotage de nicotine et de cannabis : identifier et comprendre les risques pour la santé (in French only)

Do you speak cannabis?

Cannabis: What parents/guardians and caregivers need to know

Cannabis & Mental health



HELP ■ SUPPORT

Tel-jeunes Parents

Drugs: help and referral

Canna-Coach

Info-Social 811, option 2

References

Government of Canada (2023). *About cannabis*

Gouvernement du Québec (2024). *Health risks of cannabis use*

Institut de la statistique du Québec (April 11, 2024). *Enquête québécoise sur le cannabis - 2023* (in French only)

Institut national de santé publique du Québec (November 24, 2022). *Vapotage de nicotine et de cannabis - identifier et comprendre les risques pour la santé* (in French only)

Vaping

WHAT IS IT?

Vaping is consuming a substance that contains chemical products, fine particles, heavy metals and, most of the time, **nicotine**.

Nicotine is the substance responsible for addiction.

Vaping multiplies the risk of starting to smoke cigarettes by

4

HEALTH RISKS

Products that you vape can cause :

- stress, anxiety and depression;
- insomnia;
- addiction to nicotine;
- coughing, wheezing, shortness of breath;
- greater susceptibility to infection;
- memory and concentration problems.

Teenagers are more sensitive to the effects of nicotine and are therefore at greater risk of rapidly developing an addiction.

Vaping is growing in popularity.

The tobacco industry uses **marketing techniques** (flavours, colours, stylish accessories, influencers, etc.) to attract young people so that they develop an addiction to nicotine.

Vaping can create an **addiction** to nicotine, just like cigarettes.

It's not easy to quit...
Your teenager may need help.

MORE INFORMATION

[Tobacco-free Québec](#)

[Drop the Illusion](#)

[EPAV media \(in French only\)](#)

[CQTS \(in French only\)](#)



HELP ■ SUPPORT

Nurses at quit smoking and vaping centres :
1 844 440-AIDE (2433)

[Pause your vape challenge](#)

RESPIRE campaign

[Libair \(in French only\)](#)

[Quit challenge](#)

References

Santé Canada. (2023). [Tip sheet for parents: Talking with your teen about vaping](#).

CQTS. (2021). [Outil destiné aux parents - Le vapotage chez les jeunes est un problème à prendre au sérieux. Parlons-en maintenant! \(in French only\)](#).

Info-tabac.ca. (2020). [Mobiliser les parents pour prévenir le vapotage \(in French only\)](#).

Centers for disease control and prevention. [Tobacco products and associated factors among middle and high school students - USA \(2019\). Morbidity and mortality weekly report. December 6, 2019; 68 \(SS12\): 1-23 <https://www.cdc.gov/mmwr/volumes/68/ss/ss6812a1.htm>](#)

EPAV média. (undated). [Les méfaits du vapotage \(in French only\)](#).

Screens

We're looking for **balance** in our use of screens to take advantage of the **benefits** and reduce the **risks**.



22 %
of parents use screens to **get closer to their teenagers.**

Hyperconnectivity is having access to the internet almost everywhere and at all times.

Impacts mentioned by YOUNG PEOPLE

- | | |
|---|--|
| <p> Positive</p> <ul style="list-style-type: none"> ■ friends ■ romantic relationships ■ pastimes | <p>Négative </p> <ul style="list-style-type: none"> ■ sleep ■ family life ■ academic achievement |
|---|--|

HOW TO approach digital balance in the family?

- By participating in your teenager's **digital life** to better understand their interests.
- By sharing screen-free time and by encouraging **offline activities**.
- By doing your best to be a **positive role model**.
- By working together to set **usage rules**.

	To encourage	To avoid
Where to use them?	Common rooms, office	At the table, in the bedroom
When and for how long ?	Brief periods, after daily activities	1 hour before going to bed
What content ?	Age-appropriate and feel-good content	Content not appropriate for their needs and level of maturity
How to use them?	With family or friends, talk about what is being seen	Several screens at a time, sharing passwords with friends

MORE INFORMATION

- PAUSE
- Tel-jeunes Parents
- Balanced screen use for children and teens



HELP ■ SUPPORT

- Tel-jeunes Parents
- Première Ressource: Help for parents*
- Gambling: help and referral
- Info-Social 811, option 2

References

Capsana. (2023). *Guide informatif sur l'utilisation des écrans* (in French only)
 Généreux, M. et al. (2023). *Enquête sur la santé psychologique des 12 à 25 ans – Rapport 2023* (in French only)
 Gouvernement du Québec. (2022). *Stratégie québécoise sur l'utilisation des écrans et la santé des jeunes 2022-2025* (in French only)
 Institut de la statistique du Québec. (2022). *Enquête québécoise sur la parentalité 2022* (in French only)

your opinion

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Thank you for your valuable contribution!