

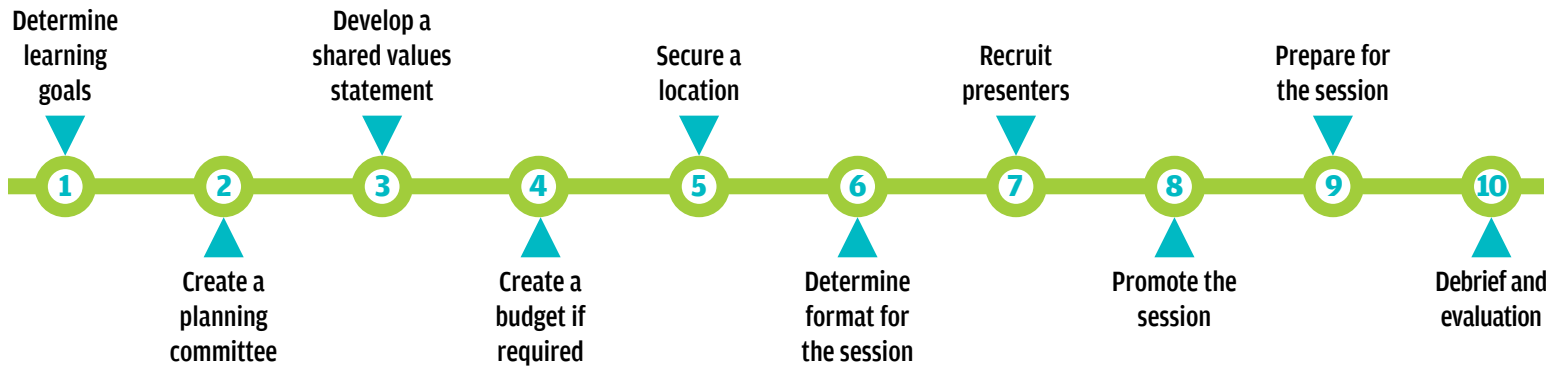
Cannabis Legalization

A toolkit for hosting parent education sessions in Bruce and Grey

Using this toolkit

This toolkit is designed for community groups and organizations to organize timely, relevant and effective cannabis education sessions for parents and caregivers.

The toolkit includes event planning checklists and templates; up-to-date information on cannabis legalization; proven strategies for talking to young people about drug use; and links to local services and supports.



Planning the session

1 Determine learning goals

The resources in this tool kit are intended to help community groups reach parents and caregivers of youth aged 13 to 21. The education sessions provide opportunities to better equip parents and caregivers with accurate information about cannabis related risks and effective approaches for talking to youth about cannabis.

Possible learning goals for your event might include:

- ▶ Increasing understanding of the new laws around cannabis.
- ▶ Increasing understanding of why cannabis use is risky for young people.
- ▶ Providing strategies for talking to young people about cannabis.
- ▶ Increasing awareness about resources and supports in the community.

2 Create a planning committee

Planning an event, no matter how big or small, requires teamwork. Involving parents and community partners in the planning stages will help create an event that is relevant, accessible and reaches the right audience. Allow approximately 4-6 weeks to plan and promote your event.

Most schools in Bruce and Grey County have active Parent Councils. These councils are well positioned to bring together other parents and caregivers. Consider reaching out to Parent Councils across school boards to organize joint education sessions.

In addition to Parent Council members, it is recommended that the planning committee be small and nimble, with approximately 5-6 individuals, who may represent different interest groups such as:

- ▶ Service organizations (Kinettes, Lions Club)
- ▶ Police/community officers
- ▶ Other parents
- ▶ Municipal government
- ▶ Pharmacists/Physicians
- ▶ Church groups
- ▶ Coaches

Tools and Resources

Sample Planning Committee Meeting Agenda

3 Develop shared values statements

Facilitating dialog in a community setting about substance use is likely to bring to the surface a wide range of perspectives, approaches, emotions and personal experiences. Having shared values statements among members of the Planning Committee will help the group find common ground and facilitate shared decision making throughout the planning process.

To create values statements, ask yourselves: How would we want community members and parents to describe the way the education sessions were carried out?

Example values statements:

Through the education session, we are creating a safe space for parents and caregivers to learn and ask questions.

Together with our community partners, we are bringing forward relevant, accurate information on cannabis use that is supported by research.

4 Create a budget if required

Community-based events can be carried out with little cost by leveraging in-kind support from partners. Budget considerations might include:

- ▶ Venue/room rental (e.g., municipal offices, libraries, schools)
- ▶ Printing costs (e.g., promotional flyers, handouts for attendees)
- ▶ Refreshments
- ▶ Human resources (e.g., time of Planning Committee members)
- ▶ Honorariums for presenters

5 Find a location

Find a location and event space that is accessible and welcoming to:

- ▶ Parents and caregivers of youth who may or may not attend school (alternative learning, post secondary, home schooling etc.)
- ▶ Parents and caregivers from all local schools boards
- ▶ Rural families
- ▶ People with disabilities

Low cost options in Bruce and Grey County might include public libraries, municipal offices, schools, churches, community centers, friendship centers and sports complexes.

6 Determine format and content

Choose a facilitation format that encourages dialog and takes into account different learning styles. Sessions could incorporate a combination of any of the following:

- ▶ Panel presentation
- ▶ Question & Answer
- ▶ Small group discussions
- ▶ Informal conversations
- ▶ Role playing
- ▶ Interactive activities

Your group may also consider using learning aids such as PowerPoint, social media (e.g., hashtags, facebook live), and videos.

7 Recruit presenters

Be prepared to provide information about all aspects of cannabis legalization—regulation/enforcement of the new laws, health effects of cannabis use, harm reduction strategies, addiction treatment options and strategies for supporting youth in making good decisions for their health.

Involving individuals with expertise and experience in these aspects of legalization will help make sure parents receive accurate and up- to-date information.

For assistance in securing guest speakers for the session, please contact Alison Govier at agovier@cmhagb.org or Jason Wepler at j.wepler@publichealthgreybruce.on.ca.

Tools & Resources

- ▶ Guide to Facilitate Discussion about Youth Cannabis Use in Your Community, CCSA
- ▶ Canadian Youth Perceptions on Cannabis, CCSA
- ▶ The effects of Cannabis Use during Adolescence, CCSA
- ▶ 5 Things to Know about Cannabis, University of Waterloo
- ▶ Cannabis: What Parents/ Guardians and Caregivers Need to Know, CAMH
- ▶ Canada's Lower-Risk Cannabis Use Guidelines, CCSA
- ▶ Cannabis Talk Kit, Drug Free Kids Canada

8 Promote the session

Getting parents and caregivers out to community education events can be a challenge because of busy family schedules. Allow at least three weeks to promote the event.

Leverage communication channels that parents and caregivers already use, such as school remind apps, school newsletters and social media. Traditional media ads (radio, newspaper, television), community posters and Facebook will help reach parents and caregivers of children who do not attend school.

9 Prepare for the session

What on-site supports and resources are needed the day of the session?

- ▶ Audio-visual equipment (microphone, speakers, protector, laptop, recording device)
- ▶ Refreshments
- ▶ Event feedback forms
- ▶ Resources/handouts for parents and caregivers
- ▶ Counsellors or other helping professionals to support attendees who may become distressed during the session

10 Debrief and evaluation

After the session, consider holding a debrief meeting with the planning committee to discuss the feedback forms, lessons learned and what else might be needed in the community to educate parents and support youth.

The Community Drug & Alcohol Strategy is interested in learning about the outcomes of the session. Please hold on to your completed feedback and these forms will be collected, collated and a regional summary report developed. A copy of the summary report will be shared with each of the planning committees.



Tools & Resources

- ▶ Planning checklist for event
- ▶ Sample agenda for event
- ▶ List of local content experts/guest speakers
- ▶ Poster template
- ▶ Feedback form
- ▶ Debrief guide

This toolkit was developed by the Cannabis Legalization Working Group of the Community Drug & Alcohol Strategy. If you have any questions about this resource or about our work, please contact Alison Govier at agovier@cmhagb.org.