

# Supportive Conversations:

## Talking with Youth About Substances



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Talking to youth about substance use can be difficult, especially after an incident at school. It's important to encourage open conversations to support your child.

My youth was caught smoking, vaping or giving products to other students at school. What happens next?

Smoking or vaping at school is a serious offence. The school's Tobacco Enforcement Officer, through the Health Unit, will speak to your child at school about the incident. They may meet with a nurse, who would provide support and answer questions.

As a parent, this is an opportunity to help your child. Many youth who vape report concerns with mental health and stress. The goal is to support youth in managing their substance use and avoid further incidents at school.

How can I talk to my child in a supportive way?

### Prepare

- Learn the facts at [notanexperiment.ca](https://notanexperiment.ca)
- Consider your child's feelings
- Stay open and calm

### Ask

- Is this the right setting for a conversation?
- "Is this a good time to talk?"
- Use open-ended questions

### Act

- Avoid harsh punishment
- Listen and be curious
- Offer to share resources
- Thank your child for talking

### NEED MORE HELP?

Check out these resources to guide your discussion.

#### Substance Conversation Supports

[talksubstance.org/talk](https://talksubstance.org/talk)

#### Parent Support Hub

1-866-381-1511

[talksubstance.org/support](https://talksubstance.org/support)

#### Quash Brief Conversations Toolkit

[quashapp.com/conversations](https://quashapp.com/conversations)

#### Not an Experiment

[notanexperiment.ca/parents](https://notanexperiment.ca/parents)

You are not alone. There are many resources available to support you and your child.



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### Nicotine Withdrawal

If your child is dependant on nicotine and goes without nicotine in their system, they may experience withdrawal symptoms. These symptoms may include:



FATIGUE



DROWSINESS



ERRATIC HEART &  
BLOOD PRESSURE



HEADACHES



INCREASED  
HUNGER



IRRITABILITY



ANXIETY



NAUSEA



DIFFICULTY  
CONCENTRATING



DIGESTIVE  
ISSUES



URGE TO  
SMOKE



DEPRESSION



### Your School's Public Health Nurse

Your child can see a Public Health Nurse at their school to help them set goals, create a plan to reduce their substance use and manage withdrawal symptoms.

To book an appointment at school email [schools@publichealthgreybruce.on.ca](mailto:schools@publichealthgreybruce.on.ca) or call 519 376-9420 ext. 9

### RESOURCES TO HELP YOUTH QUIT NICOTINE USE

**QUASH Quitting  
Resources**  
[quashapp.com](http://quashapp.com)

**Don't Quit Quitting**  
[don'tquitquitting.ca](http://don'tquitquitting.ca)

Visit the Grey Bruce  
Public Health  
Webpage for more  
quitting supports!

