Supportive Conversations:
Talking with Youth About Substances

Grey Bruce Public Health

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.

NEED MORE HELP?
Check out these resources to guide your discussion.

Substance Conversation Supports
talksubstance.org/talk

Parent Support Hub
1-866-381-1511
talksubstance.org/support

Quash Brief Conversations Toolkit
quashapp.com/conversations

Not an Experiment
notanexperiment.ca/parents

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

Prepare
- Learn the facts at *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

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* or call 519 376-9420 ext. 9

RESOURCES TO HELP YOUTH QUIT NICOTINE USE

QUASH Quitting Resources
quashapp.com

Don't Quit Quit ting
don'tquitquitting.ca

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