

Substance Use Prevention Series



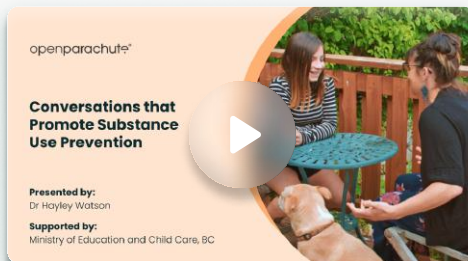
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Online Learning for Parents, Caregivers, and Guardians

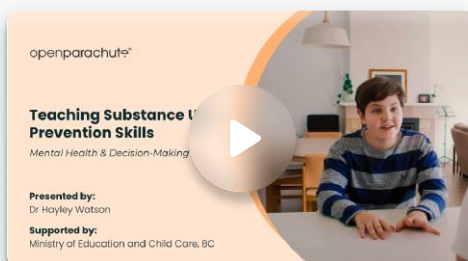
This series is designed to support parents, caregivers, and guardians across BC with tools and strategies to help with substance use prevention in the home. In this document, you will find three webinars recorded live between February 2024 and May 2025, each containing a one-hour presentation and a 30-minute live Q&A. You will also find an additional set of questions with recorded answers to assist in applying these concepts to real-life circumstances. The purpose of these sessions is to equip adults with skills that will help youth and adolescents make healthy decisions to support their well-being both now and in the future.

Note: These sessions do not address intervention strategies for substance use challenges. If your child is struggling, please refer to *erase* for more support.



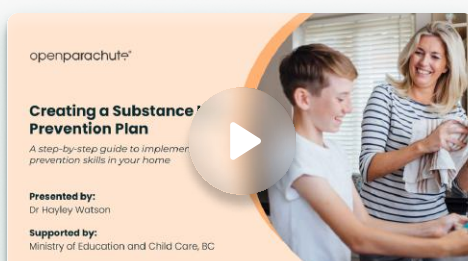
Conversations that Promote Substance Use Prevention

This webinar explores six practical conversation strategies for adults that help children and youth learn to make healthy decisions that support their long-term well-being.



Teaching Substance Use Prevention Skills

This webinar explores the four essential skills that every child and youth needs to know to encourage substance use prevention, and provides strategies for teaching these skills in the home.



Creating a Substance Use Prevention Plan

This webinar explores the common challenges that arise when encouraging substance use prevention skills in children and youth, along with tools and strategies for overcoming these barriers.

Substance Use Prevention Series – Q&A



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The following questions were asked during live sessions and have been answered separately to assist parents, caregivers, and guardians in applying the content of the webinars to their real-life situations.



What are the signs that my child might need therapy?

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How can I establish boundaries safely with a 16-year-old girl who battles acute anxiety and depression?

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If our child can't calm down, how can we help them, while at the same time quickly getting out of the situation?

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If my child has hit puberty and doesn't talk to me, what do I do?

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How do we recognize when a child is being enabled for their ongoing bad behaviour? How can we teach accountability?

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When kids are forming friendships, and you are uncertain of the friends they are keeping, what are gentle ways of guiding them to be aware of good friends vs not good friends?

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My husband smokes weed daily, and I vape. How can I possibly teach the right things about substance use when we are clearly addicted to substances right in front of him?

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What do I do with a young teen who is addicted to hard drugs and is rejecting all attempts to connect or get support?

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My children are sometimes lazy and don't want to do things to help out, and they can be rude about it. Do you have any tips on dealing with jerk-mode kids?

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When should we worry when a teenager starts using substances? When is it normal experimenting, and when is it a problem?

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I know my 14-year-old uses substances occasionally. How do I balance open communication and upholding household rules? It's hard to say "I don't approve, but I want you to talk to me about it."

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You say we should "accept" our children's feelings. Is it harmful to accept my child's feelings if they are drawn to harmful things like drugs?

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Should we talk to our kids about students in university overdosing if this is being shown in the media?

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How can I start having more meaningful conversations with my teenage son, so that he can feel more comfortable opening up to me, and it's not a one-sided interrogation?

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