

## **Youth Substance Use & Counselling is available in your child's school!**

ARC Program's Youth Substance Counsellors provide a continuum of services including education, prevention, counselling, referral and community liaison for youth who want to learn more about substances and the effects on overall wellness and functioning. To contact ARC Programs directly at 250-763-2977 if you have questions or concerns.

### **Tips & Tricks for Talking to Your Teen About Drugs & Alcohol**

- **Try not to panic.** While you may feel angry, frustrated, and concerned, it doesn't help to yell, show anger, or lecture.
- **Talk with your teen in an open, supportive way.** Invading their privacy, or using bribes, threats or guilt may only make the situation worse. Let your teen know that you care about them and your concerned with their health and safety.
- **Get informed about what your teens using and how often.** Find out as much as you can and about your teens experiences and attitudes about what they are using or drugs they are exposed to. Ask them to help you understand their perspective.
- **Educate yourself.** Learn about alcohol and other drugs and let your teen know that you are studying up on substance use (see list of resources below).
- **Seek Help.** Often is can be helpful to talk to someone about your child's behaviour. Use your available resources (i.e. School counsellor, ARC counsellor, Mental Health Clinician, Family counsellor)
- **Collaborate** – If you are a two-parent family, speak with your partner about how you want to proceed, identify appropriate consequences and rules so you are on the same page when you speak with your teen.

For more information:

**Parenting: The Drugs Question (CARBC – Helping Schools)**

***The Road Ahead: A Guidebook for Parents of Young Teens* ([heretohelp.bc.ca](http://heretohelp.bc.ca))**

**Cannabis Use & Youth: A Parent's Guide ([heretohelp.bc.ca](http://heretohelp.bc.ca))**

**National Cannabis Prevention & Information Centre ([www.ncpic.org.au](http://www.ncpic.org.au))**

**Checklist of Warning Signs of Substance Use Problems for Families and Teachers ([www.heretohelp.bc.ca](http://www.heretohelp.bc.ca))**

**What's the Deal? Talking with a Young Person About Cannabis ([www.ncpic.org.au/](http://www.ncpic.org.au/))**