

INFORMATION BULLETIN

CANNABIS LEGALIZATION



WHAT IS HAPPENING AROUND LEGALIZED CANNABIS?

Non-medical cannabis became legal across Canada in 2018, and it is important to learn about the current status of cannabis laws in Canada, and the work being done to legalize and regulate it. Visit the Legalization and Regulation of Cannabis page on the Government of Canada website for the most up-to-date information.

WWW.CANADA.CA/EN/SERVICES/HEALTH/CAMPAIGNS/MARIJUANA-CANNABIS

WHAT IS DELTA SCHOOL DISTRICT DOING TO INFORM STUDENTS OF THE RISKS?

The Delta School District is committed to creating safe opportunities for students to learn about the inherent risks associated with substance use. As a part of current prevention-focused health & wellness education and school-based counselling services, we will continue to provide resources and information to students. Our goal is to engage in supportive conversations with students, as well as provide resources and expertise as related to prevention, early intervention, and harm-reduction.

TALKING WITH YOUR TEENS ABOUT DRUGS

More than information about cannabis, what your child needs is YOU. Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent or trusted adult.

It may also be helpful to remember that, ultimately, our goal as parents is to find ways to inspire our children to want to communicate with us—about cannabis or anything else.

It may help to keep in mind that your child may also feel uncomfortable bringing up the subject of cannabis.

[LEARN MORE: WWW.HERETOHELP.BC.CA](http://WWW.HERETOHELP.BC.CA)

TIPS FOR TALKING ABOUT CANNABIS WITH TEENS

There is no script for talking with teens, but here are a few tips for talking with youth about drugs:

- » Plan the main points you want to discuss, rather than speaking on impulse
- » Avoid saying everything you think all at once
- » Look for opportunities to mention drug use, like when you discuss school or current events
- » Give them room to participate and ask questions
- » Respect their independence and their opinions
- » Avoid being judgmental
- » Tell them you are trying to help them make good decisions by giving them information that they may not already know
- » Be clear about why you are worried and tell them that your main concern is for their well-being
- » Focus on facts rather than emotions

MORE INFO ABOUT CANNABIS AND LEGESLATION IN CANADA

>> WWW.HERETOHELP.BC.CA/WORKBOOK/CANNABIS-USE-AND-YOUTH-A-PARENTS-GUIDE

>> LETSTALKCANNABIS.CA

>> WWW.CANADA.CA/EN/HEALTH-CANADA/SERVICES/DRUGS-MEDICATION/CANNABIS

>> WWW2.GOV.BC.CA/GOV/CONTENT/SAFETY/PUBLIC-SAFETY/CANNABIS