

# HEALTH PROMOTING SCHOOLS NEWSLETTER

Parent Newsletters

September 2022

## MENTAL HEALTH

### Teaching and Learning

#### Supporting your Child's Resilience

Heading back to school can be a stressful time for many children. Parents may want to read more about: [How to Promote Resilience and Set Your Kids up for Success](#)



Kelty  
Mental  
Health  
Resource Centre

## SUBSTANCE USE AND HARM REDUCTION

### Teaching and Learning

#### Substance Use Podcast from BC Children's Kelty Mental Health Resource Centre

We know it's important to talk openly with children about substance use from an early age, but as parents and caregivers we don't always know where to start. In this new podcast on [Substance Use: Talking alcohol, vaping & other drugs with your kids](#), Michelle and Bryn sit down with Cindy Andrew and Art Steinmann, both parents and professionals with 30+ years of experience working in the field of youth substance use within BC schools and communities, to discuss how to talk about substance use with your child, how to prevent problematic substance use, and how you can help your child develop the knowledge and skills they will need to make decisions about vaping, alcohol and other drugs as they grow.



**RESOURCES:**

- Kelty Webpage: [Substance Use & Related Challenges](#)
- Resource: [Teach your kids to deal with peer pressure](#)
- FamilySmart 'In the Know': [The ABCs of Substance Use and Connecting With Our Kids](#)
- Resource: ABC's of Youth Substance Use - [Preparing Parents and Caregivers for Substance Use Connections](#)
- Website: [Foundry](#) - Parents and caregivers can share this great resource with their youth to help them learn about alcohol, vaping, smoking and other drugs.
- Parent Peer Support: Kelty Mental Health Resource Centre - [Parent Peer Support](#)