



## Recommended Resources for Schools

*Now that cannabis is legal in Alberta, schools across the province have important roles to play in supporting children and youth. Alberta Health Services has prepared this resource list to equip teachers, school administrators and school authority leaders with information they can trust.*

### Featured Resources for Educators

#### **Clarity on cannabis: FAQ for educators** (Government of Alberta and Alberta Health Services)

This [frequently-asked-questions](#) resource provides straightforward answers to questions about cannabis that are common among educators. It considers cannabis legalization across four components of a healthy school – social and physical environment, teaching and learning, policies and partnerships.

#### **10 questions about cannabis use and your student** (TeenMentalHealth.org)

This [infographic](#) for teachers answers key questions about cannabis use and students. It is part of a series of resources for school communities developed under the leadership of Dr. Stan Kutcher.

### Tools for Healthy Conversations

#### **Cannabis talk kit: Know how to talk to your teen** (Drug Free Kids Canada)

This [discussion guide](#) sets the stage for open and non-judgmental conversations about cannabis. It has practical tips for parents and all adults who work with youth.

#### **Pot + driving** (Canadian Public Health Association)

This [website](#) outlines creative strategies to help adults address cannabis-impaired driving with youth, including both drivers and passengers. It includes a discussion guide for adults, a fact sheet for teens and posters to prompt discussion.

#### **Talking pot with youth: A cannabis communication guide for youth allies**

(Canadian Centre on Substance Use and Addiction)

This [guide](#) is designed to help adults who work with young people to have safe, unbiased, informed, non-judgmental conversations with youth about reducing the harms of cannabis. It provides practical exercises to help adults reflect on bias, create a safe space for conversation and understand the spectrum of cannabis use.

## For Students and Their Parents/Caregivers

### **Cannabis: Important things to know** (Kids Help Phone)

This [webpage](#) for teens provides non-judgmental information about cannabis and access to 24-hour bilingual and anonymous phone counselling, live chat and crisis support.

### **Cannabis: Inhaling vs. ingesting** (Canadian Centre on Substance Abuse)

This [infographic](#) explains differences between the two most common ways of consuming cannabis – inhaling (i.e., smoking or vaping) and ingesting (i.e., eating or drinking). It includes tips for lower-risk use.

### **Clarity on cannabis: What Alberta parents and caregivers need to know** (Alberta Health Services)

This [fact sheet](#) for parents discusses cannabis and its legalization, unique risks for youth, signs of problematic use and ways that parents can help prevent cannabis-related harms in youth.

### **Health effects of cannabis** (Government of Canada)

This [fact sheet](#) outlines both the short-term and long-term health effects of cannabis. It also discusses related issues like mental health, addiction and brain development in youth.

### **The blunt truth: Useful tips about safer ways to use cannabis**

(Canadian Research Initiative in Substance Misuse and Centre for Addiction and Mental Health)

Designed for youth by youth, this easy-to-read [resource](#) provides tips about safer ways to use cannabis. It is based on Canada's Lower Risk Cannabis Use Guidelines, also [available here](#).

## Recommended Reading

### [DrugSafe.ca](#)

Alberta Health Services

### [Alberta's approach to cannabis legalization](#)

Government of Alberta

### [Canadian youth perceptions on cannabis: Report at a glance](#)

Canadian Centre on Substance Abuse

### [Cannabis in Canada: Get the facts](#)

Government of Canada

### [Don't drive high](#)

Government of Canada