

Healthy Teens

June 2020 Parent Newsletter



Let's Talk About Cannabis and Tobacco Use

With the legalization of non-medical cannabis, many parents have questions about what that means for their kids. According to a Canadian survey, Canadian youth have the second highest cannabis use rates worldwide. We know that cannabis impairs brain development of those under 25 and damage can have life-long consequences. Use prior to the age of 25 can impact memory, learning, attention, judgement and decision making, mental health and dependency.

When cannabis and tobacco are used together, there are some things to be aware of, such as:

- Teens and young adults have a higher risk of becoming addicted to nicotine.

- Stopping smoking may be more difficult for people who mix tobacco with cannabis because the combination may make nicotine withdrawal stronger.
- People are at risk of making unsafe decisions such as driving while impaired and other risky behaviours.
- People have more breathing problems than those who only use tobacco because of the increased exposure to harmful chemicals.
- There is an increase in learning and memory problems.



For more information or support with quitting, visit www.albertaquits.ca or call 1-866-710-QUIT (7848)

Articles

Let's Talk About Cannabis and Tobacco Use

Practical Ways to Build Positive Body Image

With the legalization of cannabis in Canada it is important to talk to your teen early and regularly about it. To learn more about the facts, risks of cannabis use and how to talk to your teen about it, access the *Cannabis Talk Kit: Know How to Talk with Your Teen*

<https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf>



Practical Ways to Build Positive Body Image

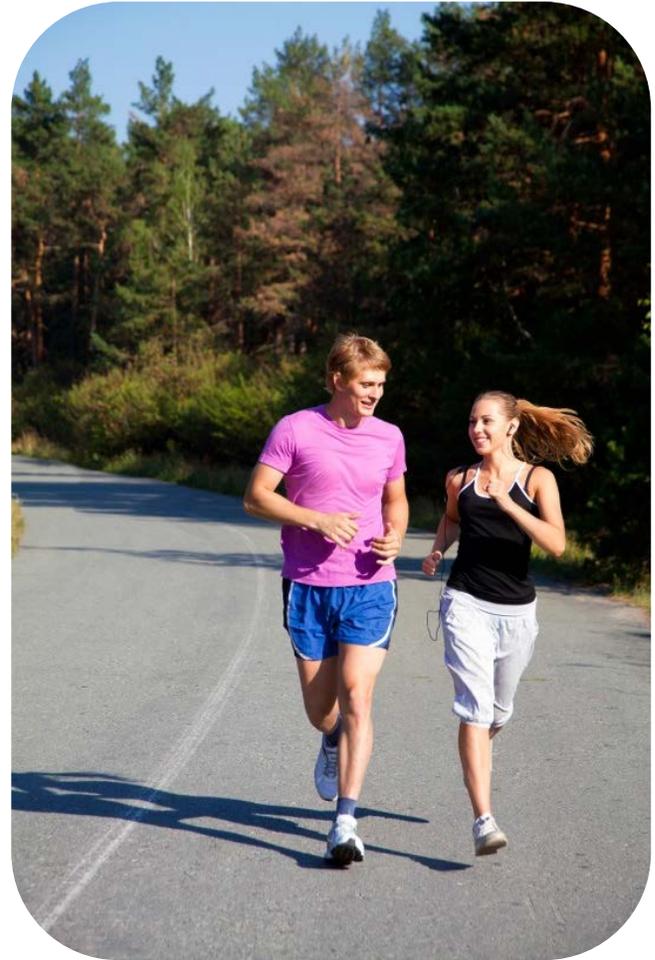
Body image is the thoughts, feelings, and reactions a person has toward their own body; this can be a tricky topic for parents of teens. A young person's self-worth is highly shaped during the teen years while their body, mind, and physical and emotional skills develop. Recognize that being concerned about body image is a normal part of the teen years. The good news is there are many ways to support your teen during this period of growth and change.

Building positive body image:

- Highlight ways to take care of the whole body through healthy eating, active living, and positive mental health, rather than focus on body weight, size, or shape.
- Encourage balance and variety through eating patterns that support growth and health rather than diet strategies to promote weight loss or changes to body shape.
- Foster open discussion with your teen about their body so they can better resist unhealthy pressures from media, society, and peers.

Be a positive role model:

- Speak well about your body; be grateful for its qualities and capabilities. Talk about what your body can do, not about how it looks. Parents who do this teach their teens to do the same.
- Show your teen how you build physical activity into your daily routine. Introduce your teen to some of the activities you enjoy and try some of the ones they enjoy too.
- Model a healthy relationship with food by eating well-balanced meals together as a family.



- Exemplify normal eating – normal eating is going to the table hungry and eating until you are satisfied. It means choosing healthy food most of the time, but not being so limiting that you miss out on enjoyable food.

Teens who receive support and respect from adults have stronger self-esteem, better respect for their bodies, and greater willingness to engage in activities.



For more information about body image, visit http://www.teachbodyimage.com/images/pdfs/resource_sandresearch/Key-Messages.pdf

<http://mediasmarts.ca/digital-media-literacy/media-issues/body-image>