

### SCHOOL CONNECTEDNESS



# 64%

of students **report being happy to be at their school.**

#### YOU CAN HELP

- ▶ **Encourage your child to get involved** in student leadership and extracurricular activities at school
- ▶ **Express interest in your child's school** and make an effort to speak with them about their favourite parts of school.
- ▶ **Attend after-school events** with your child such as book fairs and carnivals held at the school.

### BULLYING OTHERS



# 32%

of students at your child's school report **bullying other students** in the last 30 days.

#### YOU CAN HELP

- ▶ **Talk to your child** if you suspect bullying. Take it seriously.
- ▶ **Create a plan of action with your child** that outlines how they will change their behaviour. Ensure they know that bullying is a big deal and will not be tolerated.
- ▶ **Communicate with the school and work together** with your child's teachers to ensure that your child is no longer bullying.

### MENTAL WELLNESS



# 79%

of students feel they can **express themselves at home** and **their parents like and care about them.**

#### YOU CAN HELP

- ▶ **Foster positive mental wellness habits** at home through physical activity, journaling, learning to cope with negative thoughts, setting goals and sharing humour.
- ▶ **Teach your child** to recognize and name their emotions.
- ▶ **Help your child to identify and develop their own talents** by providing them with opportunity and encouragement.

This is a summary of results from your child's schools' participation in the 2016/2017 Canadian Student Tobacco, Alcohol and Drugs Survey. For the full results profile, please contact your school principal.

**For more information visit [cstads.ca](http://cstads.ca)**



**UNIVERSITY OF  
WATERLOO**

## RISK BEHAVIOURS



**51%**

of students report having ever **ridden in a car driven by someone who was drinking or using marijuana.**

### YOU CAN HELP

- ▶ **Talk to your child** about the misconception that driving under the influence of marijuana is less dangerous than drinking and driving.
- ▶ **Educate your child about the risks** associated with combining driving inexperience with any level of intoxication.
- ▶ **Ensure your child has a plan** when faced with getting in a vehicle with someone who has been drinking.

## MARIJUANA USE



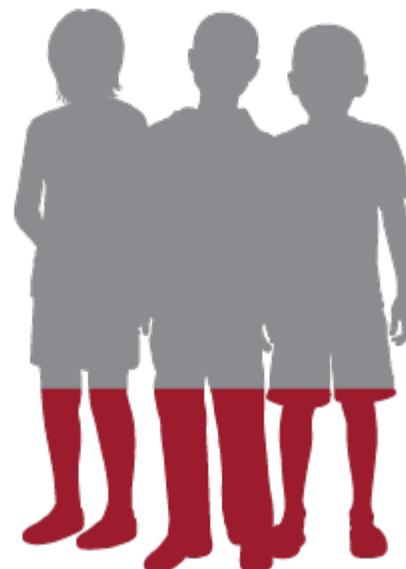
**18%**

of students at your child's school **reported using marijuana** in the month before the survey.

### YOU CAN HELP

- ▶ **Equip your child with the skills to recognize and avoid situations** where they may feel obligated to use drugs. If they cannot avoid these situations they can commit in advance not to use marijuana.
- ▶ **Teach your child** that driving under the influence of marijuana is extremely dangerous.
- ▶ **Help your child learn** about the short and long-term health risks of using marijuana.

## BINGE DRINKING



**33%**

of students report **drinking 5+ drinks of alcohol on one occasion** in the last 12 months.

### YOU CAN HELP

- ▶ **Take interest in your child's social life** and speak with your child about the use of alcohol in their peer group.
- ▶ **Be aware of events** that involve binge drinking and discuss strategies to minimize the risk prior to an event.
- ▶ **Discuss and address the common beliefs** that can lead to alcohol abuse (e.g., "everyone does it", "you only live once").



Health Canada's Canadian Student Tobacco Alcohol and Drugs Survey is a national survey of students in grades 7 to 12 across Canada. The survey asks questions about tobacco use, alcohol use and drug use in addition to bullying, mental health and school connectedness.

**For more information visit [cstads.ca](http://cstads.ca)**