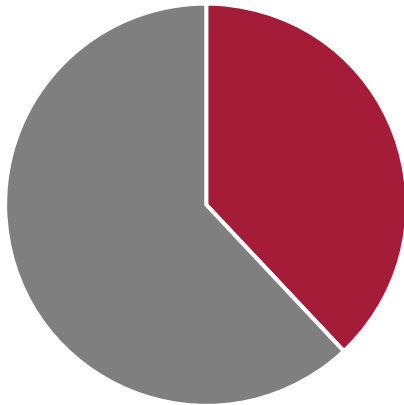


RESULTS FOR PARENTS

Wetaskiwin Composite High School

SLEEP



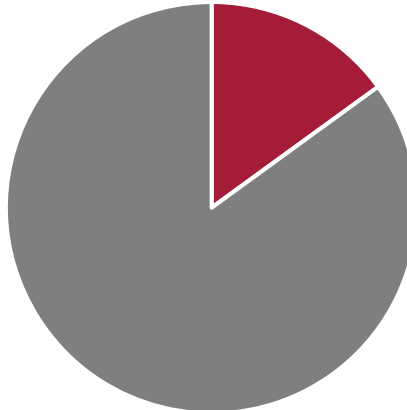
38%

of students **report getting the recommended hours of sleep** on an average school night for optimal health.

YOU CAN HELP

- ▶ **Encourage your child to get enough sleep.** Children and youth need between 8-11 hours of sleep each night.
- ▶ **Encourage your child to practice good sleep hygiene.** This can include keeping electronics out of the bedroom, or avoiding screen time use within 1 hour before bedtime.
- ▶ Model good sleep habits by getting adequate sleep yourself.

BULLYING OTHERS



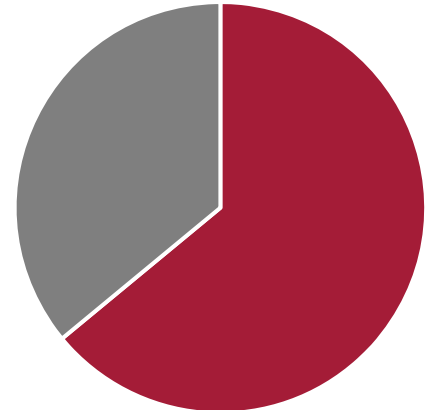
15%

of students at your 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.

PERCEIVED HARM OF CANNABIS USE



64%

of students at your school perceive a **moderate to great risk of harm associated with smoking cannabis on a regular basis.**

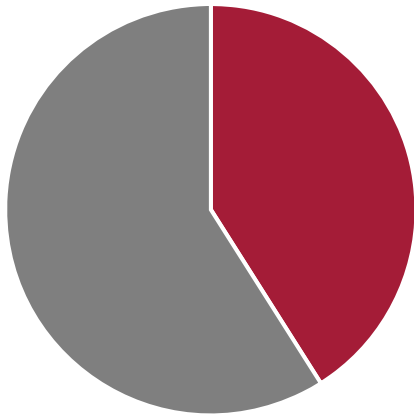
YOU CAN HELP

- ▶ **Educate your child about the risks associated with cannabis use.** Students that do not think there is a moderate to great risk of harm associated with using cannabis reported that there was no risk, or that they do not know what the risk is.
- ▶ **Talk to your child** about the legalization of cannabis in Canada and why, like alcohol, cannabis was made legal for adults only.

This is a summary of results from your child's school's participation in the 2018/2019 Canadian Student Tobacco, Alcohol and Drugs Survey. For the full results profile, please contact your school principal.

For more information visit cstads.ca

RISK BEHAVIOURS



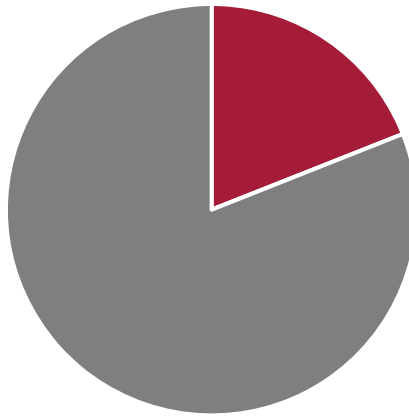
41%

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

YOU CAN HELP

- ▶ **Talk to your child** about the misconception that driving under the influence of cannabis 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.

CANNABIS USE



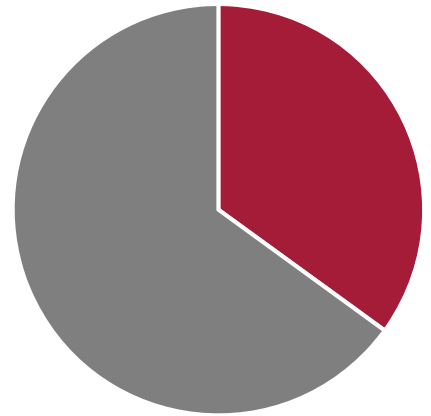
19%

of students at your school **reported using cannabis** 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 cannabis.
- ▶ **Help your child learn** about the short and long-term health risks of using cannabis.
- ▶ There are different ways to consume cannabis beyond just smoking it. **Ensure your child understands that other methods of use like eating or vaping does not eliminate harm.**

BINGE DRINKING



35%

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, and sleep behaviours.

For more information visit cstads.ca