

Direction de santé publique

VIA EMAIL

May 15th, 2024

To parents and guardians,
To counsellors and resource staff

Subject: Summer festivities, graduations, proms and after-parties

The season for celebrations is fast approaching, including graduations, proms and after-parties. Many young people are preparing enthusiastically for these exciting events.

Here are some resources to help you guide them through the festivities and spark discussions on topics such as alcohol and drug use, consent and sexuality. As meaningful adults, you play an important role in conveying positive prevention messages to the youth in your lives. Discussing these subjects with them beforehand can help the celebrations to go smoothly.

We suggest the following resources to support your conversations:

[**Making Prom a Night to Remember: Parents Have a Role to Play!**](#)

[**Talking with your Kids about Alcohol:**](#) Drug Free Kids Canada

[**Drug Use: Where Families Come for Help:**](#) Drug Free Kids Canada

[**Cannabis: Inhaling vs Ingesting:**](#) Canadian Centre on Substance Use and Addiction

[**What is Sexual Consent?:**](#) Youth in Mind Foundation

[**Talking About Sexuality:**](#) Tel-jeunes

[**Parents' Guide for Discussing Sexuality with their Teens**](#)

[**Drinking, Drugs and Driving: Crimes:**](#) Éducaloi

We would also like to take this opportunity to send you a checklist to distribute to teens. This tool contains information to help them prepare for events and festivities in a safe and fun way. We encourage you to remind young people that you are available as a resource when needed.

We hope you have pleasant and constructive exchanges in preparation for the upcoming festivities.

Yours sincerely,

La directrice de santé publique,



Brigitte Pinard, MD FRCPC

BP/CB/fp