

Community Education Service



Substance Use & Youth: Trends, Risks & Offering Support

March 18 2025

@ 11:30 am

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Vaping & Youth

April 9 2025

@ 11:30 am

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Digital Dilemma:

The Impact of Screens, Social
Media, and Gaming on Youth

May 22 2025

@ 11:30 am

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This 3-part presentation by the **Community Health Promotion Services Team (CHPS)** addresses important issues affecting youth today. The 1st session focuses on helping parents, caregivers, and mentors engage in conversations about substance use, including alcohol and cannabis, to support informed decision-making. The 2nd session covers the rising concern of vaping among youth, providing insights into devices, substances, and strategies for effective conversations, while the 3rd session explores the impact of screen time, social media, and video gaming on youth mental health and well-being, offering practical tips for fostering healthy digital habits.