

## WECHU Social Media Calendar

<b>Youth And Family Substance Use Prevention</b>		
<b>Facebook &amp; Instagram (if applicable)</b>	<b>Twitter *280 character limit (including spaces, and URL characters)</b>	<b>Images &amp; suggested text to add to image</b>
<p><b>Post date: June 11<sup>th</sup></b>                      As a parent or caregiver, it's important to talk to your children about substance use in a calm, supportive, and understanding way. Think back to when you were younger — what information would have helped you make healthy choices?                      For helpful tips and resources to start these important conversations, visit:  <a href="https://www.wechu.org/school-health/substance-use">https://www.wechu.org/school-health/substance-use</a></p>	<p><b>Post date: June 11<sup>th</sup></b>                      As a parent or caregiver, talk to your child about substance use in a calm, supportive way. Think back to what information you needed growing up to make healthy choices. For tips and resources to start the conversation, visit:  <a href="https://www.wechu.org/school-health/substance-use">https://www.wechu.org/school-health/substance-use</a></p>	<p><a href="#">220059521</a>                      Meaningful conversations can make a world of difference</p>
<p><b>*Post date: TBD</b>                      Worried about your child's substance use?                      You're not alone. Free, 24/7 guidance and counseling services are available. Call 1-866-381-1511 or visit <a href="http://drugfreekidscanada.org">drugfreekidscanada.org</a> for support.</p>	<p>Worried about your child's substance use?                      You're not alone. Free, 24/7 guidance and counseling services are available. Call 1-866-381-1511 or visit <a href="http://drugfreekidscanada.org">drugfreekidscanada.org</a> for support.</p>	<p><a href="#">473980612</a>                      You're not alone</p>
<p><b>Post date: Nov 3<sup>rd</sup></b>                      Halloween season may be over, but do you still have cannabis treats around the house? Make sure your edibles are stored safely and out of reach of children. For more harm reduction tips, visit  <a href="https://www.wechu.org/drugs-prevent-reduce-educate/cannabis-edibles">https://www.wechu.org/drugs-prevent-reduce-educate/cannabis-edibles</a></p>	<p><b>Post date: Nov 3<sup>rd</sup></b>                      Halloween season may be over, but do you still have cannabis treats around the house? Make sure your edibles are stored safely and out of reach of children. For more harm reduction tips, visit  <a href="https://www.wechu.org/drugs-prevent-reduce-educate/cannabis-edibles">https://www.wechu.org/drugs-prevent-reduce-educate/cannabis-edibles</a></p>	<p><a href="#">349046702</a>                      Keep cannabis edibles out of reach of children</p>



<p><b>Post date: April 18<sup>th</sup></b>          The earlier in life you begin to use cannabis, the greater your chance of developing severe health effects that may be permanent. Delay cannabis use until 25 years old or later to prevent dependence, mental health issues, and harm to brain function.          Be smart; wait to use it.          For more information, visit <a href="https://www.wechu.org/drug-s-prevent-reduce-educate/what-cannabis">https://www.wechu.org/drug-s-prevent-reduce-educate/what-cannabis</a>          #Cannabis</p>	<p><b>Post date: April 18<sup>th</sup></b>          The earlier in life you begin to use cannabis, the greater your chance of developing severe health effects that may be permanent. Delay cannabis use until 25 years old or later to prevent dependence, mental health issues, and harm to brain function.          Be smart; wait to use it.          For more information, visit <a href="https://www.wechu.org/drug-s-prevent-reduce-educate/what-cannabis">https://www.wechu.org/drug-s-prevent-reduce-educate/what-cannabis</a>          #Cannabis</p>	<p><a href="#">67767238</a>          Pause and reconsider before you choose to use</p>
<p><b>International Overdose Awareness Day- August 31<sup>st</sup> (</b>   <b>Did you know?</b>    85% of households don't lock up medications, putting kids at risk.   71% of parents know they can return meds to pharmacies, but only 45% do.   Young Canadians (15-24) are the fastest-growing group needing hospital care for opioid overdoses.          Do your part to keep them safe!          (Source: <a href="http://drugfreekidscanada.org">drugfreekidscanada.org</a>)</p>	<p><b>International Overdose Awareness Day- August 31<sup>st</sup></b>   <b>Did you know?</b>    85% of households don't lock up medications, putting kids at risk.   71% of parents know they can return meds to pharmacies, but only 45% do.   Young Canadians (15-24) are the fastest-growing group needing hospital care for opioid overdoses.          Do your part to keep them safe!          (Source: <a href="http://drugfreekidscanada.org">drugfreekidscanada.org</a>)</p>	<p><a href="#">200685383</a>          Always store prescription medications in a safe and secure place</p>



<p>(National Addictions Awareness Week- Nov 24<sup>th</sup>)                  The earlier and more frequently teens use substances, the higher their risk of harm later in life. Parents &amp; caregivers—get equipped with resources to help prevent teen alcohol, marijuana &amp; drug use. Learn more:  <a href="https://www.cqld.ca/en/apt/apt-parents/">https://www.cqld.ca/en/apt/apt-parents/</a>                  #NAAW</p>	<p>(National Addictions Awareness Week- Nov 24<sup>th</sup>)                  The earlier and more frequently teens use substances, the higher their risk of harm later in life. Parents &amp; caregivers—get equipped with resources to help prevent teen alcohol, marijuana &amp; drug use. Learn more:  <a href="https://www.cqld.ca/en/apt/apt-parents/">https://www.cqld.ca/en/apt/apt-parents/</a>                  #NAAW</p>	<p><a href="#">425834471</a>                  Be the role model your child can depend on</p>
<p>(National Addictions Awareness Week- Nov 26<sup>th</sup>)                  Is your teen experimenting with or frequently using substances, and you're unsure where to turn? The @WECHC offers group and individual addiction support through their S.T.E.P.S Program (16+) and youth counselling (12-17) in a safe, supportive space. Get help today:  <a href="https://wehc.org/mental-health-care/counselling/steps-and-addiction-support/">https://wehc.org/mental-health-care/counselling/steps-and-addiction-support/</a>                  #NAAW</p>	<p>(National Addictions Awareness Week- Nov 26<sup>th</sup>)                  Is your teen experimenting with or frequently using substances, and you're unsure where to turn? The @WECHC offers group and individual addiction support through their S.T.E.P.S Program (16+) and youth counselling (12-17) in a safe, supportive space. Get help today:  <a href="https://wehc.org/mental-health-care/counselling/steps-and-addiction-support/">https://wehc.org/mental-health-care/counselling/steps-and-addiction-support/</a>                  #NAAW</p>	<p><a href="#">571502234</a>                  Make sure your teen gets the support they need</p>
<p>(International Self-Care Day – July 24<sup>th</sup>)                  About 40% of youth who use substances use it to cope with stress. While it may bring temporary relief, it can lead to health risks and dependency. For healthy self-care tips to manage stress and anxiety, visit:  <a href="https://www.wechu.org/mental-health/self-care-tips-positive-mental-health">https://www.wechu.org/mental-health/self-care-tips-positive-mental-health</a>                  #InternationalSelfCareDay</p>	<p>(International Self-Care Day – July 24<sup>th</sup>)                  About 40% of youth use who use substances use it to cope with stress. While it may bring temporary relief, it can lead to health risks and dependency. For healthy self-care tips to manage stress and anxiety, visit:  <a href="https://www.wechu.org/mental-health/self-care-tips-positive-mental-health">https://www.wechu.org/mental-health/self-care-tips-positive-mental-health</a>                  #InternationalSelfCareDay</p>	<p><a href="#">1062531970</a>                  Choose a healthy way to cope with stress</p>



<p>Prom Message Post date: May 21<sup>st</sup> More teens say no to substance use than you might think. Don't be afraid to say no, it's always your choice. If you need help dealing with peer pressure, try talking to someone at <a href="#">Kids Help Phone</a>. You can text, chat online, or call – for free.</p>	<p>Prom Message Post date: May 21<sup>st</sup> More teens say no to substance use than you might think. Don't be afraid to say no, it's always your choice. If you need help dealing with peer pressure, try talking to someone at <a href="#">Kids Help Phone</a>. You can text, chat online, or call – for free.</p>	<p>287357045 This prom, be confident in saying no to substance use</p>
<p>Students Against Impaired Driving Day – May 15<sup>th</sup> As the days get warmer, it's the perfect time for beaches, fun, and sunshine! But never a time to drive under the influence of alcohol or cannabis. If you or someone you know is impaired, don't drive—get a designated driver. Stay safe! #SAIDDay2025</p>	<p>Students Against Impaired Driving Day – May 15<sup>th</sup> As the days get warmer, it's the perfect time for beaches, fun, and sunshine! But never a time to drive under the influence of alcohol or cannabis. If you or someone you know is impaired, don't drive—get a designated driver. Stay safe! #SAIDDay2025</p>	<p>Drive Safe, Stay Alive  <b>*Please use the GIF below for post:</b> <a href="https://static.wixstatic.com/media/002db2_5513d6122a8f4d65a73f2e3b8f9175eb~mv2.gif">https://static.wixstatic.com/media/002db2_5513d6122a8f4d65a73f2e3b8f9175eb~mv2.gif</a></p>



<p>Post Date: April 7<sup>th</sup>. The first webinar is scheduled for April 22.</p> <p> <b>School Mental Health Ontario</b> is launching a free 5-part webinar series this April through May for parents and caregivers to help address common questions related to substance use and addictive behaviours, with the help of experts in the field.</p> <p>Participants will take away insights and practical strategies on:</p> <ul style="list-style-type: none"> <li> How to talk about substance use at home</li> <li> The intersection of addictions and mental health</li> <li> Recognizing signs of substance use and behavioural addictions</li> <li> Current trends in student substance use in Ontario</li> <li> Technology overuse and problematic gaming</li> </ul> <p>Each session includes a Q&amp;A section with experts, giving you the chance to ask questions and gain practical guidance.</p> <p> <a href="#">Register for free today</a></p>	<p>Post Date: April 7<sup>th</sup>. The first webinar is scheduled for April 22.</p> <p> <b>School Mental Health Ontario</b> is launching a free 5-part webinar series this April through May for parents and caregivers. Learn about substance use, addiction, and youth mental health, with expert tips on talking to your kids and supporting their well-being.</p> <p> <a href="#">Register for free today</a></p>	<p>397772218</p> <p>Supporting your child’s wellbeing – Free webinar series</p>
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