

Secondary

For Administrators & Educators:

Free online anaphylaxis course! How about taking a quick anaphylaxis refresher course that can teach you the basics of anaphylaxis, ways to reduce risks in your program, and the recommended emergency treatment in childcare, school and community settings – all in just 30 minutes! Visit Allergyaware.ca for more details.

Cannabis legalization: On October 17th it will become legal for those 19 years and older to buy, use, possess and grow non-medical (recreational) cannabis in Canada. As we prepare for legalization, educators may be looking for additional resources and strategies on how to educate their students about cannabis. Visit the [Substance Use and Addictions Educators Page](#) at www.healthunit.org to learn more about what works and to access resources for your classroom, including Level Up by OPHEA, CYCLES, and the Fourth R. Educators can also refer to [Cannabis Information for Educators](#) for more information on legalization and the implications to Ontario schools.

For Families:

Teens need immunizations, too! Now is a good time to check that your teen has received their 14-16 year booster, meningitis vaccine and completed their Hep B series. Already have their 14-16 year booster? Please report this to the Health Unit. For more information on how to submit these records, or if you require meningitis or Hep B vaccine visit the Health Unit online at www.healthunit.org or call 1-800-660-5853.

Talking to your child about cannabis and other substances: On October 17th it will become legal for those 19 years and older to buy, use, possess and grow non-medical cannabis in Canada. As we prepare for legalization, parents and caregivers may be looking for tips on how to talk to their children about cannabis and other substances. Parents and caregivers can try out these key strategies:

- Be the kind of adult you want your child to become;
- Spend time with your child and support the activities they enjoy;
- Communicate often and openly;
- Set clear and realistic expectations; know who your child is with, what they're doing and where they are;
- Know the law and the facts on cannabis and other substances.

For more information, check out the following resources: [Cannabis: What Parents/Guardians and Caregivers Need to Know](#), [Cannabis Talk Kit](#), and [Triple P](#).

Positive parenting includes making life safe and engaging for your teenager. Home should feel like a safe place to be. Help your teenager develop their skills and ideas. It's OK to ask your teenager about where they are, who they are with and what they are doing. For more strategies, visit www.triplep-parenting.ca. To register for a local Triple P Parenting session, visit <http://healthunit.org/clinics-classes/triple-p-parenting/> or call 1-800-660-5853. Parenting matters!