



Definitions

What do we mean by “substance use health” and “balanced device use”?

Before you jump in, it’s helpful to understand some of the key words we’ll use in Connect Quest. The short definitions below provide a shared language, so the ideas and activities are clear and easy to follow.

Take a minute to read them now—you’ll use these ideas in the activities.

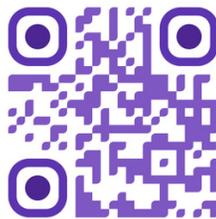
- **Substance use health** is a way to understand how substances affect people along a spectrum: from no use to some use, to a lot of use that may need support. It helps us talk openly and kindly about how substances can affect our bodies and minds, without blame, shame or stigma.

Substances include caffeine, alcohol, nicotine, cannabis and other drugs.

- **Balanced device use** means using phones, tablets, games and other devices in ways that are mindful, meaningful, and manageable. When your device use is balanced, you’re aware of how your device use makes you feel (mindful), your screen time feels worth it (meaningful), and it doesn’t get in the way of other important things like sleep, school, friends, family, play, or time outside (manageable).

Devices include phones, games, social media, and other online interests.

- **Stigma** means being treated unfairly or judged. Stigma can make people feel ashamed or afraid to ask for help, especially around substance use and mental health. We can reduce stigma by learning the facts, using kind language, listening with care and compassion, and supporting others when they need it.



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