

THE ONLINE PREVENTURE STUDY



New study exploring the feasibility of the Online PreVenture program.



Involves 500 youth from British Columbia, Ontario, Quebec and Nova Scotia for one year.



Participants complete a survey and may get the chance to participate in online PreVenture workshops that help develop like-skills and achieve goals.

BENEFITS



Coping skills to better understand your thoughts and behaviours.

Self-esteem and **self-awareness**.

Communication skills.



Symptoms of **anxiety** and **depression**.

Substance use and **related harms**.

LEARN MORE



Visit the [Online PreVenture Study](#) website for more general and province specific information!

PARTICIPATION



Consent from youth and parents/guardians.



Participation is **voluntary**!



Complete a 30-40 minute web-based survey about health behaviours and learning styles.



May be invited to take part in **online PreVenture workshops** with peers (two 90-minute sessions).



Chance to **provide feedback** about your experience.



Only takes 1-4 hours!

CONFIDENTIALITY



Your information will remain private and confidential, Only your name and workshop group will be provided to trained staff to invite you to PreVenture.