

Building a Healthy High School

Here are some ideas to help you get started

Substance Use & Abuse

IDEAS FOR THE CLASSROOM

Ways to help students learn and practise their new skills for healthy living.

- Start a campaign about substance abuse with guest speakers, announcements, displays and information sessions
- Work with teachers to update school policies on drugs and alcohol use – share this information with students
- Create an alcohol awareness presentation about dealing with peer pressure; perform it at your school and local elementary schools

IDEAS FOR A HEALTHY SCHOOL

Ways to make your school healthier and safer.

- Display posters at school dances explaining where students can receive help
- Encourage students to quit smoking, by posting signs in smoking areas with healthy messages and statistics related to smoking. Direct students to stupid.ca for more information

IDEAS FOR SOCIAL SUPPORT

Ways to encourage students and staff to treat each other with dignity and respect.

- Start-up a Students Against Drunk Driving group
- Join a student support group about substance abuse
- Organize a “quit smoking” program for students

IDEAS FOR WORKING WITH YOUR COMMUNITY

Ways to work together on healthy school programs.

- Invite guest speakers to discuss substance use and abuse
- Volunteer to talk to elementary students about peer pressure and how to deal with it
- Start a community outreach program for students having difficulties with drugs

YOUR OWN IDEAS

For more ideas visit: www.edu.gov.on.ca/eng/students/healthyschools.html