

SUBSTANCE USE PREVENTION AND HARM REDUCTION CURRICULUM SUPPORT HEALTH RESOURCES FOR ELEMENTARY SCHOOLS 2023-2024

Successful substance use prevention education for young people provides age-appropriate, factual, non-judgmental information and helps students develop social competence, relationship, and communication skills. The aim is to integrate substance use prevention messaging into all aspects of school life and connect youth with their community for support. Our goal is to engage youth and provide opportunities to emphasize their ability to make informed choices; acquire refusal skills; be a positive role model, build resilience and positively influence their peers.

MANUALS AND CURRICULUM RESOURCES/ AUDIOVISUAL RESOURCES/ PAMPHLETS/POSTERS/ HANDOUTS/ BOOKS/ WORKSHOPS/ DISPLAYS/ SPEAKERS/ PROGRAMS

OPHEA (Ontario Physical and Health Education Association) Cannabis Education Resources a [database](#) to provide educators and administrators access to evidence-informed information on substance use (specifically cannabis) to help students develop the knowledge and skills needed to make informed decisions to support their health and well-being.

iMinds University of Victoria (British Columbia): Classroom Resource H&PE Curriculum Connections This [online resource](#) provides the educator with a number of resources regarding drug and gambling literacy for youth in grades 4–12, including cannabis specific resources. Cross-curricular lessons are also provided for English and Social Science educators.

MADD Canada. MADD Canada Colouring Book. This [tool](#) has been developed for younger children and can be downloaded for free. Parents and teachers can work with their children and discuss the illustrations and key safety messages. You have several options on how to produce this tool.

Media Awareness Network: Media and web [education resources](#) for grades K-12 to help students understand how media messages about alcohol can influence their attitudes and behaviours.

Niagara Region Teaching Tools: These teaching [tools](#) are designed to support teachers in creating comprehensive lesson plans to cover Substance Use Prevention-related content in the classroom. The resources are guidelines and suggestions for teachers to use and considered appropriate for classes.

Stigma - Free Society: The Student Mental Health [Toolkit](#) offers a variety of resources to help students improve their mental wellness and combat stigma, especially around mental health. Resources teach students topics related to various stigmas and encourage EDI (equality, diversity and inclusion) in the classroom. The Toolkit program is

Public Health

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york.ca



made for youth, educators, school counsellors, and parents/guardians, who want to teach and promote mental wellness for Grades [4-7](#) and [8-12](#).

York Region District School Board's Drug and Alcohol Continuum Tool Kit is intended for teachers, guidance counselors and educational assistants. The kit provides information relating to drugs, alcohol use and the Drug and Alcohol Continuum. Additionally, the tool kit supports curriculum expectations outlined in the new Physical and Health Education Curriculum. (Teachers can access this through their internal YRDSB website under Caring and Safe schools)

York Region Public Health:

Elementary School Resource Package: Curriculum matched packages that provide teacher support on information, activities and booster sessions on various substance use prevention topics for Grade 1-8.

Mini Booklets and mini postcards: resources to assist educators and parents in facilitating discussion around harms and risks associated with alcohol and drug use with youth:

- A Matter of Facts
- Weed out the Myths
- Think About It - Youth Brain Development

POSTERS:

- Alcohol and Drugs. Be Informed
- High School: Your move. Your choice.
- Talk to your Child Early about Alcohol
- Weed out the Myths

FRENCH RESOURCES:

Posters:

- Comment se terminera ta Fête?
- #Parlonsmarijuana
- Parlez Tôt avec votre Enfant au sujet de L'alcool
- **Parent Booklet:** Stratégies pour aider les parents à prévenir la consommation d'alcool chez les mineurs

PRESENTATIONS/SPEAKERS

Changes Ahead: presentation for grade 7/8 students on the harms related to the three main substances used by youth, how to respond to peer pressure and prepare for the transition to high school.

Life after Grade 8: Public Health Nurses train student leaders from affiliated Secondary Schools to present to Grade 8 students in feeder schools. **Teacher Resource Package** is provided for additional booster sessions and activities. Contact your Public Health Nurse to request support for the following curriculum-matched **Alcohol and Drugs. Be Informed.** Peer-led Youth Program.

Addiction Services Central Ontario Providing presentations and resources about substance use, problem gambling and mental health in schools and the community. Click [here](#) to book a presentation.

Accident Awareness provides a motivational [digital media presentation](#) which encompasses fundamental aspects directly related to adolescents and dangerous driving. Accident Awareness has designed a program entitled Making Sense of It for students in Grade 7 & 8. This presentation looks at safety issues for young people, with special attention to safety equipment.

Canadian Mental Health Association: Choices Program: This [program](#) encourages youth between the ages of 12 to 17 to make informed and relevant decisions and promotes positive choices in their lives. Choices meet 2 hours/week for over 10 weeks.

Mixed Company offers [school productions and workshops](#) that have examined difficult social issues such as mental health stigma and support, healthy relationships and consent, and inclusion and equity.

MADD Canada Youth and [school programming](#) have been a key component of MADD Canada's youth services, education and awareness initiatives since 1994. The presentations are designed to communicate directly with young (grade 7-12) people on their level and in their language and encourage them to take a closer look at their values and perceptions.

YMCA Youth Programs Youth Cannabis Awareness Program: YCAP is [a free cannabis education and prevention initiative](#) that takes a harm reduction approach for ages 12-24. The program aims to minimize risks associated with cannabis use by providing youth, and adults involved in youth's lives, with the most accurate and unbiased information.

York Region Public Health Our program offers engaging presentations to students, school staff and parents. Topics include alcohol, cannabis and opioids. Please email us at substance@york.ca

YouthSpeak This youth-led [interactive presentation](#) helps students understand Substance Use, Addiction and Wellness. Youth speakers share personal stories about their challenges with being accepted for who they are and share a message of empowerment and hope. Students will better understand what they can do to step up in their community and actively create a more understanding environment with their peers.

TREATMENT AND/OR COUNSELLING

Addiction Services for York Region [Addiction Services Central Ontario](#)

Blue Hills Child and Family Services bluehillscentre.ca

Centre for Addiction and Mental Health www.camh.ca

Connex Ontario, Drug and Alcohol Helpline connexontario.ca

Family Services of York Region www.fsyrc.ca

Kinark Child and Family Services www.kinark.on.ca

Family Navigation Project – Sunnybrook Health Services [Family Navigation Project - Youth Mental Health Service - Toronto - Sunnybrook Hospital](#)

YSSN Streamlined Access [Streamlined Access - Your Support Services Network \(yssf.ca\)](#)

YOUTH CRISIS SUPPORT

COPE Crisis Line (24 hours) [310-COPE](tel:310-COPE)

Kids Help Phone (24 hours) www.kidshelpphone.ca

**This is a sample reference list of community resources.
For more information on these or other resources contact
York Region Public Health at 1-877- 464-9675, ext. 76683
Fax: 905-762-2091
substanceuse@york.ca or york.ca/substance**