

SUBSTANCE USE PREVENTION AND HARM REDUCTION

CURRICULUM SUPPORT HEALTH RESOURCES FOR ELEMENTARY SCHOOLS

Successful substance use prevention education for young people provides age-appropriate, factual, and 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. [Cannabis Education Resources](#)

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. [iMinds - University of Victoria](#)

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.

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.

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca



Drug Awareness Resource developed by York Region and CAMH, helps raise awareness, knowledge and encourages open communication among students, staff and parents in making positive choices. Available in a CD form and on both York Region school board's intranet.

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
- Think About It - Youth Brain Development
- Drug and Alcohol Continuum - Where Do You See Yourself

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

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.

Mothers Against Drunk Driving 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 people on their level and in their language, and encourage them to take a closer look at their values and perceptions.

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.

York Regional Police (VIP program) Youth Education Officers deliver the Values, Influences and Peers (VIP) program to elementary school students.

[Youth Engagement - York Regional Police](#)

TREATMENT AND/OR COUNSELLING

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

YorkHills Centre for Children, Youth and Families [Yorkhills](#)

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

Vitanova Foundation [Vitanova Foundation](#)

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

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