

SUBSTANCE USE PREVENTION AND HARM REDUCTION CURRICULUM SUPPORT HEALTH RESOURCES FOR SECONDARY 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/ PAMPHLETS/POSTERS/ HANDOUTS/ 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.

<https://teachingtools.ophea.net/supplements/cannabis-education-resources>

OPHEA (Ontario Physical and Health Education Association) Level Up: is a free online resource that supports educators and program leaders in promoting positive mental health and overall well-being with children and youth ages 6-18. Level up addresses healthy living through a variety of sensitive topics related to substance use, mental health and healthy eating.

<http://teachingtools.ophea.net/activities/level-up>

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.

<https://www.uvic.ca/research/centres/cisur/publications/helping-schools/iminds/index.php>

CAMH (Centre for Addiction and Mental Health): educating students about drug use and mental health. <https://www.porticonetwork.ca/web/knowledgex-archive/educators/secondary-grades/curriculum-secondary-grades>

Drug Awareness Resource (York Region): helps raise awareness, knowledge and encourages open communication among students, staff and parents in making positive choices. Available on both school boards' intranet as well in a CD form.

Public Health

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



Media Smarts: how media messages on alcohol influence attitudes about drinking.

<http://mediasmarts.ca/lessonplan/alcohol-myths-lesson>

Canadian Students for Sensible Drug Policy: Sensible Cannabis Education: A Toolkit for Educating Youth: created for educators, as well as parents, this resource aims to support adults in having informed and non-judgmental conversations with young people about cannabis.

<https://cssdp.org/uploads/2018/04/Sensible-Cannabis-Education-A-Toolkit-for-Educating-Youth.pdf>

The Fourth R: A Relationship-Based Program (Gr.8&9): engages students in healthy relationship and decision making through various topics including substance use & abuse prevention.

<https://youthrelationships.org/>

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)

Canadian Centre on Substance Abuse (CCSA) provides evidence based substance use resources.

Alcohol Resources: www.ccsa.ca/alcohol

Cannabis Resources: www.ccsa.ca/cannabis

Alcohol and Drugs: A Quick Guide from York Region Public Health: a one pager resource that helps teachers or parents identify signs, side effects and behaviours of various drugs.

Drug Free Kids Cannabis Talk Kit: Know how to talk with your teen: provides information for parents to support conversations with their teens about cannabis.

<https://www.drugfreekidscanada.org/prevention/tips-for-parents/>

WORKSHOPS:

Alcohol and Drugs. Be Informed. Peer-led Youth Programs. Contact your Public Health Nurse to request support for the following curriculum-matched peer-led programs.

- **How Will Your Party End?** Public Health Nurses providing training to student leaders (e.g. prom committee, OSAID, ESP) to present/plan initiatives for their graduating class
- **Life after Grade 8** Public Health Nurses train student leaders to present to Grade 8 students to help make the transition to high school easier
- **Transition to High School** Public Health Nurses train student leaders to present to Grade 9 students to help with their first year in high school

Springboard: Weed Out the Risks: This is an innovative "Weed Out the Risk" educational program to address road safety risks of driving under the influence of cannabis for young drivers or being a passenger in a high driver's vehicle. Program messaging has been directly linked to the Ontario secondary school curriculum. Facilitators will deliver a classroom session to one or more classrooms at no cost. <https://www.springboardservices.ca/programs-services/weed-out-the-risk/#wotr>

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. <https://cmha-yr.on.ca/programs/youth/choices/>

DISPLAYS FROM YORK REGION PUBLIC HEALTH

Weed out the Myths

How Will Your Party End? (Grade12)

High School Your Move Your Choice (Grade 8/9)

PRESENTATIONS/SPEAKERS:

Addiction Services York Region (ASYR) www.asyr.ca

Accident Awareness <http://www.accidentawareness.ca>

Mixed Company www.mixedcompanytheatre.com

Mothers Against Drunk Driving www.madd.ca

Narcotics Anonymous www.na.org

PARTY Program:

Markham Stouffville Hospital <https://www.msh.on.ca/learning-innovation/education/patient-education/party-program>

Southlake Hospital <http://www.southlakeregional.org/Default.aspx?cid=1514&lang=1>

Youth Speak www.youthspeak.ca

FRENCH RESOURCES:

Posters:

How Will Your Party End?

Weed out the Myths

TREATMENT AND/OR COUNSELLING:

Addiction Services for York Region <https://www.asyr.ca/>

Blue Hills Child and Family Services <http://www.bluehillscentre.ca/>

Centre for Addiction and Mental Health <http://www.camh.ca/>

Connex Ontario, Drug and Alcohol Help Line <http://www.connexontario.ca/>

Family Services of York Region <http://fsyr.ca/>

Kinark Child and Family Services <https://www.kinark.on.ca/>

Vitanova Foundation <http://vitanova.ca/>

Family Navigation Project – Sunnybrook Health Services
<https://sunnybrook.ca/content/?page=family-navigation-services>

YOUTH CRISIS SUPPORT

COPE Crisis Line (24 hours) <https://www.yssn.ca/310-COPE>

Kids Help Phone (24 hours) <https://kidshelpphone.ca/>

This is a reference list (not a comprehensive list) of community resources.

To request any resources from York Region Public Health

Call: Tel: 1-877-464-9675, ext. 76683 Fax: 905-762-2091

Email: substance@york.ca

For more information please visit york.ca/substanceuse