

# 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.

<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>

**Elementary School Resource Package by York Region Public Health**

Curriculum matched packages that provide teacher support on information, activities and booster sessions on various substance misuse prevention topics for Grade 1-8.

**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 school board's intranet.

**Public Health**

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



**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.

<http://mediasmarts.ca/teacher-resources>

**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)

## WORKSHOPS:

**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.

## PRESENTATIONS/SPEAKERS

Addiction Services for York Region (ASYR) [www.asyr.ca](http://www.asyr.ca)

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

Mixed Company [www.mixedcompanytheatre.com](http://www.mixedcompanytheatre.com)

Mothers Against Drunk Driving [www.madd.ca](http://www.madd.ca)

Narcotics Anonymous [www.na.org](http://www.na.org)

York Region Public Health [www.york.ca/substanceuse](http://www.york.ca/substanceuse)

Youth Speak [www.youthspeak.ca](http://www.youthspeak.ca)

York Regional Police (VIP program) [www.yrp.ca](http://www.yrp.ca)

## TREATMENT AND/OR COUNSELLING

Addiction Services for York Region [www.asyr.ca](http://www.asyr.ca)

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

Centre for Addiction and Mental Health [www.camh.ca](http://www.camh.ca)

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

Family Services of York Region [www.fsyr.ca](http://www.fsyr.ca)

Kinark Child and Family Services [www.kinark.on.ca](http://www.kinark.on.ca)

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

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

## YOUTH CRISIS SUPPORT

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

Kids Help Phone (24 hours) [www.kidshelpphone.ca](http://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**

**[substance@york.ca](mailto:substance@york.ca) or [york.ca/substance](http://york.ca/substance)**