

Health and Physical Education Community Resources and On-line Teaching Resources

TOPIC: Substance Use, Addiction and Related Behaviours

| Curriculum-Linked Resource | Website | Description | Grades |
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| OPHEA Level Up En/Fr | https://teachingtools.ophea.net/activities/level-up | Supports educators with materials to increase their knowledge and ability to address sensitive topics related to substance use. This resource uses a proactive approach to create a positive and supportive environment for students ages 6-18. Includes easy to use activity cards that are linked to the Health and Physical Education curriculum. | Gr. 1-12 |
| OPHEA Cannabis Resources En/Fr | https://teachingtools.ophea.net/supplements/cannabis-education-resources/resource-database | A collection of materials from leading experts that provide educators the support needed to increase their knowledge and confidence to teach cannabis education, and encourage students to make informed decisions that support their health and well-being. | Gr. 1-12 |
| The Lung Association: Lungs are for Life | https://lung.healthdiary.ca/Guest/SearchResults.aspx?C=23&M=0&K=&N=&S=1&P | Free teachers and student tested programs that are matched to Ontario's H & PE Curriculum, focusing on prevention cessation and tobacco use. | Gr. 1-8 |
| The Lung Association: Talking About...Series | https://lungontario.ca/we-can-help/digital-learning-hub/talking-about-series | This series of three activity guides are intended to engage young people in exploring lung health related to the use of tobacco, cannabis, vaping and water pipes through interactive activities, while inspiring critical thinking and reflection. | Gr. 7-12 |
| Other websites for reliable substance misuse prevention information | | | |
| Break it Off | https://breakitoff.ca/ | A digital media campaign with tools and support to help tobacco users quit. | |
| Canadian Centre on Substance Abuse (CCSA): Building on Our Strengths. Canadian Standards for Youth Substance Abuse Prevention | https://www.ccsa.ca/canadian-standards-youth-substance-abuse-prevention-overview | A guide for education and health personnel. | |
| Centre for Addiction and Mental Health (CAMH): Mental Illness and Addiction Index | http://www.camh.ca/health-info/mental-illness-and-addiction-index?query=*&facets=filter_tags:EC6B6B756D0141E9AEF735C3D05FFBDA | Information on various substances include effects, impact on health etc. | |
| Centre for Addiction and Mental Health (CAMH) Publications | http://www.camh.ca/en/hospital/health_information/for_children_youth/Pages/smoking_and_quitting.aspx | Various resources and publications. | |

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| Centre for Addictions Research of B.C.: iMinds | https://www.uvic.ca/research/centres/cisur/publications/helping-schools/iminds/ | A set of learning modules that strive to strengthen students' understanding of healthy behaviours and their relationship to substance use and mental wellness. |
| Challenges, Beliefs and Changes | https://parentactionondrugs.org/program-resources/resiliency-building-programs-and-resources/ | A peer education program on alcohol, tobacco, cannabis and other drugs. Training provided for senior high school students to lead a program to educate and raise awareness about substance use with younger peers. |
| Discussing Pot and Driving with Teenagers: A Guide for Adults En/Fr | https://www.cpha.ca/pot-driving | A guide to help facilitate conversations and raise awareness among young drivers and passengers on the harms associated with cannabis-impaired driving. |
| Health Canada: Health Risks of Vaping | https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html | Provides resources on the health risks and how to talk to teens about vaping. |
| Government of Canada: Canadian Drugs and Substances Strategy | https://www.canada.ca/en/health-canada/services/substance-use/canadian-drugs-substances-strategy.html | Provides educational resources to educate youth about the risks of drug and substance use. |
| Keeping Youth Connected, Healthy and Learning: Effective Responses to Substance Use in the School Setting | https://www.islandhealth.ca/sites/default/files/2018-04/keeping-youth-connected-substance-use-school-settings.pdf | This report contains a review of evidence and practice related to community-based approaches to substance use, with a focus on alternatives to suspension. |
| Mindyourmind: A to Z Substance Use | https://mytoolkit.ca/atoz-substance/story_html5.html | An online learning resource that aims to be a plain language resource to explore the topic of substance use with youth ages 14-16. |
| Mothers Against Drunk Driving (MADD) | https://madd.ca/pages/programs/youth-services/ | To assist parents and teachers, MADD Canada has developed education programs, victim support services and other resources, such as links and statistics for youth of all ages. |
| OPHEA: Ideas for Action | http://www.ophea.net/sites/default/files/pdfs/HSC/SFO_IdeasForActionFinal_14OC14.pdf | Free downloadable resource guide that provides a collection of activities that can be used in schools and communities to support tobacco prevention. |
| Ontario Public Health Association Youth Engagement Toolkit: Working with Middle School Students to Enhance Protective Factors and Resiliency | https://opha.on.ca/Resource-Documents/Youth-Engagement-Toolkit.aspx | A resource for Health Professionals who works with youth. For Grades 6-8 but can be adapted for older youth. ***\$30 for toolkit |
| Ontario Students Against Impaired Driving (OSAID) | www.osaid.org | OSAID is an anti-impaired driving initiative which is found across the province of Ontario, Canada, aimed primarily at youth involvement in combating impaired driving. *** Program, with resources for OSAID members |
| Parent Action on Drugs | www.parentactionondrugs.org | Provides innovative and relevant resources and services, based on current research and “better/best practices” aimed at parents, professionals (teachers, health promoters, practitioners) and youth. |
| Planet Youth Evidence Based Primary Prevention: The Icelandic Model | https://www.regionh.dk/forebyggelseslaboratoriet/m%C3%B8der/Documents/Planet%20Youth%20Copenhagen%20November%202018%20FIN.pdf | Power point presentation reviewing the Icelandic Model of youth substance use. |

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| Quit4Life | https://www.canada.ca/en/health-canada/services/health-concerns/tobacco/youth-zone/quit4life.html | Provides information about tobacco cessation for ages 12-18. ***Program, but with resources |
| RNAO: Nursing Best Practice Guideline-Enhancing Healthy Adolescent Development | https://rnao.ca/bpg/guidelines/enhancing-healthy-adolescent-development | Provides best practice examples of youth leadership, 40 developmental assets and adolescent development for Grades 5-12. |
| Royal Canadian Mounted Police: Impaired Driving | http://www.rcmp-grc.gc.ca/cycp-cpcj/id-cfa/index-eng.htm | Lesson plans and information on impaired driving. |
| Sensible Cannabis Education | https://cssdp.org/uploads/2018/04/Sensible-Cannabis-Education-A-Toolkit-for-Educating-Youth.pdf | A Toolkit for Educating Youth - created for educators, as well as parents, this resource aims to support adults in having informed and nonjudgmental conversations with young people about cannabis. |
| Smoke-Free Movies | http://smokefreemovies.ca/ | Provides information on ways to get involved in campaigns to protect children and youth from smoking in the movies. |
| Smoke-Free Ontario | https://www.ontario.ca/page/where-you-cant-smoke-or-vape-ontario | Information on the Smoke-Free Ontario Strategy and Smoke-Free Ontario Act. |
| Stepping Stones: A Resource on Youth Development | http://www.children.gov.on.ca/htdocs/English/documents/youthopportunities/steppingstones/SteppingStones.pdf | Provides tools to guide the development and delivery of high quality services and supports for youth province-wide. It is intended to support and enhance the work of adult allies by presenting a shared understanding of youth development. |
| Tobacco-Free Sport and Recreation | https://www.ptcc-cfc.on.ca/resources/play_live_b_e_tobacco_free | A website with steps to make sport and recreation tobacco-free. |
| Toronto District School Board (TDSB) Cannabis Misuse Prevention | https://sites.google.com/tdsb.on.ca/tdsb-cannabis-misuse-prevention/resources | Teaching resources regarding Cannabis Misuse for Grade 6-12. |
| Youth Advocacy Training Institute (YATI) | http://www.youthadvocacy.ca/ | Information on health advocacy training, guidebooks for peer health training and information on tobacco marketing and media literacy. ***E-modules |