

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

## TOPIC: Substance Use, Addiction and Related Behaviours

Curriculum-Linked Resource	Website	Description	Grades
<b>OPHEA Substance Use, Addictions and Related Behaviours</b>  <b>En/Fr</b>	<a href="https://ophea.net/search?f%5B0%5D=topic%3A316">https://ophea.net/search?f%5B0%5D=topic%3A316</a>	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
<b>OPHEA Cannabis Resources</b>  <b>En/Fr</b>	<a href="https://ophea.net/cannabis-education-resources">https://ophea.net/cannabis-education-resources</a>	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
<b>Lung Health Foundation: Talking About...Series</b>	<a href="https://lunghealth.ca/support-resources/digital-learning-centre/talking-about-series/">https://lunghealth.ca/support-resources/digital-learning-centre/talking-about-series/</a>	This series of three activity guides is 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
<b>Other websites for reliable substance misuse prevention information</b>			
<b>Canadian Centre on Substance Abuse (CCSA)</b>	<a href="https://www.ccsa.ca/educators">https://www.ccsa.ca/educators</a>	This page collects CCSA resources about young people and substance use that could be useful to educators. This page provides links to evidence-based resources intended to answer the questions educators and young people are asking.	
<b>CATCH My Breath Canada: Nicotine Vaping Prevention Program</b>	<a href="https://letsgo.catch.org/bundles/catch-my-breath-canada">https://letsgo.catch.org/bundles/catch-my-breath-canada</a>	A youth nicotine vaping prevention program. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes and vaping devices.	
<b>Centre for Addiction and Mental Health (CAMH): Mental Illness and Addiction Index</b>	<a href="http://www.camh.ca/health-info/mental-illness-and-addiction-index?query=*&amp;facets=filter_tags:EC6B6B756D0141E9AEF735C3D05FFBDA">http://www.camh.ca/health-info/mental-illness-and-addiction-index?query=*&amp;facets=filter_tags:EC6B6B756D0141E9AEF735C3D05FFBDA</a>	Information on various substances including effects, impact on health etc.	
<b>Centre for Addiction and Mental Health (CAMH) Publications</b>	<a href="http://www.camh.ca/en/hospital/health_information/for_children_youth/Pages/smoking_and_quitting.aspx">http://www.camh.ca/en/hospital/health_information/for_children_youth/Pages/smoking_and_quitting.aspx</a>	Accessible, reliable, professionally produced resources on an array of mental health topics for patients, families, students and professionals.	
<b>Centre for Addictions Research of B.C.: iMinds</b>	<a href="https://www.uvic.ca/research/centres/cisur/publications/helping-schools/iminds/">https://www.uvic.ca/research/centres/cisur/publications/helping-schools/iminds/</a>	A set of learning modules that strive to strengthen students' understanding of healthy behaviours and their relationship to substance use and mental wellness.	

<b>Discussing Pot and Driving with Teenagers:</b>	<a href="https://www.cpha.ca/pot-driving">https://www.cpha.ca/pot-driving</a>	A guide to help facilitate conversations and raise awareness among young drivers and passengers on the harms associated with cannabis-impaired driving.
<b>A Guide for Adults</b> <b>En/Fr</b>		
<b>Health Canada: Health Risks of Vaping</b>	<a href="https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/awareness-resources.html">https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/awareness-resources.html</a>	Provides resources on the health risks and how to talk to teens about vaping.
<b>Government of Canada: Canadian Drugs and Substances Strategy</b>	<a href="https://www.canada.ca/en/health-canada/services/substance-use/canadian-drugs-substances-strategy.html">https://www.canada.ca/en/health-canada/services/substance-use/canadian-drugs-substances-strategy.html</a>	Provides resources for Canadians about preventing substance use and treating addiction
<b>Keeping Youth Connected, Healthy and Learning: Effective Responses to Substance Use in the School Setting</b>	<a href="https://www.islandhealth.ca/sites/default/files/2018-04/keeping-youth-connected-substance-use-school-settings.pdf">https://www.islandhealth.ca/sites/default/files/2018-04/keeping-youth-connected-substance-use-school-settings.pdf</a>	This report contains a review of evidence and practice related to community-based approaches to substance use, with a focus on alternatives to suspension.
<b>Mindyourmind: A to Z Substance Use</b>	<a href="https://mytoolkit.ca/atoz-substance/index.html">https://mytoolkit.ca/atoz-substance/index.html</a>	An online learning resource that aims to be a plain language resource to explore the topic of substance use with youth ages 14-16.
<b>Mothers Against Drunk Driving (MADD)</b>	<a href="https://madd.ca/pages/programs/youth-services/">https://madd.ca/pages/programs/youth-services/</a>	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.
<b>Not and Experiment: Vaping and Mental Health</b>	<a href="#">MENTAL HEALTH &amp; VAPING - Not An Experiment</a>	Information regarding vaping and the effects on mental health, stress, anxiety, and depression.
<b>OPHEA: Vaping Resources</b>	<a href="#">Additional Vaping Resources   Ophea.net</a>	A collection of resources for information about vaping, making connections to the Health and Physical Education curriculum expectations, strategies for creating safer and more inclusive spaces and resources for use in classrooms.
<b>Ontario Students Against Impaired Driving (OSAID)</b>	<a href="http://www.osaid.org">www.osaid.org</a>	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.
<b>Planet Youth Evidence Based Primary Prevention: The Icelandic Model</b>	<a href="https://www.regionh.dk/forebyggelseslaboratoriet/m%C3%B8der/Documents/Planet%20Youth%20Copenhagen%20November%202018%20FIN.pdf">https://www.regionh.dk/forebyggelseslaboratoriet/m%C3%B8der/Documents/Planet%20Youth%20Copenhagen%20November%202018%20FIN.pdf</a>	Power point presentation reviewing the Icelandic Model of youth substance use.
<b>Quit4Life (Q4L)</b>	<a href="https://www.canada.ca/en/health-canada/services/health-concerns/tobacco/youth-zone/quit4life.html">https://www.canada.ca/en/health-canada/services/health-concerns/tobacco/youth-zone/quit4life.html</a>	Q4L is organized around 4 central steps: Get Psyched, Get Smart, Get Support, Get On With It. The handbook will help you learn about why you smoke, how to quit and how to stay quit once you get there.
<b>RNAO: Nursing Best Practice Guideline-Enhancing Healthy Adolescent Development</b>	<a href="https://rnao.ca/bpg/guidelines/enhancing-healthy-adolescent-development">https://rnao.ca/bpg/guidelines/enhancing-healthy-adolescent-development</a>	The goal of this document is to assist nurses working with youth in a variety of practice settings, i.e. schools, public health units, community health centres, adolescent clinics, etc. Recommendations are inclusive of adolescent development across diverse contexts (e.g. cultural, socioeconomic, structural, political).
<b>Royal Canadian Mounted Police: Impaired Driving</b>	<a href="http://www.rcmp-grc.gc.ca/cycp-cpcj/id-cfa/index-eng.htm">http://www.rcmp-grc.gc.ca/cycp-cpcj/id-cfa/index-eng.htm</a>	Lesson plans and information on impaired driving.

<b>Sensible Cannabis Education</b>	<a href="https://cssdp.org/uploads/2018/04/Sensible-Cannabis-Education-A-Toolkit-for-Educating-Youth.pdf">https://cssdp.org/uploads/2018/04/Sensible-Cannabis-Education-A-Toolkit-for-Educating-Youth.pdf</a>	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.
<b>Smoke-Free Movies</b>	<a href="http://smokefreemovies.ca/">http://smokefreemovies.ca/</a>	Provides information on ways to get involved in campaigns to protect children and youth from the harmful impact of smoking in movies.
<b>Smoke-Free Ontario</b>	<a href="https://www.ontario.ca/page/where-you-cant-smoke-or-vape-ontario">https://www.ontario.ca/page/where-you-cant-smoke-or-vape-ontario</a>	Information on the Smoke-Free Ontario Strategy and Smoke-Free Ontario Act.
<b>Stepping Stones: A Resource on Youth Development</b>	<a href="https://www.ontario.ca/document/stepping-stones">https://www.ontario.ca/document/stepping-stones</a>	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.
<b>Toronto District School Board (TDSB) Cannabis Misuse Prevention</b>	<a href="https://sites.google.com/tdsb.on.ca/tdsb-cannabis-misuse-prevention/resources">https://sites.google.com/tdsb.on.ca/tdsb-cannabis-misuse-prevention/resources</a>	Teaching resources regarding Cannabis Misuse for Grade 6-12.
<b>Youth Advocacy Training Institute (YATI)</b>	<a href="http://www.youthadvocacy.ca/">http://www.youthadvocacy.ca/</a>	Information on health advocacy training, guidebooks for peer health training and information on tobacco marketing and media literacy.