

**Topic Resource List: Substance Misuse Prevention last revised September 2018**



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**Elementary Classroom Resources**

Title	Category	Description	Grade	Curriculum Linked
Smoking Prevention bingo 	Game	An educational game for teens about smoking prevention.	Gr. 6-12	
Wheel of Misfortune 	Game	The game includes 6 categories. Students spin the wheel and answer the respective question. Topics on adverse effects of tobacco, prevention and control.	Gr. 4- 9	


**Secondary Classroom Resources**


Title	Category	Description	Grade	Curriculum Linked
Smoking Prevention bingo 	Game	An educational game for teens about smoking prevention.	Gr. 6-12	

<p>Spit This!: The hazards of smokeless tobacco</p> 	<p>Video Kit</p>	<p>DVD and teacher's guide. Engaging storyline while providing the hard core facts about all kinds of smokeless tobacco products. Includes the hazards of chew tobacco, the addictive properties and the newer up and coming products that are being marketed. (2009)</p>	<p>Gr. 9 post-secondary</p>	<p>√</p>
<p>Wheel of Misfortune</p> 	<p>Game</p>	<p>The game includes 6 categories. Students spin the wheel and answer the respective question. Topics on adverse effects of tobacco, prevention and control.</p>	<p>Gr. 4- 9</p>	
<p>Fatal Vision Impaired Vision Simulator (daytime)</p> 	<p>Kit</p>	<p>Goggles and instruction guide. Educate your schools today about the consequences of high-risk "binge drinking".</p>	<p>Not specified Suitable for high school and post-secondary</p>	





**Elementary Workshops**



Title	Category	Description	Grade	Curriculum Linked
<p>Substance Education</p> 	<p>Nurse led workshop</p>	<p>In this 90min classroom workshop, students learn about substance use through interactive activiteis that address media literacy and signs and symptoms of use. The activities in this workshop encourage students to use critical thinking skills regarding substance use.</p>	<p>Gr. 7-8</p>	<p>√</p>

<p>Tobacco 101</p> 	<p>Nurse led workshop</p>	<p>A nurse-led workshop where students learn about the commercial tobacco industry and the harmful effects of using commercial tobacco products.</p>	<p>Gr. 4-6</p>	<p>√</p>
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**Secondary Workshops**

Title	Category	Description	Grade	Curriculum Linked
<p>Safe Grad Program</p> 	<p>Peer led program</p>	<p>Safe Grad Program is a peer leadership opportunity for students in grade 11-12. Public health nurses provide training and resources about safe partying for student leaders who then take the lead in planning initiatives to spread their safe partying message to their peers prior to grad.</p>	<p>Gr 11-12</p>	<p>√</p>
<p>Weed Out the Risk</p> 		<p>Weed Out the Risk (WOTR) is an interactive harm reduction program which challenges youth misconceptions about weed and informs them of the risks associated with using cannabis and driving or being a passenger in a high driver's vehicle. This 70min classroom presentation, led by a trained facilitator, engages teens through interactive discussions, games, activities and videos.</p>	<p>Gr. 10</p>	

<p>Connect Change Connect</p> 		<p>Connect Change Connect (CCC) is a youth smoking cessation program for students who would like to reduce or quit smoking. CCC aims to improve students' sense of connectedness to their school as well as to support student behaviour change towards a commercial tobacco free life. Health Unit staff facilitate 7 weekly 30 minute sessions with the presence of a school staff member.</p>	<p>Gr. 9-12</p>	
<p>Secondary Substance Education</p> 	<p>Nurse led workshop</p>	<p>In this 70min classroom workshop, students learn about substance use – the different levels of use, the impact use can have, and how to reduce harms of use. The activities in this workshop encourage students to use critical thinking and decision making skills regarding substance use.</p>	<p>Gr. 9-10</p>	<p>√</p>
<b>Informational Websites</b>				
<b>Title</b>	<b>Link</b>			
<p><b>OPHEA (Ontario Physical Health &amp; Education):</b> <i>Level Up</i> – 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.</p>	<p><a href="http://teachingtools.ophea.net/activities/level-up">http://teachingtools.ophea.net/activities/level-up</a></p>			

<p><b>OPHEA (Ontario Physical Health &amp; Education): Cannabis Resources</b> - consist of 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.</p>	<p><a href="https://teachingtools.ophea.net/supplements/cannabis-education-resources/cannabis-resources">https://teachingtools.ophea.net/supplements/cannabis-education-resources/cannabis-resources</a></p>
<p><b>The Fourth R: Strategies for Healthy Youth Relationships.</b> Engages students in healthy relationships and decision making through various topics including substance use and abuse prevention (Gr. 7-9)</p>	<p><a href="http://www.youthrelationships.org">www.youthrelationships.org</a></p>
<p><b>Centre for Addictions Research of B.C.: iMinds</b> - a set of learning modules that strive to strengthen students' understanding of healthy behaviours and their relationship to substance use and mental wellness (grades 4-12).</p>	<p><a href="http://www.uvic.ca/research/centres/carbc/publications/helping-schools/iminds/index.php">http://www.uvic.ca/research/centres/carbc/publications/helping-schools/iminds/index.php</a></p>
<p><b>Trends and Promising Practices in School-based Substance Misuse Prevention:</b> a review of the literature that represents an important range of best practice principles that should underlie any successful school-based substance misuse prevention program.</p>	<p><a href="https://www.thunderbay.ca/en/city-hall/resources/Documents/ThunderBayDrugStrategy/Trends-and-Promising-Practices-in-School-based-Substance-Misuse-Prevention.pdf">https://www.thunderbay.ca/en/city-hall/resources/Documents/ThunderBayDrugStrategy/Trends-and-Promising-Practices-in-School-based-Substance-Misuse-Prevention.pdf</a></p>
<p><b>Sensible Cannabis Education: A Toolkit for Educating Youth</b> - 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.</p>	<p><a href="https://cssdp.org/youthtoolkit/">https://cssdp.org/youthtoolkit/</a></p>

<p><b>Discussing Pot and Driving with Teenagers: A Guide for Adults</b> - a guide to help facilitate conversations and raise awareness among young drivers and passengers on the harms associated with cannabis-impaired driving.</p>	<p><a href="https://www.cpha.ca/pot-driving">https://www.cpha.ca/pot-driving</a></p>
<p><b>Canadian Centre on Substance Abuse (CCSA): Building on Our Strengths. Canadian Standards for Youth Substance Abuse Prevention</b>- a guide for education and health personnel.</p>	<p><a href="http://www.ccsa.ca/Eng/topics/Children-and-Youth/Drug-Prevention-Standards/Pages/default.aspx">http://www.ccsa.ca/Eng/topics/Children-and-Youth/Drug-Prevention-Standards/Pages/default.aspx</a></p>
<p><b>Parent Action on Drugs:</b> 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.</p>	<p><a href="http://www.parentactionondrugs.org">www.parentactionondrugs.org</a></p>
<p><b>P.A.R.T.Y</b> Program Educates students about risks associated with alcohol and strategies that encourages smart choices in preventing injuries.</p>	<p><a href="http://www.partyprogram.com">www.partyprogram.com</a></p>
<p><b>Ontario Students Against Impaired Driving:</b> 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.</p>	<p><a href="http://www.osaid.org">www.osaid.org</a></p>
<p><b>Royal Canadian Mounted Police:</b> lesson plans and information on impaired driving.</p>	<p><a href="http://www.rcmp-grc.gc.ca/cyccp-cpcj/id-cfa/index-eng.htm">http://www.rcmp-grc.gc.ca/cyccp-cpcj/id-cfa/index-eng.htm</a></p>

<p><b>Mothers Against Drunk Driving (MADD):</b> 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.</p>	<p><a href="http://madd.ca/pages/programs/youth-services">http://madd.ca/pages/programs/youth-services</a></p>
<p><b>A to Z Substance Use:</b> An online learning resource that was designed by mindyourmind with youth 14-16 in mind. It aims to be a plain language resource to explore the topic of substance use.</p>	<p><a href="https://mytoolkit.ca/atoz-substance/story_html5.html">https://mytoolkit.ca/atoz-substance/story_html5.html</a></p>
<p><b>Government of Canada:</b> The National Anti-Drug Strategy provides a focused approach aimed at reducing the supply of and demand for illicit drugs, addressing prescription drug abuse and addressing the crime associated with illicit drugs.</p>	<p><a href="http://www.nationalantidrugstrategy.gc.ca/ca/parents/youth-jeuneshtml">www.nationalantidrugstrategy.gc.ca/ca/parents/youth-jeuneshtml</a></p>
<p><b>Ideas for Action</b> (Ontario Physical Health and Education Association). Free downloadable resource guide that provides a collection of activities that can be used in schools and communities to support tobacco prevention.</p>	<p><a href="http://www.ophea.net/sites/default/files/pdfs/HSC/SFO_IdeasForActionFinal_14OC14.pdf">http://www.ophea.net/sites/default/files/pdfs/HSC/SFO_IdeasForActionFinal_14OC14.pdf</a></p>
<p><b>The Lung Association (Lungs are for Life)</b> Free teachers and student tested programs that are matched to Ontario's H &amp; PE Curriculum, focusing on prevention cessation and tobacco use. (Grades 1-8)</p>	<p><a href="https://lung.healthdiary.ca/Guest/SearchResults.aspx?C=23&amp;M=0&amp;K=&amp;N=&amp;S=1&amp;P">https://lung.healthdiary.ca/Guest/SearchResults.aspx?C=23&amp;M=0&amp;K=&amp;N=&amp;S=1&amp;P</a></p>
<p><b>RNAO (Nursing Best Practice Guideline-Enhancing Healthy Adolescent Development.)</b> Provides best practice examples of youth leadership, 40 developmental assets and adolescent development. (Gr. 5-12)</p>	<p><a href="http://rnao.ca/bpg/guidelines/enhancing-healthy-adolescent-development">http://rnao.ca/bpg/guidelines/enhancing-healthy-adolescent-development</a></p>

<p><b>Ontario Public Health Association (2011) Youth Engagement Toolkit- Working with Middle School Students to Enhance Protective Factors and Resiliency:</b> A resource for Health Professionals who works with youth. (Gr. 6-8, can be adapted for older youth)</p>	<p><a href="http://opha.on.ca/Resource-Documents/Youth-Engagement-Toolkit.aspx">http://opha.on.ca/Resource-Documents/Youth-Engagement-Toolkit.aspx</a></p>
<p><b>Stepping Stones-</b> A Resource on Youth Development. 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.</p>	<p><a href="http://www.children.gov.on.ca/htdocs/English/documents/youth_opportunities/steppingstones/SteppingStones.pdf">http://www.children.gov.on.ca/htdocs/English/documents/youth_opportunities/steppingstones/SteppingStones.pdf</a></p>
<p><b>Smoking and Quitting:</b> Clean Air for All. A story book for children ages 1-5 about smoking and second-hand smoke.</p>	<p><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></p>
<p><b>Break it Off-</b> A digital media campaign with tools and support to help tobacco users quit.</p>	<p><a href="http://www.breakitoff.ca">www.breakitoff.ca</a></p>
<p><b>Spit tobacco education for coaches.</b> A toolkit on spit tobacco education for coaches and adult leaders.</p>	<p><a href="http://www.albertahealthservices.ca/info/Page1712.aspx">http://www.albertahealthservices.ca/info/Page1712.aspx</a></p>
<p><b>Ministry of Health and Long-Term Care-</b> Information on the Smoke-Free Ontario Strategy and Smoke-Free Ontario Act.</p>	<p><a href="http://www.mhp.gov.on.ca/en/smoke-free/default.asp">www.mhp.gov.on.ca/en/smoke-free/default.asp</a></p>
<p><b>Quit4Life-</b> Provides information about tobacco cessation for ages 12-18. Available in English and French.</p>	<p><a href="http://www.quit4life.com">www.quit4life.com</a></p>



<p><b>Smoke-Free Movies-</b> Provides information on ways to get involved in campaigns to protect children and youth from smoking in the movies.</p>	<p><a href="http://www.smokefreemovies.ca">www.smokefreemovies.ca</a></p>
<p><b>Youth Advocacy Training Institute (YATI).</b> Information on health advocacy training, guidebooks for peer health training and information on tobacco marketing and media literacy.</p>	<p><a href="http://www.youthadvocacy.ca">www.youthadvocacy.ca</a></p>
<p><b>Tobacco-Free Sport and recreation-</b> A website with steps to make sport and recreation tobacco-free.</p>	<p><a href="http://www.playlivebetobaccofree.ca">www.playlivebetobaccofree.ca</a></p>
<p><b>JCSH: Addressing Substance Use in Canadian Schools-</b> A Knowledge Kit for Teachers. This kit is designed to engage teachers in issues related to substance use education and provide easy access to relevant information.</p>	<p><a href="http://www.jcsh-cces.ca/upload/JCSH%20Substance%20Use%20Toolkit%20Classroom%20Education%20v1.pdf">http://www.jcsh-cces.ca/upload/JCSH%20Substance%20Use%20Toolkit%20Classroom%20Education%20v1.pdf</a></p>
<p><b>Keeping Youth Connected, Healthy and Learning – Effective Responses to Substance Use in the School Setting.</b> This report contains a review of evidence and practice related to community-based approaches to substance use, with a focus on alternatives to suspension.</p>	<p><a href="http://www.viha.ca/NR/rdonlyres/D37BC183-1B0E-4F0B-B949-5A8870A6049F/0/keepingyouthconnected.pdf">http://www.viha.ca/NR/rdonlyres/D37BC183-1B0E-4F0B-B949-5A8870A6049F/0/keepingyouthconnected.pdf</a></p>
<p><b>CAMH ( Centre for Addiction and Mental Health): Educating Students about Drug Use and Mental Health.</b> Intended to be used by educators and community partners. Resources for elementary and secondary level. Ready-to-use lesson plans are available for Grades 9 &amp; 10.</p>	<p><a href="http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/Pages/educating_students_about_substance_use_and_mental_health.aspx">http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/Pages/educating_students_about_substance_use_and_mental_health.aspx</a></p>

<p><b>Canadian Centre on Substance Abuse:</b> addresses issues of substance use in Canada by providing national leadership and harnessing the power of evidence to generate coordinated action.</p>	<p><a href="http://www.ccsa.ca">www.ccsa.ca</a></p>
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<p><b>Challenges, Beliefs and Changes.</b> 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.</p>	<p><a href="http://parentaction.server295.com/program-resources/peer-education-programs/cbc/">http://parentaction.server295.com/program-resources/peer-education-programs/cbc/</a></p>
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**Displays and Other Resources**

Title	Description
<p><b>Real Pig's Lungs Display</b></p>	<p>Use to educate and create awareness using strong visual aids. Comparison between healthy lungs and a smoker's lungs and the eventual outcomes of smoking after 20 years. Call your school's Public health Nurse for more information.</p>
<p><b>Chew Tobacco Display</b></p>	<p>Includes Youth Tobacco display board, Mr. Grossmouth-samples of spit tobacco, empty tins of flavoured tobacco &amp; Jerky chew. Good visual aids for youth with regards to the eventual outcome of chew tobacco. Contact your school's Public Health Nurse for more information.</p>

**For a list of pamphlets and factsheets on this topic, call your Healthy Schools Public Health Nurse at 625-5072**