

INJURY PREVENTION CURRICULUM SUPPORT HEALTH RESOURCES FOR SECONDARY SCHOOLS

The York Region Public Health Injury Prevention Program provides consultation, support and resources on concussion prevention and Rowan's Law (Concussion Safety). We also provide general injury prevention resources on road safety topics such as distracted driving.

RESOURCES

Manuals and Curriculum Resources/Audiovisual Resources/Brochures/Posters/Handouts/Workshops/Displays/student club training and support

GRADES 9-12:

****NEW** Concussion Peer Leader Program:** In collaboration with the OAK Concussion Lab, University of Toronto, the York Region (YR) Injury Prevention Program provides a Concussion Peer Leader Program to **Gr. 9-12** students and teacher champions to help support their peers and school community. Our goal is to highlight the link between concussion and mental health, have YR schools be concussion aware, and create a culture of care by providing students with concussion knowledge to support their peers. Teacher champions and student leaders will be provided with an access to the YR You-CAN portal where they can find youth-focused concussion awareness resources to support the design of a concussion awareness campaign for their school and showcase their achievements.

For further information on student engagement activities please email: IPHABE@york.ca



York Region
You-CAN Concussion



Online youth
concussion resources



Study Protocol, The
You-CAN a school ba:

STUDENT ENGAGEMENT AND LEARNING TOOLS

- Quiz Wheel
- Plinko Board
- Electronic Jeopardy Game
- Electronic Quiz Wheel

Brochures and Print Resources

- Concussion Brain Card
- Concussion Poster
- [Concussion Fact sheet](#)
- [Parent's Pathway for Child and Youth Concussion](#)

Public Health

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



FRENCH RESOURCES

- Commotion cérébrale
- La commotion cérébrale: ce qu'il faut savoir
- Parcours à suivre par les parents d'un enfant ou d'un jeune ayant subi une commotion cérébrale
- Une commotion cérébrale: n'est pas un simple coup à la tête

WEBSITES/RELEVANT ORGANIZATIONS

Concussions

York Region Public Health Concussion Guidelines and Resources: Information on concussion safety awareness including prevention and management. Learn more about concussion signs and symptoms and get resources for students, parents, teachers, coaches and administrators.

york.ca/concussions

Ontario Government Rowan's Law: Concussion Safety: Concussion awareness resources available for athlete, student, parent, coach, official or educator. You will find e-booklets and videos for ages 11-14 and 15 years and up as well as a guide for students and athletes of all abilities. Available in many languages.

ontario.ca/page/rowans-law-concussion-safety

OPHEA – Ontario Physical Activity Safety Standards in Education (OPASSE): Concussion Protocol as the minimum standard for school boards. Includes: concussion protocols; concussion protocols sample tools; concussion codes of conduct and concussion awareness resources and training. For teachers and administrators to support

[Policy/Program Memorandum No. 158 \(2019\): School Board Policies on Concussion.](#)

safety.ophea.net/concussions

Rowan's Law Day Toolkit: Developed to help schools and classrooms recognize Rowan's Law Day and encourage students to speak up about concussions.

ophea.net/rowans-law-day-toolkit-schools/about-rowans-law/about-rowan-stringer

SchoolFirst: This new resource will guide all Canadian students returning to school after a concussion. It is an evidence-informed guide for teachers and school administrators who will learn best practices in concussion management.

hollandbloorview.ca/schoolfirst

CHEO Research Institute Discovery Minutes: CHEO Research Institute's Discovery Minutes share recent research findings to answer commonly asked questions in a short video format. [Home - CHEO Research Institute](#)

[Discovery Minute - How soon after a concussion should I go back to school? - CHEO Research Institute](#)

[Discovery Minute - Are kids at higher risk of developing mental health issues after a concussion? - CHEO Research Institute](#)

<https://www.cheoresearch.ca/about-us/media/video/discovery-minute-how-long-after-a-concussion-can-you-return-to-physical-activity/>

General Injury Prevention

Parachute Canada – General Injury Prevention Topics: Canadian national injury prevention organization. Promotes researched, evidence-based and expert-advised resources and tools that can help prevent serious harm or death from preventable injuries.

parachutecanada.org

Road Safety

Ontario Road Safety Resource – Canadian Automobile Association (CAA): The Ontario Road Safety Resource is designed to help reach out to young people and provide the life skills they need to be safe pedestrians, passengers, riders and drivers in order to prevent collisions. This educational website provides principals, teachers, public health practitioners and community leaders with Ontario curriculum-based materials to teach and promote road safety. Secondary school lesson plans available for grades 9-12.

ontarioroadsafety.ca

National Teen Driver Safety Week (NTDSW) Resources: Parachute's NTDSW is an annual youth-led campaign to build awareness of teen driver safety issues and to encourage community and youth involvement as part of the solution. NTDSW 2022 (to be held through October 16-22) will also focus on the issue of **speeding**, as well as **drug-impaired**, **alcohol intoxication** and **aggressive driving**.

Distracted Driving Brochure (CAA): Distracted Driving Affects Us All

Ontario Students Against Impaired Driving (OSAID): OSAID is a registered Canadian charity that helps to empower youth to eliminate impaired driving. As a student-led, peer to peer program, it helps develop valuable future leadership skills in teenage volunteers. OSAID addresses an issue critical to us all, safety on our roads, while developing future leaders who will make lasting contributions.

osaid.ca

arrive alive DRIVE SOBER: arrive alive DRIVE SOBER in collaboration with key stakeholders and community partners, identifies, implements, and supports effective initiatives to eradicate impaired driving. It provides leadership and programs to eliminate impaired driving and enables people and communities to share resources and information that will prevent injuries and save lives.

arrivealive.org

Teens Learn 2 Drive: A non-profit organization aimed at educating youth and parents about preventing collisions and driving safety have launched a Vision Zero Youth Network with teams of youth ambassadors across the province. Applications available on-line. You can find a large video library on different road safety resources aimed at youth.

teenslearntodrive.com

Government of Ontario – New Driver's G Licence: Information on how to get driver's licence in Ontario.

For more information on these or other resources contact: IPHABE@york.ca