

# Healthy Schools Sample Action Plan Activities to Support Substance Use Prevention and Harm Reduction

## Secondary and Elementary Schools

CURRICULUM, TEACHING & LEARNING	SCHOOL & CLASSROOM LEADERSHIP	STUDENT ENGAGEMENT	SOCIAL & PHYSICAL ENVIRONMENTS	HOME, SCHOOL & COMMUNITY PARTNERSHIPS
<p><b>Support in-class and school-wide programs:</b></p> <p><b>Canadian Centre on Substance Use and Addiction</b> provides <a href="#">additional information and resources</a> on:</p> <ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Cannabis</li> <li>• Adolescent and the developing brain</li> <li>• Impaired Driving</li> <li>• Prescription Drug</li> </ul> <p>CCSA Drinking Less is Better: Canada’s Guidance on Alcohol and Health – Youth Version: <a href="#">This poster</a> provides a youth-focused summary of the recommendations in Canada’s Guidance on Alcohol and Health. Includes information</p>	<p><b>York Region Public Health: Empowered Youth Empower Choices: Peer-led Youth Programs</b> consists of three peer-led modules, targeting students in grade 8-12. The program covers topics such as strategies to deal with peer pressure, stress (mental health), importance of delaying substance use, the harms related to using alcohol and drugs and making safer choices. These messages can be helpful to students during their key transition periods, Grade 8 to high school and from high school to post-secondary education. <b>All modules are curriculum matched.</b> (See <a href="#">Student Engagement column for more details</a>).</p> <p><b>York Region Public Health’s Student Activity Guide</b> offers ideas to raise awareness,</p>	<p><b>Engage a group of students to help plan and implement substance use topics and health promotion activities in the school.</b></p> <p>Train and support students to lead interactive displays (wheel, and plinko) and prevention activities on alcohol and drugs .</p> <p>Contact your Public Health Nurse to request support for the following curriculum-matched <b>Empowered Youth Empower Choices: Peer-led Youth Programs</b>.</p> <ul style="list-style-type: none"> <li>• <b>Life after Grade 8</b> Public Health Nurses train student leaders in secondary school to present to Grade 8 students from elementary feeder schools. This program can be</li> </ul>	<p><b>Integrate substance use awareness and education messaging into all aspects of school and home life:</b></p> <p>Keep informed about the Ontario Student Drug Use and Health Survey and share statistics, trends and policies with student council, parents, teachers, and your community  <a href="#">Ontario Student Drug Use and Mental Health Survey (OSDUHS)   CAMH</a></p> <p>Link secondary school students with younger students (grade 7 and 8) through peer-led programs to develop relationships and communication skills (e.g., Life After Grade 8 program).</p> <p>Increase awareness of substance use all year-round including Drug Awareness Week (3<sup>rd</sup> week of</p>	<p><b>York Region Public Health: Empowered Youth Empower Choices.</b> Peer-led Youth Programs (See Student Engagement column for more details)</p> <p><b>Parents Matter</b> An engaging session with parents focusing on the latest trends, adolescent brain development, alcohol, cannabis and other substances. Information and strategies to help delay and or prevent substance use in youth</p> <p><b>Canadian Mental Health Association-Choices Program</b> This <a href="#">program</a> encourages youth between the ages of 12 to 17 to make informed and relevant decisions and promotes positive choices in their lives. Choices</p>



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<p>specifically for youth as well as tips to reduce alcohol-related risks.</p> <p>CCSA five <a href="#">video modules</a> in the Understanding Substance Use video series. The series covers the following topics:</p> <ul style="list-style-type: none"> <li>• Understanding Substance Use</li> <li>• Understanding Stigma</li> <li>• Understanding Cannabis Vaping</li> <li>• Understanding Alcohol</li> <li>• Understanding Impaired Driving</li> </ul> <p>Watch each module while using the <a href="#">Educator's Guide</a> as a supporting resource.</p> <p><b>OPHEA</b> (Ontario Physical and Health Education Association) <a href="#">Cannabis Education Resources</a>: 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.</p>	<p>knowledge and encourages open communication among students, staff, and parents in making positive choices.</p> <p><b>Elementary School Packages:</b> Curriculum-matched packages (Grades 1-3, Grades 4-6, Grades 7-8) that provide information, activities, and booster sessions on various substance-use topics.</p> <p><b>Secondary School Support:</b> York Region Public Health's Drug Awareness Resource offers ideas to raise awareness, knowledge and encourages open communication among students, staff and parents in making positive choices. Available on the YRDSB and YCDSB intranet.</p> <p>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.</p>	<p>implemented in leadership /health courses.</p> <ul style="list-style-type: none"> <li>• <b>Transition to High School</b> Public Health Nurses train student leaders to present to Grade 9 students. This program can be implemented in leadership /health courses</li> <li>• <b>How Will Your Party End?</b> This program consists of Public Health Nurses providing training to student leaders (e.g., prom committee, OSAID, ESP) to present/plan initiatives for their graduating class</li> </ul>	<p>November) using the <a href="#">Student Activity Guide</a> and seek help from your Public Health Nurses</p> <p>Make student life healthier and safer. Find out how your school is implementing the <i>Safe Schools Act</i> and Safe Schools Policy and Procedures, especially in relation to drug and alcohol use.</p> <p>Combine existing safe school activities with substance use awareness and education (e.g., Earth Day outdoor clean up – what to do if you find a needle, broken beer bottles).</p> <p>Co-factor substance messaging with other topics such as mental health, and stigma reduction.</p> <p>Include substance use awareness/ education in events related to preparation for secondary school (e.g., grade 8 day, transition initiatives, parent night, grade 9 orientation for students and parents).</p>	<p>delivers a one-hour group that meets over four weeks.</p> <p><b>Strategies for Parents to Prevent or Delay Alcohol and Other Drug Use</b> A booklet that provides information on six parental strategies <a href="#">Rethink Your Drinking   Parents</a></p> <p><b>Drug Free Kids: Cannabis Talk Kit: Know how to talk with your teen</b> Provides information for parents to support conversations with their teens about cannabis <a href="#">CANNABISTALK KIT</a></p> <p><b>Canadian Centre on Substance Use and Addiction</b> An <a href="#">infographic</a> on the myths related to cannabis for parents</p> <p>This <a href="#">page</a> collects CCSA resources about young people and substance use that could be useful to educators.</p> <p><b>Canadian Students for Sensible Drug Policy: Sensible Cannabis</b></p>

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<p><b>Centre for Addictions Research of BC:</b> iMINDS is a <a href="#">collection of resources</a> for schools related to substance use and gambling.</p> <p><b>Media Smarts:</b> <a href="#">Lesson plans</a> on How media messages on alcohol influence attitudes about drinking.</p> <p><b>CAMH (Centre for Addiction and Mental Health):</b> <a href="#">mental health and addictions index</a>. Educators can look up clear and reliable information about mental illness and substances, including treatment and recovery.</p> <p><b>School Mental Health Ontario</b> This <a href="#">resource</a> provides an overview of experiences with substance use and substance use education that members of the Youth Reference Group shared. It also provides practical recommendations and information for those working with students and supporting substance use education.</p> <p><b>York Region Public Health:</b></p>	<p>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)</p>		<p>Connect relevant health topics that promote managing risks with substance use awareness and education (e.g., organize peer-to-peer messaging/education/activities for school-related events such as Prom, school social events, March break, etc.).</p> <p>Put up posters and positive messaging around the school. Provide tips and safety messages during daily school announcements.</p> <p>This resource may help: <b>School Mental Health Ontario</b> This <a href="#">resource</a> provides an overview of experiences with substance use and substance use education that members of the Youth Reference Group shared. It also provides practical recommendations and information for those working with students and supporting substance use education.</p> <p>Use lunch time to raise awareness on substance related topics using interactive games such as Jeopardy, Celebrity Trivia etc. Contact your</p>	<p><b>Education: A Toolkit for Educating Youth</b> Created for educators, as well as parents, this <a href="#">resource</a> aims to support adults in having informed and non-judgmental conversations with young people about cannabis.</p> <p><b>Cannabis and Mental Health</b> The Cannabis and Mental Health Course is an online course created by youth and made for youth. A free 90-minute certificate course for youth, created by youth. <a href="#">Cannabis and Mental Health</a>.</p> <p><b>Jack.org</b> Jack Talks are mental health presentations delivered by young people to young people. <a href="#">Jack.org</a></p> <p><b>Stigma - Free Society</b> The Student Mental Health <a href="#">Toolkit</a> offers a variety of resources to help students improve their mental wellness and combat stigma, especially around mental health.</p> <p><b>YMCA Youth Programs</b></p>

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<p>York Region Public Health’s Activity Guide offers ideas to raise awareness, knowledge and encourages open communication among students, staff, and parents in making positive choices.</p> <ul style="list-style-type: none"> <li>• <b>Alcohol and Drugs: A Quick Guide:</b> This is a one pager resource from York Region Public Health that helps teachers or parents identify signs, side effects and behaviors of various drugs.</li> <li>• <b>Mini Booklets, posters and postcard</b> resources to assist educators and parents in facilitating discussion around delaying substance use and the harms/risks associated with alcohol and drug use with youth: <ul style="list-style-type: none"> <li>○ Tips for Safer Partying</li> <li>○ A Matter of Facts</li> <li>○ Think About It - Youth Brain Development</li> <li>○ Weed out the Myths</li> </ul> </li> </ul>			<p>Public Health Nurse for interactive activities.</p>	<p><i>Youth Cannabis Awareness Program</i>  YCAP is <a href="#">a free cannabis education and prevention initiative</a> that takes a harm reduction approach for ages 12-24.</p> <p><i>Youth Opioids Awareness Program</i>  YOAP aims to increase awareness about opioids in youth ages 15–24 via harm reduction in an enjoyable way through workshops, and activities. <a href="#">The program</a> aligns with the health and physical education curriculum for grades 9 to 12 in Ontario.</p> <p><i>Youth Gambling Awareness Program</i>  YGAP offering <a href="#">educational prevention programs</a> to youth and adults involved in young people’s lives on gambling awareness including potential risks, making informed decisions and healthy and active living.</p> <p><b>Presentations/Speakers:</b>  Addiction Services Central Ontario</p>

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<ul style="list-style-type: none"> <li>○ Drug and Alcohol Continuum - Where Do You See Yourself?</li> </ul> <p><b>Videos:</b></p> <p><a href="#">Are There Risks to Vaping Cannabis? - YouTube</a></p> <p><a href="#">Understanding Cannabis Vaping - YouTube</a></p> <p><a href="#">Under Construction: Alcohol and the Teenage Brain</a></p> <p><a href="#">Effects of Cannabis on the Teenage Brain</a></p> <p><a href="#">(161) Mind Over Marijuana - YouTube</a></p>				<p><a href="#">Booking a Presentation - ASCO</a></p> <p>Accident Awareness <a href="#">Accident Awareness</a></p> <p>Mixed Company <a href="http://www.mixedcompanytheatre.com">www.mixedcompanytheatre.com</a></p> <p>Mothers Against Drunk Driving <a href="#">School Presentations – in person and online – MADD Canada</a></p> <p>P.A.R.T.Y Program Southlake Hospital <a href="http://partyprogram.com/">partyprogram.com/</a></p> <p>Springboard: Weed Out the Risks <a href="#">Weed out the Risk - Springboard Services</a></p> <p>YouthSpeak <a href="#">Youth Programs: Interactive Assemblies &amp; Workshops - YouthSpeak</a></p> <p>York Regional Police <a href="#">Youth Engagement - York Regional Police</a></p> <p>York Region Public Health:</p>

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				<p><a href="#">Substance Use   York Region</a>                      Our program offers engaging presentations to students, school staff and parents. Topics include: Alcohol, Cannabis and Opioids. Please email us at <a href="mailto:substance@york.ca">substance@york.ca</a></p> <p><b>Assessment, Treatment and/or Counselling</b></p> <p>Addiction Services Central Ontario  <a href="#">Addiction Services Central Ontario</a></p> <p>York Hills Centre for Children, Youth and Families  <a href="#">York Hills Centre for Children, Youth and Families</a></p> <p>Centre for Addiction and Mental Health <a href="http://www.camh.ca">www.camh.ca</a></p> <p>ConnexOntario  <a href="#">Mental Health &amp; Addiction Treatment Services   Connex Ontario</a></p> <p>Family Services of York Region  <a href="http://www.fsyr.ca">www.fsyr.ca</a></p>

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				<p>Kinark Child and Family Services <a href="http://www.kinark.on.ca">www.kinark.on.ca</a></p> <p>The Mobile Youth Walk-In Clinic <a href="#">MOBYSS (12 to 25)</a></p> <p>YSSN Streamlined Access <a href="#">Streamlined Access - Your Support Services Network (yssn.ca)</a></p> <p>Family Navigation Project – Sunnybrook Health Services <a href="#">Family Navigation Project - Youth Mental Health Service - Toronto - Sunnybrook Hospital</a></p> <p>Canadian Mental Health Association- York Region and South Simcoe <a href="#">CMHA York Region</a></p> <p><a href="#">Youth (Ages 12 to 25)   CMHA York Region &amp; South Simcoe</a></p> <p>CAYR Community Connections <a href="#">CAYR COMMUNITY CONNECTIONS</a></p> <p>Bounce Back Ontario <a href="#">Bounce Back CMHA</a></p>

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				<p><b>Youth Crisis Support</b></p> <p>COPE Crisis Line (24 hours)  <a href="tel:310-COPE">310-COPE</a></p> <p>Kids Help Phone (24 hours)  <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a></p>