

## Substance Use and Harm Reduction

### Curriculum Resources

#### Grades K – 5

- ❖ [Smart Talk: Cannabis Prevention & Awareness Curriculum](#) | Stanford REACH Lab
  - See: **Elementary School lessons**
- ❖ [Elementary School Resources and Lesson Plans](#) | Alberta Health Services

#### Grades 6 – 8

- ❖ [Smart Talk: Cannabis Prevention & Awareness Curriculum](#) | Stanford REACH Lab
  - See: **Middle School lessons**
- ❖ [Clearing the Cloud: Vaping Health Education Toolkit](#) | BC Lung Foundation

#### Grades 9 – 12

- ❖ [Safety First: Real Drug Education for Teens](#) | Interior Health
- ❖ [Safer Partying Workbook](#) | Interior Health
- ❖ [Youth Harm Reduction Toolkit](#) | Interior Health
  - See: **For Schools** and **Education Programs**
- ❖ [Vaping Toolkit for Schools](#) | Interior Health
- ❖ [Exploring the Cloud: Vaping Health Education Toolkit](#) | BC Lung Foundation
- ❖ [Smart Talk: Cannabis Prevention & Awareness Curriculum](#) | Stanford REACH Lab
  - See: **High School lessons**
- ❖ [Sensible Cannabis Education Toolkit](#) | Canadian Students for Sensible Drug Policy
- ❖ [Youth Cannabis Awareness Program](#) | YMCA

#### iMinds

[iMinds](#) is a collection of health education resources that aims to help students maximize their substance use literacy. The resources have been designed to support BC Ministry of Education curricula and are searchable by grade and/or subject. See the [Helping Schools](#) area for additional resources and information.

#### ABCs of Youth Substance Use

The [ABCs of Youth Substance Use](#) is an initiative to promote evidence-based approaches to youth substance use education in BC schools. Autonomy, belonging and competencies are important protective factors that promote youth wellbeing and prevent, delay and reduce substance-related harms. This resource includes grade level recommended resources for grades K-12.



## Resources

### Harm Reduction

- ❖ [Toward the Heart](#) | BCCDC Harm Reduction Resources
  - Also see the [Naloxone 101 Training Course](#) to learn how to recognize and respond to a drug poisoning.
- ❖ [Overdose Prevention and Response](#) | BC Provincial Website
- ❖ [Vaping Harm Reduction Tips](#) | CAMH
- ❖ [Nicotine Harm Reduction Tips](#) | CAMH
- ❖ [Lower Risk Cannabis Use Guidelines for Youth, By Youth](#) | Canadian Institute for Substance Use Research
- ❖ [Reducing Risks Related to Alcohol Use for Young Adults](#) | Health Canada

### Substance Use

- ❖ [Health Information for Youth](#) | Interior Health
  - Find information on substance use, sexual health, and help resources.
- ❖ [Substance Use Information](#) | Foundry BC
  - These [Apps & Tools](#) are designed to help manage and prevent challenges from getting in the way of daily life.
- ❖ [Tobacco & Vaping Resource List for Schools](#) | Interior Health
- ❖ [BC Smoking Cessation Program](#) | Government of BC
- ❖ [Your Vape-Free Life](#) | QuitNow
- ❖ [Knowing Your Limits with Cannabis: A Practical Guide to Assessing Your Cannabis Use](#) | CCSA
- ❖ Cannabis YouTube Campaign Series | Montreal Regional Public Health Department
  - [Can using cannabis affect my brain in the long term?](#)
  - [How do you handle a green out?](#)
  - [Inhaling vs ingesting?](#)
  - [Is it safe to self-medicate with cannabis?](#)
- ❖ [How young adults can reduce risks related to alcohol](#) | Health Canada
- ❖ [Knowing Your Limits with Alcohol: A Practical Guide to Assessing Your Drinking](#) | CCSA

### Information for Parents and Families

- ❖ [Substance Fact Sheets \(various topics\)](#) | Centre for Addiction and Mental Health
- ❖ [Parents Like Us handbook](#) | Foundry
- ❖ [The BC Adolescent Health Survey Reports](#) | McCreary Centre Society
- ❖ [A Pathway to Hope](#) | Government of BC
- ❖ [Cannabis Use and Youth: A Parent's Guide](#) | Here to Help



*The Interior Health Healthy Schools Team endeavours to include free or low cost, evidence-based resources recommended by our health and school partners, especially those that align with the B.C. Curriculum. This is not an exhaustive list of all the resources available on this topic and we encourage educators to ensure each resource is appropriate for their class or school. Please contact us with any suggested changes or additions at: [healthyschools@interiorhealth.ca](mailto:healthyschools@interiorhealth.ca).*

*To explore other Toolkits, visit: [Healthy Schools Teaching Toolkits](#).*