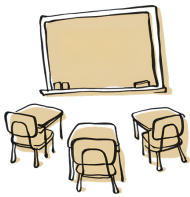


SUBSTANCE USE RESOURCES FOR SCHOOLS

Supporting schools through resources, trainings, and consultation to prevent, delay and reduce substance use related harms.

Classroom resources



Developmentally appropriate, curricular-aligned resources.

Ready made resources with teachers notes, PowerPoint slides and student workbook.

Coaching for curriculum delivery.

Staff training



We offer a variety of educational opportunities.

- Four-part online, self-paced course, [Youth Harm Reduction 101](#).
- Join one of our upcoming virtual training sessions this fall ([join our mailing list](#)).
- Book a customized training session for your staff team during a professional development day.

Naloxone



Schools have naloxone to respond to unexpected health emergencies. We can consult on training, procurement and policies to support practice.

Resources for students

Students have questions about substances, it's important that they can access accurate and honest information ([link](#)).



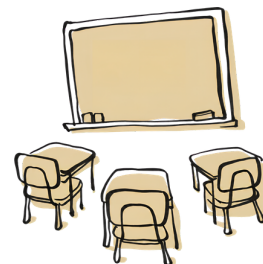
Resources for parents and caregivers

Talking to youth about substances can be challenging. [Empowered Parents](#) provides practical tips, conversation starters, and activities to help parents feel more confident navigating these important discussions.

SUBSTANCE USE RESOURCES FOR SCHOOLS

Classroom resources

Educational resources that promote wellness, strengthen resilience, and equip young people with the knowledge, skills, and confidence to make healthy, informed decisions throughout their lives.



Grades K-5

Smart Talk: Cannabis Prevention & Awareness Curriculum

Stanford REACH Lab ➤ See: Elementary School lessons

Elementary School Resources & Lesson Plans

Alberta Health Services

Grades 6-8

Clearing the Cloud: Vaping Health Education Toolkit

BC Lung Foundation

Smart Talk: Cannabis Prevention & Awareness Curriculum

Stanford REACH Lab ➤ See: Middle School lessons

Grades 7-8

PreVenture

Evidence informed mental health promotion and substance use prevention program. Email healthyschools@interiorhealth.ca

Grade 9+

Safety First

Real Drug Education for Teens | Interior Health

Vaping Toolkit for Schools

Interior Health

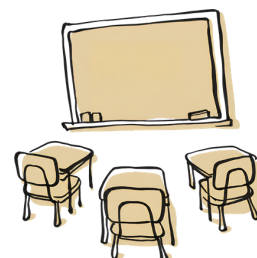
Smart Talk: Cannabis Prevention & Awareness Curriculum

Stanford REACH Lab ➤ See: High School lessons



SUBSTANCE USE RESOURCES FOR SCHOOLS

Classroom resources



Safety First: Real drug education for teens

Safety First is a curricular-aligned resource designed for secondary students (grade 9 and up) adopted by the Department of Pediatrics at Stanford University's School of Medicine. In 2022, Interior Health's Youth Harm Reduction Program was given permission to adapt the program for use in Canada.

Highlights

- Multiple lessons contain slide decks, educator guides and student handouts.
- Relevant information for youth on B.C./Canadian substance use topics like cannabis legalization and drug policy history.
- Learning objectives that align with B.C.'s Physical Education Curricular Competencies for Social and Community Health and Well-being (Grade 9/10).

The program will help students:

- use critical thinking skills to access and evaluate information about alcohol and other drugs;
- learn decision-making and goal-setting skills that support healthy and informed choices related to substance use;
- develop personal and social strategies to manage the risks, benefits and harms of alcohol and other drug use;
- understand the impact of drug policies on personal and community health; and
- learn how to advocate for restorative drug policies and practices.

We offer coaching for schools that are looking to use these materials and we are always interested to hear people's feedback and experience with the materials.

LEARN MORE



SUBSTANCE USE RESOURCES FOR SCHOOLS

Staff training



Customized in-person or virtual training designed to meet the unique needs of your school, district, or organization. Sessions can be tailored for staff meetings, professional development days, conferences, and other learning opportunities. For more information contact us at yhrc@interiorhealth.ca.

Youth Harm Reduction 101: on demand

A comprehensive, self-paced online course consisting of four short modules that provide essential knowledge and practical strategies for integrating harm reduction into practice when working with youth.

- [Part 1: Youth and Substance Use](#)
- [Part 2: Harm Reduction Stigma](#)
- [Part 3: Harm Reduction Services](#)
- [Part 4: Legislation & Policies](#)

Let's Talk : Virtual Workshop Series

Similar to Youth Harm Reduction 101, this session offers a more interactive and collaborative learning experience. Participants will engage in 30 minutes (or less) of focused content, followed by 30 minutes of facilitated discussion, case sharing, and exchange of ideas with professionals working with youth across sectors. To be added to our mailing list to hear about the next series [click here](#).

SUBSTANCE USE RESOURCES FOR SCHOOLS

Naloxone



As of Sept. 8, 2026, all public schools are required to have naloxone readily accessible in each school, and policies to support their use in [Response to Unexpected Health Emergencies](#).

Our team have been consulting with districts across the Interior as they prepare. If you are a school/ district with questions around policy, procurement, or requiring training to supplement online resources [Naloxone 101 Course](#) and [Naloxone Training](#) contact us.

Alternatives to suspension



A disciplinary intervention that replaces suspension with education, reflection, and cessation support to help students understand and address their vaping use while remaining engaged in school. Email legalsubstances@interiorhealth.ca for more information.

Research and guidance documents



Anchoring Change: A national initiative to transform school-based substance use prevention, education, and intervention in Canada.

BluePrint For Action: Plans and strategies to prevent substance use harms, Public Health Agency of Canada.

McCreary Adolescent Health Survey: Survey of 38,500 students aged 12-19.

One Province One Plan: Substance and overdose safety, BC School Trustees.