

# Substance Use Resources for Youth Service Providers

## 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 offered throughout the year ([join our mailing list](#)).
- Book a customized training session for your team/ organization.



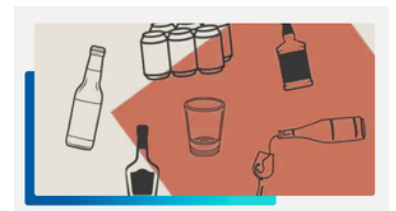
## Supplies

There are a variety of harm reduction supplies that organizations can distribute, including safer substance use supplies, fentanyl test strips, nasal/injectable naloxone, condoms and lube.



## Resources for youth

Youth will have questions. It's important that they can access accurate and honest information on substances and supports: [Real Facts, For Real](#).



## 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. We also have more resources in our [toolkit](#).



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## Workbooks

### Safer Partying

Adapted by the IH Youth Harm Reduction Team with permission from the amazing folks at BYTE Empowering Youth in Whitehorse, Yukon, this workbook can be used as a complete program or as individual activities. It's ideal for older youth in school or for youth groups/programs in community.

Topics include values exploration, harm reduction tips, drug knowledge, safer drinking, overdose response, safer partying scenarios/ planning, and supports.



## Research and guidance documents

### Some research and guidance documents supporting this work

- [McCreary Adolescent Health Survey](#) - Survey of 38,500 students aged 12-19
- [How to Prevent and Reduce Substance Use Harms for Youth: What Youth Say Works](#)
- [BCCDC: Harm Reduction Manual](#)