

Substance Use Resources

Lesson Plan Information

iMinds

A health education resource that aims to help students maximize their drug literacy – the knowledge and skills they need to survive and thrive in a world where drug use is common.

Each module has been designed to support BC Ministry of Education curricula. They are, however, adaptable to meet various educational needs and are freely available for use in Canadian schools.

[iMinds](#) resources are categorized by both grade and subject. For additional resources and information see: www.helpingschools.ca .

REACH (Real Education about Cannabis and Health)



The [REACH program](#) is a free curriculum resource (available in Saskatchewan) aimed to help prepare teachers to educate students about cannabis and health.

The toolkit is available free for Saskatchewan teachers.

If you are a teacher from another province and are interested in using these resources, please [contact](#) them directly.

The toolkit consists of educational videos and materials about cannabis use targeted toward youth in Grades 7 and 9. It has resulted from a [multidisciplinary collaboration between the USask College of Nursing, the College of Pharmacy and Nutrition, and researchers from the Cannabinoid Research Initiative of Saskatchewan \(CRIS\)](#).

The toolkit includes comprehensive learning outcomes, a list of required resources and materials, directions and lesson outlines, suggested activities, lesson checklists, evaluations, and research highlights. A resource section for teachers is available to access further information and prepare for the lessons. The toolkit also includes supplementary videos which feature youth that were involved in this project, and highlights their thoughts, perceptions and misconceptions.

Interactive Websites

Cycles

Developed by researchers at the UBC School of Nursing, [Cycles](#) is a film-based resource that encourages teens to talk openly and honestly about why some young people use cannabis (marijuana). The resource features a locally produced 28-minute film about fictional high school students and their relationships with cannabis. It also has a facilitator's guide with lesson plans, teaching tips, student handouts and quick facts about cannabis use. The facilitator's guide is available in both English and French, the video is available with and without French subtitles.



The Mike and Vicki Project

[The Mike and Vicki Project](#) includes a web-based “choose-your-own-adventure” resource that follows two high school youths, Mike and Vicki, as they plan their weekend and attend a local bush party. In the resource, the viewer's decide which choices Mike will make and discover what the consequences may be, for Mike and those around him. Each choice leads down a different strand of the story. Should Mike take ecstasy? Should he have a drink? Or should he just go home? You choose and then discover how your choice impacts Mike's life, his relationship with Vicki, his friends and family.

Foundry BC - BC Children's Hospital

Learn more about drugs and other substances, recognize the early signs that may be having a negative impact, and learn how to reduce possible harms at foundrybc.ca.

These [Apps and Tools](#) can help you to manage and prevent challenges from getting in the way of daily life.

University of Utah - The Science of Addiction: Genetics and the Brain

This [Learn. Genetics website](#) includes a variety of interactive activities including [Drug Use and the Effects on the Body](#) and [Mouse Party](#) a computer game that shows the effects of drugs on the brains of mice.

Resources

Opioid Overdose Resources

[Toward the Heart](#)- BCCDC Harm Reduction Resources

[BC provincial website.](#)

[Opioid Overdose Information for Schools](#) – Interior Health

[Naloxone Saves Lives](#) - 12 minute video

Substance Use Resources

IH Public webpage Substance Use Resources

Includes a variety of substance use resources including fact sheets on [Alcohol](#) and [Cannabis](#) and resources on [Tobacco and Vaping Reduction](#).

Cannabis (Marijuana) Resources

[Drug Free Kids Canada](#)

[Foundry BC](#)

[Canadian Centre on Substance Use and Addiction](#)

Government of Canada

Fact Sheet- [Health effects of cannabis](#)

Teen mental health.org

[Cannabis Resources](#) for Students, Teachers, Parents and School Based Clinicians

Government of BC

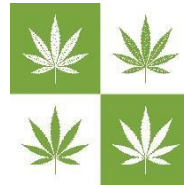
[Health Link BC](#)

Government of Canada

[Don't Drive High](#)

Here to Help

Fact sheet-[Learn About Cannabis](#)



Canadian Centre on Substance Use and Addiction (CCSA) Infographics:

[Know the Health Risks of Cannabis](#)

[Parents: Help your teen understand what's fact and fiction about marijuana](#)

[Talking Pot with Youth in Ontario](#)

[CCSA's Focus on Cannabis](#)

[Additional resources](#)

Department of Justice

[Cannabis laws and regulations in Canada](#)

Canadian Students for Sensible Drug Policy

[Sensible Cannabis Education A Toolkit for Educating Youth](#)



Alcohol

[Video](#) for education on Alcohol Use Disorder (23 minutes)

Canadian Centre on Substance Use and Addiction

[Low risk drinking guidelines toolkit](#)

Interior Health

[Substance Use Toolkit](#)

Information for Parents and Families

Centre for Addiction and Mental Health

[Fact Sheets](#) (various topics)

[Alcohol and Youth](#)- Health Link BC

[The BC Adolescent Health Survey Reports](#)

[A Pathway to Hope](#)

[Cannabis Use and Youth: A Parent's Guide](#)