

**RELATED  
FOUNDATIONS:**

- Home, School & Community Partnerships

**RESOURCES:**

**Fact Sheets, Infographics and Resources**

**ACTIVITY GOAL:** To provide educational materials for staff to support student's awareness and knowledge related to various substances.

**ACTIVITY IDEAS:**

Use the following resources to support learning about the health effects of various substances.

**Alcohol:**

- [Health Effects of Alcohol Fact Sheet](#) - MLHU
- [Alcohol Poisoning Factsheet](#) – MLHU
- [How Young Adults Can Reduce Risks Related to Alcohol Use](#) – Government of Canada
- [Youth and Alcohol Poster](#) - CCSA
- [Canada's Guidance on Alcohol and Health](#) - CCSA

**Cannabis:**

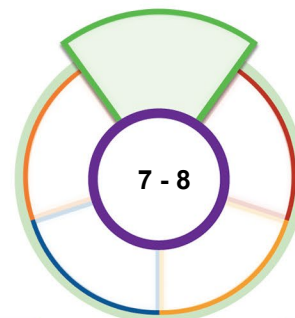
- [Canada's Lower-Risk Cannabis Use Guidelines](#) - CAMH
- [The Blunt Truth](#) - CAMH
- [Cannabis Information for Educators](#) - School Mental Health Assist (SMHA) and CAMH
- [Cannabis Information for Schools and School Boards](#) - Government of Ontario
- [Talking Pot with Youth](#) - CCSA
- [Cannabis Inhaling vs Ingesting](#) - CCSA
- [Health Effects of Cannabis](#) - Government of Canada
- [Use Your Instincts Cannabis](#) - Unfiltered Facts

**Electronic Cigarettes/Tobacco:**

- [Vapour Products \(Electronic Cigarettes\)](#) - MLHU
- [Consider the Consequences of Vaping](#) - Health Canada
- [Use Your Instincts Vaping](#) - Unfiltered Facts
- [Health Effects of Second-Hand Smoke](#) – MLHU
- [Not an Experiment Resources](#) – Not an Experiment
- [Vaping Prevention Lessons](#) – Not an Experiment
- [Tobacco & Vaping Resources for Schools](#) – Interior Health

**Curriculum Connections**

- Grade 7: D1.2 Mental health, substances, support  
D3.2 Implications of substance use, addictions, and related behaviours
- Grade 8: D1.3 Warning signs, consequences



## Fact Sheets, Infographics and Resources

### Other:

- [Prescription Opioids Including Fentanyl: What educators need to know](#) – SMHA and CAMH

**DISCLAIMER:** The information contained in these resources share harm reductions strategies. These are meant to limit the consequences that can happen when using a substance. This information is not intended for all students; it should only be shared with individuals you suspect or know are using substance(s).

