

**RELATED
FOUNDATIONS:**

- Curriculum Teaching & Learning
- Student Engagement

RESOURCES:

- [MLHU Alcohol and Other Drugs](#)
- [MLHU Tobacco](#)
- [MLHU E-Cigarettes](#)
- [SWPH Alcohol, Drugs, and Tobacco](#)
- [Canadian Centre on Substance Abuse](#)
- [Drug Free Kids Canada](#)
- [CMHA Crisis and Access Services - Thames Valley Addiction and Mental Health Services](#)
- [Rethink Your Drinking](#)
- [Think About It](#)
- [Centre for Addiction and Mental Health](#)
- [MADD Canada](#)
- [Consider the Consequences of Vaping](#)
- [Not an Experiment](#)

Student Created Resources on Substance Use

ACTIVITY GOAL: To increase students' knowledge and awareness about current and relevant substance use issues.

ACTIVITY INSTRUCTIONS:

1. Provide an outline of the project and supporting resources that can guide the students' research on the health topic. See the links in the resources section for examples of sites with credible information.
2. Have students research a specific topic relating to substance use (e.g., alcohol, cannabis, opioids, vaping), and create a resource to discuss the associated risks, health effects, and community supports available. Possible formats: public service announcements, PowerPoint, Google slides, posters, announcements, pamphlets, videos.
3. Select resources that can be used around the school and for parent newsletters and [Student Driven Campaigns](#).

Curriculum Connections:

- Grade 7: D1.2 Mental health, substances, support; D2.3 Body image, substance use; D3.2 Implication of substance use, addictions and related behaviors
- Grade 8: D1.3 Warning signs, consequences

