

**RELATED
FOUNDATIONS:**

- Curriculum Teaching & Learning
- Home, School & Community Partnerships
- Student Engagement

RESOURCES:

- [Common Sense Media](#)
- [Smoke Free Movie Checker](#)
- [Smoke Free Movies Ontario](#)

Substance Free Movies

ACTIVITY GOAL: To denormalize smoking and substance use given the influence of video and film on youth behaviour.

ACTIVITY INSTRUCTIONS:

1. When showing a movie within the school or during class, ensure it does not have images of people smoking or using substances (e.g., drinking alcohol) by pre-screening the movie.
2. Use [Common Sense Media](#) to check the reviews regarding substance use in movies. As an educator, you can get free access but clicking the “Join” button and signing up as an educator.
3. Use the [Smoke Free Movie Checker](#) for approved movies to show with no smoking.

Note: When showing movies for educational purposes around the dangers of smoking or substance use, it is okay for there to be images of the substances being used. The concern is around recreational videos or films showing substance use.

Curriculum Connections:

- FDK: OE6 Awareness of own health and well-being
- Grade 1: D3.2 Identify habits and behaviours that can be detrimental to health
- Grade 2: D3.2 Describe ways to maintain health
- Grade 3: D1.3 Different types of substance use
- Grade 4: D1.4 Tobacco and vaping; D2.3 Decisions about smoking and vaping; D3.2 Short and long-term effects of smoking and vaping
- Grade 5: D1.2 Short and long-term effects of alcohol use; D2.3 Refusal skills, alcohol and other behaviors; D3.3 Decision to drink alcohol, use cannabis; influences
- Grade 6: D1.2 Effects of cannabis, drugs; D2.4 Strategies, safe choices, influences, tobacco, alcohol, cannabis
- 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

