



# Substance Use Resource Inventory for Educators

## Contents

Substance Use Resource Inventory for Educator .....	1
General Substance Use .....	2
Background Information.....	2
Learning Activities.....	2
Opioids.....	4
Background Information.....	4
Handouts/ Webpages for Youth.....	4
Videos for Youth .....	4
Learning Activities.....	6
Cannabis .....	7
Background Information.....	7
Handouts/ Webpages for Youth.....	9
Videos for Youth .....	10
Learning Activities.....	12
Alcohol .....	14
Background Information.....	14
Learning Activities.....	14
Vaping .....	17
Background Information.....	17
Videos for Youth .....	18
Learning Activities.....	18
Tobacco .....	19
Background Information.....	19
Handouts/ Webpages for Youth.....	19
Videos for Youth .....	20
Learning Activities.....	20

# General Substance Use

## Background Information

### [Mental Health and Addictions Index](#)

This website provides information on addiction, mental health, and the programs and supports offered by the Centre for Addictions and Mental Health. The Mental Health and Addiction Index section of the website provides information on a variety of different substances and mental health topics.

Author: Centre for Addictions and Mental Health

### [Waterloo Region Integrated Drug Strategy Website](#)

This is a local website that provides information on the strategies being implemented in our community to address substance use. It also provides some additional suggested resources for information and for support.

Author: Waterloo Region Integrated Drug Strategy (WRIDS)

### [Region of Waterloo Public Health Webpages on Alcohol & Drugs](#)

These webpages include:

- Alcohol Poisoning and Drug Overdose
- Alcohol, Pregnancy and Breastfeeding
- Harm Reduction
- Information for Parents and Caregivers
- Information for Professionals

Author: Region of Waterloo Public Health

## Learning Activities

### [What Would You Do?](#)

This learning activity presents students with different scenarios related to substance use and asks them to consider how they would respond.

Author: Niagara Region

### [Fact vs Fiction](#)

This learning activity has students examine portrayals of substance use in popular media and how they relate to the realities of substance use.

Author: Niagara Region

### [High on Life Kit](#)

'High on Life' is a six-session group program designed to help youth find healthy alternatives to drugs and alcohol. You can book the High on Life Kit online through the Public Health Resource Library Catalogue (click the link above) or by contacting staff at 519-575-4400 ext. 2256, or [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca). Through your school board's courier, you can borrow and return resources.

Author: St. Mary's Counselling Services

### [Region of Waterloo Public Health Resource Library Catalogue](#)

Public Health offers resources and teaching kits to schools in Waterloo Region. Through your school board's courier, you can borrow and return resources with lesson plan ideas, games, models, DVDs, posters, and more. To book resources, you can use the online catalogue (click the link above) or you can contact the Public Health Resource Library Staff at 519-575-4400 ext. 2256, or [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca).

Author: Region of Waterloo Public Health

# Opioids

## Background Information

### [Opioids, Overdose, and Fentanyl](#)

This presentation was delivered by Dr. Michael Beazely from the University of Waterloo School of Pharmacy. It explains what opioids are, how they work, what happens in an overdose, and how to use naloxone.

Author: Dr. Michael Beazely, University of Waterloo School of Pharmacy

### [Youth and Prescription Pain Killers \(2018\)](#)

This is a webpage that discusses trends and risk associated with misuse of prescription pain killers among youth.

Author: Centre for Addictions and Mental Health

## Handouts/ Webpages for Youth

### [Good Samaritans Law](#)

This handout provides information on the Good Samaritan's Act and in what situations it protects individuals.

Author: The Law Foundation of Ontario

### [Opioid Overdose Prevention \(2017\)](#)

This is a wallet card that gives an overview of the signs and symptoms of an opioid overdose, steps to respond, and how to administer naloxone.

Author: Waterloo Region Integrated Drug Strategy

## Videos for Youth

### [Lived Experience Series \(2015-2017\)](#)

This is a video series with stories from individuals who have experienced drug addiction and opioid dependence. Note: Many videos deal with opioid addictions but some also include addiction to other prescription pills.

Author: Government of Canada

[Good Samaritans Law \(2018\)](#)

This is a local video that covers the importance of calling 911 if you suspect an overdose.

Author: Waterloo Region Crime Prevention Council

[5 Things to Know About Naloxone \(2016\)](#)

This video provides an overview of naloxone and demonstrates administering the injectable version of naloxone.

Author: University of Waterloo School of Pharmacy

[How to Give Naloxone Nasal Spray for an Opioid Overdose \(2017\)](#)

This video demonstrates the basics of administering the nasal spray version of naloxone.

Author: Canadian Pharmacists Association and University of Waterloo School of Pharmacy

[Overdose \(2018\)](#)

This is a video from the government of Canada about recognizing an overdose and responding.

Author: Government of Canada

[Waterloo Region Integrated Drug Strategy Opioid Crisis Videos \(2018\)](#)

A series of videos addressing substance use related stigma and the opioid crisis.

Author: Waterloo Region Integrated Drug Strategy

[The New F Word \(2018\)](#)

A video created by the Waterloo Region Police Services. It highlights the presence of fentanyl in our community and the risks associated.

Author: Waterloo Region Police Services

## **Learning Activities**

### [Opioid Overdose Case Study \(2014\)](#)

This learning activity is a case study on an opioid overdose at a party. You can download this case study online through the Public Health Resource Library Catalogue (click the link above) or by contacting staff at 519-575-4400 ext. 2256, or [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca).

Author: Region of Waterloo Public Health

# Cannabis

## Background Information

### [How Can a Plant be Harmful?](#)

A 1 min video.

Author: Government of Canada

### [Are There Risks to Using Cannabis?](#)

A 1 min video.

Author: Government of Canada

### [How are THC and CBD different?](#)

A 1 min video.

Author: Government of Canada

### [Is it addictive?](#)

A 1 min video.

Author: Government of Canada

### [What are the risks of driving high?](#)

A 1 min video, produced with youth input.

Author: Government of Canada

### [10 Question about Cannabis Use and Your Student: For Teachers](#)

This poster was developed by Dr. Stan Kutcher in partnership with Dr. Selene Etches (IWK Health Centre), Dr. Phil Tibbo (Nova Scotia Health Authority/Dalhousie University) and Dr. Rob Milin (University of Ottawa). The handout is free to download. Recommended by College of Physicians of Canada.

Author: TeenMentalHealth.org

### [Health Effects of Cannabis](#)

This handout lists short and long-term health effects of cannabis use. The handout is free to download.

Author: Government of Canada

### [Your Cannabis Questions Answered](#)

A webpage that provides a list of commonly asked questions and responses.

Author: Government of Canada

### [Clearing the Air about Recreational Marijuana \(Cannabis\) Use](#)

This flyer covers common myths and facts. The flyer is free to download.

Author: Ontario Medical Association

### [Canada's Lower-Risk Cannabis Use Guidelines](#)

This brochure is a tool to guide choices and improve the health of cannabis users. The brochure is free to download.

Author: Centre for Addictions and Mental Health.

### [Centre for Addiction and Mental Health \(CAMH\) Webpage on Cannabis](#)

This webpage provides evidence-based information on cannabis by the Centre for Addiction and Mental Health.

Author: Centre for Addictions and Mental Health

### [Region of Waterloo Public Health Webpage on Cannabis](#)

These webpages provide Region of Waterloo Public Health key cannabis prevention messages.



Author: Region of Waterloo Public Health

[10 Questions about Cannabis Use and Your Teen: For Parents](#)

This poster was developed by Dr. Stan Kutcher in partnership with Dr. Selene Etches (IWK Health Centre), Dr. Phil Tibbo (Nova Scotia Health Authority/Dalhousie University) and Dr. Rob Milin (University of Ottawa). The handout is free to download. Recommended by the College of Physicians of Canada.

Author: TeenMentalHealth.org

[Cannabis: What Parents/Guardians and Caregivers Need to Know](#)

This brochure is for parents/guardians and caregivers of youth in grades six to twelve. The brochure is free to download.

Author: Centre for Addictions and Mental Health & School Mental Health-Assist

[Cannabis Talk Kit Know How to Talk with Your Teen](#)

This 22 page brochure is for parents. The brochure is free to download.

Author: DrugFreeKidsCanada

**Handouts/ Webpages for Youth**

[10 Questions about Cannabis Use and Teens: For Students](#)

This poster was developed by Dr. Stan Kutcher in partnership with Dr. Selene Etches (IWK Health Centre), Dr. Phil Tibbo (Nova Scotia Health Authority/Dalhousie University) and Dr. Rob Milin (University of Ottawa). The flyer is free to download. Recommended by College of Physicians of Canada .

Author: TeenMentalHealth.org

[Teen Beliefs about Cannabis and Driving](#)

This poster is based on a qualitative study by the Canadian Centre on Substance Abuse to examine what common misconceptions are held by Canadian youth about cannabis and its harms. The poster is free to download.

Author: Windsor-Essex County Health Unit

[The Blunt Truth](#)

This wallet card for youth contains the Lower-Risk Cannabis Use Guidelines for Youth. This resource provides evidence-based information on safer ways to use cannabis, for those who've made the choice to use. The wallet card is free to download.

Author: Centre for Addictions and Mental Health & School Mental Health-Assist

### [Cannabis and Youth: Use Your Instincts](#)

These four different 12 inches by 18 inches posters go along with the Cannabis and Youth Join the Pack, Protect Yourself, Be Wise, and Stay Sharp 10 second videos listed below. They contain key cannabis messages for youth. These posters are free to download.

Author: Hamilton Public Health

### [MyCannabisIQ – A Resource for Youth](#)

This postcard was created to help youth make informed decisions about cannabis use. The postcard is free to download.

Author: EPION (Early Psychosis Intervention Ontario Network)

### [Safer Cannabis use](#)

This brochure was developed to provide key messages on safer ways to use cannabis, those with substance use or mental health problems. The brochure is free to download.

Author: HeretoHelp

### [Cannabis and psychosis](#)

Handout for those with mental health issues who are considering or are using cannabis. It discusses the links between cannabis and psychosis.

Author: HeretoHelp

## **Videos for Youth**

### [Cannabis 5 in 5 - 5 Things to Know About Cannabis](#)

A 1 1/2 minute video for students.

Author: University of Waterloo School of Pharmacy

[Youth Specific Effects of Cannabis](#)

A 2 minute video, produced with youth input for students.

Author: University of Waterloo School of Pharmacy

[Eggs on Weed - Hit Things](#)

A 1 minute video about driving/road safety and cannabis use. The focus is on increased likelihood of accidents for students.

Author: Ontario Students against Impaired Driving and Drive Alive (MADD)

[Eggs on Weed - Tunnel Vision](#)

A 1 minute video about driving/road safety and cannabis use. The focus is on impairment of peripheral vision for students

Author: Ontario Students against Impaired Driving and Drive Alive (MADD)

[Talking About Weed....and Addiction](#)

A 30 second video, produced with youth input.

Author: Wellington-Dufferin-Guelph Public Health

[Talking About Weed....and Reducing the Risk](#)

A 30 second video, produced with youth input.

Author: Wellington-Dufferin-Guelph Public Health

[Talking about Weed....and Your Brain](#)

A 30 second video, produced with youth input.

Author: Wellington-Dufferin-Guelph Public Health

### [Talking about Weed...and Edibles](#)

A 30 second video, produced with youth input.

Author: Wellington-Dufferin-Guelph Public Health

### [Talking about Weed...and Mental Health](#)

A 30 second video, produced with youth input.

Author: Wellington-Dufferin-Guelph Public Health

### [Cannabis and Youth: Join the Pack](#)

A 10 second video, produced with youth input.

Author: Hamilton Public Health.

### [Cannabis and Youth: Protect Yourself](#)

A 10 second video, produced with youth input.

Author: Hamilton Public Health

### [Cannabis and Youth: Be Wise](#)

A 10 second video, produced with youth input.

Author: Hamilton Public Health

### [Cannabis and Youth: Stay Sharp](#)

A 10 second video, produced with youth input.

Author: Hamilton Public Health

## **Learning Activities**

### [Discussing Pot and Driving with Teenagers: A Guide for Adults](#)

A resource educators can use for classroom discussion on the harms of using cannabis while driving.

Author: Canadian Public Health Association

### [Cannabis Jeopardy for Youth](#)

An online cannabis game which talks about what cannabis is, risks of cannabis use, and cannabis legislation.

Author: Region of Waterloo Public Health

### [Educator Cannabis Jeopardy for Youth Answer Key](#)

Provides answers to the Online Cannabis Jeopardy for Youth game, including hyperlinks to sources. You can download this answer key online through the Public Health Resource Library Catalogue (click the link above) or by contacting staff at 519-575-4400 ext. 2256, or [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca).

Author: Region of Waterloo Public Health

### [The Fatal Vision® Marijuana Kit](#)

This kit includes three activities that model impairment from cannabis use and help demonstrate the dangers of drug impaired driving. It demonstrates how impairment from cannabis use can impact a person's ability to operate a motor vehicle. It includes the materials necessary to begin a meaningful discussion about drug impaired driving. The activities help show participants how impaired problem solving, delayed perception and response, and disruption of short-term memory can affect an individual's cognitive and physical abilities. The kit will be available to book out of the Region of Waterloo Public Health Resource Centre. Through your school board's courier, you will be able to borrow and return the kit. Available in March 2019

Author: Fatal Vision®

# Alcohol

## Background Information

### [Centre for Addiction and Mental Health \(CAMH\) Webpage on Alcohol](#)

This webpage provides evidence-based information on alcohol by the Centre for Addiction and Mental Health.

Author: Centre for Addictions and Mental Health

### [Youth and Alcohol: Low-Risk Alcohol Drinking Guidelines for Youth](#)

This brochure provides Evidence-based guidelines created to provide Canadians with recommendations for alcohol consumption that could limit their health and safety risks. The brochure is free to download.

Author: Canadian Centre on Substance Abuse

### [Region of Waterloo Public Health Webpage on Alcohol & Drugs](#)

These webpages include:

- Alcohol Poisoning and Drug Overdose
- Alcohol, Pregnancy and Breastfeeding
- Harm Reduction
- Information for Parents and Caregivers
- Information for Professionals

Author: Region of Waterloo Public Health

## Learning Activities

### [Fatal Vision® Goggles Kit](#)

Fatal Vision Goggles is a kit which is available for teachers to sign out from the Region of Waterloo Public Health. The evidence-based Fatal Vision® Goggles offer a hands-on experience, allowing participants to experience the effects of alcohol on driving first hand. You can book the Fatal Vision Goggles Kit online through the Public Health Resource Library Catalogue (click the link above) or by contacting staff at 519-575-4400 ext. 2256, or [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca). Through your school board's courier, you can borrow and return resources.

Author: Fatal Vision®

### [Glass Models of Alcoholic Drinks](#)

Standard alcoholic drink models:

1 Standard drink beer glass model

1 Standard drink shot glass model

1 Standard drink wine glass model

To be accompanied by 'A Hangover is the Least of Your Worries' display. You can book the Standard Models of Alcoholic Drinks online through the Public Health Resource Library Catalogue (click the link above) or by contacting staff at 519-575-4400 ext. 2256, or [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca). Through your school board's courier, you can borrow and return resources.

Author: Health Edco

### [A Hangover is the Least of Your Worries](#)

This stand alone floor display accompanies the kit 'Glass Models of Alcoholic Drinks'. You can book the 'A Hangover is the Least of Your Worries' display online through the Public Health Resource Library Catalogue (click the link above) or by contacting staff at 519-575-4400 ext. 2256, or [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca). Through your school board's courier, you can borrow and return resources.

Author: Centre for Addiction and Mental Health

### [More Than a Hangover](#)

This is a presentation slideshow for youth ages 16-19. The presentation includes information about alcohol consumption and alcohol poisoning. You can download the free presentation and background document.

Author: Parent Action on Drugs



# Vaping

## Background Information

### [E-Cigarettes: To Vape or Not To Vape?](#)

This whiteboard animated 4 1/2 minute video is about the basics, health effects, and safety of e-cigarettes. It also compares vapes to regular cigarettes.

Author: Ontario Tobacco Research Unit

### [Ontario Tobacco Research Unit \(OTRU\) E-Cigarette Online Course 2018](#)

The free, brief online module outlines what is currently known about vaping and vaping devices, with details describing product characteristics, regulation, health effects and second hand exposure. It contains short videos, quizzes, and key information.

Author: Ontario Tobacco Research Unit

### [Vaping](#)

This is a webpage which covers what vaping is, vaping devices, vaping liquids, contents of vaping aerosol, and health risks of vaping.

Author: Health Canada

### [Centre for Addiction and Mental Health Webpage on Nicotine Dependence](#)

This webpage provides evidence-based information on nicotine dependence by the Centre for Addiction and Mental Health. This information applies to nicotine found in vapes and regular cigarettes.

Author: Centre for Addictions and Mental Health

## [Preventing Smoking in Children and Adolescents: Recommendations for Practice and Policy](#)

Scroll down to section on nicotine's impact on the developing adolescent brain.

Author: Canadian Pediatric Society

### **Videos for Youth**

#### [How does nicotine work?](#)

This three minute video reviews how nicotine acts on the brain, why it is so addictive, and how the brain can recover when smoking ceases.

Author: Quit Victoria

#### [JUULERS Against JUUL](#)

This six minute video contains interviews of several current and past youth who vape or “JUUL” with products containing nicotine, like “JUUL”. NOTE: The video contains the legal age of 18 for American youth to purchase vaping products. In Canada the legal age to purchase vaping products is 19

Author: Students Against Nicotine

### **Learning Activities**

#### [Vaping Information Kit](#)

Designed for teachers to use with grades 9-12, it contains games and activities such as Vaping Fact or Fiction Kahoot, Vaping Jeopardy, What's in E-Juice Matching Cards. Both online and hard copy versions of the kit will be available to book out of the Region of Waterloo Public Health Resource Centre. Through your school board's courier, you will be able to borrow and return the kit. Available February 2019.

Author: Region of Waterloo Public Health

# Tobacco

## Background Information

### [Where you can't smoke or vape in Ontario](#)

A webpage which lists in detail where you can't smoke or vape in Ontario, based on the Smoke-Free Ontario Act.

Author: Government of Ontario

### [Preventing Smoking in Children and Adolescents: Recommendations for Practice and Policy](#)

This document covers nicotine's impact on the developing adolescent brain, alternate forms of tobacco, and key messages for youth. The document is free to download.

Author: Canadian Pediatric Society

### [Centre for Addiction and Mental Health \(CAMH\) webpage on Tobacco](#)

This webpage provides evidence-based information on alcohol by the Centre for Addiction and Mental Health.

Author: Centre for Addictions and Mental Health

### [Centre for Addiction and Mental Health \(CAMH\) Webpage on Nicotine Dependence](#)

This webpage provides evidence-based information on nicotine dependence by the Centre for Addiction and Mental Health. This information applies to nicotine found in e-cigarettes and regular cigarettes.

Author: Centre for Addictions and Mental Health

## Handouts/ Webpages for Youth

### [Break it Off](#)

A website for youth which has information on health risks of tobacco, nicotine addiction, cigarette facts.

Author: Health Canada & Canadian Cancer Society

## Videos for Youth

### [How does nicotine work?](#)

This three minute video reviews how nicotine acts on the brain, why it is so addictive, and how the brain can recover when smoking ceases.

Author: Quit Victoria

## Learning Activities

### [Lou-Wheeze Smoker's Lung Comparison Kit](#)

This is an interactive kit which demonstrates the differences in appearance and function between a diseased lung and a healthy lung. You can book the Lou-Wheeze Smoker's Lung Comparison Kit online through the Public Health Resource Library Catalogue (click the link above) or by contacting staff at 519-575-4400 ext. 2256, or [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca). Through your school board's courier, you can borrow and return resources.

Author: Health Edco

### [Giant Mr. Gross Mouth](#)

This interactive and easy to use resource shows the effects of using smokeless tobacco on youth's oral cavity. You can book Giant Mr. Gross Mouth online through the Public Health Resource Library Catalogue (click the link above) or by contacting staff at 519-575-4400 ext. 2256, or [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca). Through your school board's courier, you can borrow and return resources.

Author: Health Edco

### [Lungs are for Life Grades 9 & 10](#)

Lungs are for Life' lesson plans and resources are easy to use, interactive and educational. It is based on strategies that can give students the skills to prevent them from starting to smoke or use other harmful drugs. You can book Lungs are For Life online through the Public Health Resource Library Catalogue (click the link above) or by contacting staff at 519-575-4400 ext. 2256, or [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca). Through your school board's courier, you can borrow and return resources. Author: The Lung Association