

Substance Use Resources

Lesson Plan Information

ABCs of Youth Substance Use

The ABCs of Youth Substance Use is an initiative to promote evidence-based approaches to youth substance use education in BC schools. Autonomy, Belonging and Competencies are important protective factors that promote youth wellbeing and prevent, delay and reduce substance-related harms. This resource includes grade level recommended resources for grades K-12.

[Delivering Substance Use Education](#)

Evidence-Based Approaches and Resources for classroom teachers & those supporting classroom learning.

Youth Harm Reduction

[Youth Harm Reduction: A Toolkit for Service Providers](#)

(see sections: 1. For Schools and 2. Curriculum and Education Programs)

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.

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

Harm Reduction Resources

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

[StopOverDoseBC.ca](#) -BC Provincial Website

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

Substance Use Resources

[Youth Substance Use Services and Resources](#)- Interior Health

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](#)

Mental Health Literacy

[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](#)

Government of Canada

[Cannabis laws and regulations in Canada](#)

Canadian Students for Sensible Drug Policy

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



Alcohol

Canadian Centre on Substance Use and Addiction

[Low risk drinking guidelines 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](#)