# Substance Misuse Prevention: Elementary Schools

## Curriculum Resources

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<th>Grade</th>
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<tr>
<td>Grade 1-8</td>
<td><strong>OPHEA Curriculum Support Documents</strong></td>
<td>OPHEA offers 130 lesson plans per grade to support the revised elementary H&amp;PE curriculum including substance misuse prevention</td>
<td>OPHEA – you must use your school boards password to access the curriculum support documents. If you don’t know your password please contact the H&amp;PE lead for your school board.  <a href="http://www.ophea.net">www.ophea.net</a></td>
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| Grade 8 | **Challenges Beliefs and Changes – An Innovative Peer Education Program on Alcohol, Tobacco, Cannabis and other drugs** | Two-day training workshop trains high school students to promote choices and decision-making about alcohol and other drugs with their younger peers. Grade 8 students receive education sessions from trained secondary students. | Parent Action on Drugs [http://parentactionondrugs.org/program-resources/peer-education-programs/](http://parentactionondrugs.org/program-resources/peer-education-programs/)  
*You can also contact the ESTPH Substance Misuse Prevention PHN to assist with coordination and implementation jallan@elginhealth.on.ca |
| Grade 1-8 | **Educating Students about Drug use and abuse: Curriculum Guide** | Lesson plans for Health and Physical Education expectations related to substance use (Grades 1 -10)  
(Mental Health 11 & 12)  
Have all now been moved under OPHEA’s curriculum supports- you must use your password to access | OPHEA  
Centre for Addiction and Mental Health [http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/Pages/curriculum_buildingconfidence.aspx](http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/Pages/curriculum_buildingconfidence.aspx) |
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<td>K – Grade 8</td>
<td><strong>Lungs Are For Life</strong></td>
<td>A free teacher and student tested program that can help kids say no to tobacco and other harmful drugs. Classroom based resource with complete lesson plans, masters, fact sheets, activities and outlines. The program for Grades 9-12 takes a peer-led or teacher-led approach.</td>
<td>Ontario Lung Association 1-800-972-2636 <a href="http://www.lungsareforlife.ca">www.lungsareforlife.ca</a></td>
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<td>Grade 4-8</td>
<td><strong>Media Smarts</strong></td>
<td>Versatile and user-friendly website for educators to encourage critical thinking about the media, particularly alcohol advertising.</td>
<td>Media Smarts <a href="http://mediasmarts.ca/teacher-resources">http://mediasmarts.ca/teacher-resources</a> Canada's Centre for Digital and Media Literacy</td>
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<td>Grade 7 &amp; 8</td>
<td><strong>madd Youth Services- School Programs</strong></td>
<td>MADD Canada's school programs bring drug and alcohol awareness messaging to education. Programs are designed to communicate directly with young people on their level. They offer a variety of programs/assemblies.</td>
<td>Mothers Against Drunk Driving (madd) Canada 1-800-665-6233 <a href="http://www.madd.ca">www.madd.ca</a></td>
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<td>Grade 7 &amp; 8</td>
<td><strong>The Fourth R</strong></td>
<td>A multi unit curriculum support – excellent unit on Substance, Addictions and Related Behaviours with different lessons correlating with the revised elementary H&amp;PE curriculum for gr.7 and 8.</td>
<td>Contact you school board H&amp;PE coordinator or you can order (cost item) your own resource <a href="https://youthrelationships.org/health">https://youthrelationships.org/health</a></td>
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Elgin St. Thomas Public Health (ESTPH) has a selection of resources, booklets and pamphlets for educators.

To book out a resource phone 519-631-9900 and press 0 and support staff will book the resource for you.

**Video/Print Resources:**

- **Danger Zone Series**: Steering Clear of Drugs (2004) (25 min) – a three part series that teaches students about the dangers of drugs that they may encounter, decision making and refusal skills – grades 2-5
- **Peers and Parties** (2003) – binder with video (27 min) – explores the challenges that youth face related to their peers and parties, plus the many other influences and pressures they experience as they make the transition to high school – grades 7-9
- **Ecstasy: first pill or last** (2002) – This hard hitting program dispels the many myths about club drugs including ecstasy – grade 7-12
- **ACTION – OPHEA** curriculum (2001) ACTION Program Alcohol, Cannabis & Tobacco Health Promotion Project for youth. Tools include lesson plans and assessment materials, activity sheets, fact sheets and templates- grade 7/8
- **Take Action – OPHEA** curriculum (2003) – Kdgn. -Tools to teach about Medicines and Other Substances. Gr.1-3- A cross curricular Resource Designed to teach safety awareness regarding medicines and harmful substances. Gr.4-6 A cross curricular resource designed to teach students about substance use and abuse prevention, integrating H&PE and English language and literacy expectations.
- **The Ripple Effect** (2005) – DVD and discussion guide on impaired driving – grades 7-12
- **Underage Drinking** (2003): Know the Facts, Know the Risks- DVD (26 min) and discussion guide complete with learning objectives, lots of great student activities and fact sheets. (please note this is a resource produced in the U.S. therefore differences in our laws have been flagged i.e. drinking age in U.S. is 21, in our province it’s 19- this can also be great discussion pieces on differences in our regulations etc.)- grade 7-12
- **Party Smart: Avoiding Party Meltdowns** (2005) -DVD (24 min) and discussion guide complete with learning objectives, student activities and fact sheets. (please note that this resource was produced in the U.S. therefore differences in our laws have been flagged i.e. drinking age in U.S. is 21, in our province it’s 19- this can also be great discussion pieces on differences in our regulations etc.) – grade 7-12
- **New Club Drugs: Designed for Death** (2004) DVD (24 min) and discussion guide complete with learning objectives, student activities and fact sheets. (Please note that this resource was produced in the U.S.) -grade 7-12
- **Rushing, Crashing, Dying: the Meth Epidemic** (2006) DVD (25 min) a powerful look at the realities of meth, teacher discussion guide, learning objectives and student activities. (Please note that this resource was produced in the U.S.) – grade 7-12
- **The Marijuana Papers: Research Update** (2004) - DVD (22 min) a scientific look at the effects of marijuana, as well as attitudes, myths and facts. Complete with teacher discussion guide, learning objectives and student activities. (please note that this resource was produced in the U.S.so laws differ)- grade 7-12
Print Resources

- **Substance Abuse Prevention Activities for Elementary Children** (K-6): “Feelings Are Okay” K-1 section helps children identify their own feelings and the feelings of others. “Making Choices” gr.2-3 makes children aware of the need to make choices in solving problems. “Smoking is Dangerous to Your Health” gr.4 focuses on cigarette smoking as cause of serious health problems. “Alcohol and Its Effects on the Body’s Organs” gr.5 helps children identify the physical and behavioural effect of alcohol on the brain and other body organs. “Positive Pressure” gr.6 helps children become aware of their power to influence others.

Other:

- Impaired Vision Goggles – goggles simulate elevated blood alcohol concentration and impairment
- Fatal Vision Marijuana Simulation Experience – a comprehensive toolkit to engage students in dialogue and activities that explore cannabis use and cognitive deficits.

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**Months to Remember**

**November**
Addiction Awareness Week
[www.ccsa.ca](http://www.ccsa.ca)

**May**
National Mental Health Week
People with a mental health issue can also have a substance misuse issue
[www.camh.ca/bins/index.asp](http://www.camh.ca/bins/index.asp)