

Substance Use Resources

Lesson Plan Information

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.

Interactive Websites

Cycles

Teens need opportunities to talk openly and honestly about cannabis (marijuana). Researchers at the UBC School of Nursing have developed [CYCLES](#), a new classroom resource for secondary schools that explores decision making and cannabis use. CYCLES explores the use of marijuana in the lives of two young people. This fictional drama is based on our earlier qualitative projects focused on decision making and marijuana use, highlighting different reasons for use, its personal impact, and its potential influence on others. CYCLES has been widely screened in a number of B.C. high schools and has been well received by students and educators (Grades 8 – 12).



The Mike and Vicki Project

[The Mike and Vicki Project](#) includes a web-based “choose-your-own-adventure” resource that follows two high school youths, Mike and Vicki, as they plan their weekend and attend a local bush party. In the resource the viewer’s decide which choices Mike will make and discover what the consequences may be, for Mike and those around him. Each choice leads down a different strand of the story. Should Mike

take ecstasy? Should he have a drink? Or should he just go home? You choose and then discover how your choice impacts Mike's life, his relationship with Vicki, his friends and family.

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.

Drugs of Abuse - University of Utah

[Drugs of Abuse](#) allows students to look at the effects of several drugs and their effects on the body.

The Mouse Party – University of Utah

This interactive computer game shows the effects of drugs on the brains of mice. For more information see the [Mouse Party](#).

Resources

Opioid Overdose Resources

- [BC provincial website](#).
- [Overdose Prevention Tip Sheet](#) - Interior Health
- [Opioid Overdose Information for Schools](#) – Interior Health
- [Naloxone Saves Lives](#) - 12 minute video

Cannabis (Marijuana) resources

Teen mental health.org

[Cannabis Resources](#) for Students, Teachers, Parents and School Based Clinicians

Government of BC

[Get Cannabis Clarity](#)

[Health Link BC](#)

Government of Canada

[Don't Drive High](#)

Here to Help

Fact sheet-[Learn About Cannabis](#)

Government of Canada 2017

Fact Sheet- [Health effects of cannabis](#)

Canadian Centre on Substance Use and Addiction

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](#)

[Additional "let's talk cannabis" resources](#)

Department of Justice

[Cannabis laws and regulations in Canada](#)

Nova Scotia Early Psychosis Program

[Weed Myths](#)

Canadian Students for Sensible Drug Policy

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

Alcohol, cannabis and other drugs

Centre for Addiction and Mental Health

[Fact Sheets](#) (various topics)

Parent Action on Drugs

[Resources for Youth Audiences](#)

Healthy Families BC

[Alcohol Sense: a resource for everyone](#)

Reports

[The BC Adolescent Health Survey Reports](#)

[Healthy Minds, Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia](#)

Information for Families:

[Cannabis Use and Youth: A Parent's Guide](#)

Caringforkids.cps.ca