

Substance Use, Addictions & Related Behaviours



Understanding Health Concepts

C1.1 Effects of cannabis, illicit drugs

Resources:

[substance use & well being](#)

C1.2 Supports- substance use, addictive behaviours

Program:

Interactive Tobacco Learning

There are an assortment of displays and materials that students can interact with to foster hands-on and memorable learning. The Chatham-Kent Public Health Unit is constantly updating our learning materials, so please contact us to discuss your students' learning needs. Some of our more popular items include:

Pig Lungs: students can take turns inflating the “healthy” and “unhealthy” lungs and visualize the damage tobacco does to your lungs.

Media impact: students can learn about the marketing of unhealthy products and how they are being influenced by big companies. With the addition of a variety of electronic tools, students can learn to produce their own healthy media messages and help to promote healthy school environments.

Resources:

- [Lungs are for Life](#)

Making Healthy Choices

C2.4 Strategies, safe choices, influences, tobacco, alcohol, cannabis

Program:

“Get Ready” Drug awareness program: A peer-led drug program created by the Parent Action on Drugs Council (PAD). Grade 8 students in your school receive training from a PAD instructor, and are then ready to deliver this fun and interactive program to students in grade 6. Peer-led drug education has been proven to be most effective in getting the drug awareness message across to students. Contact public health if you would like to enroll in the dynamic program focussing on the dangers of alcohol, tobacco and marijuana use.



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