

# Substance Use, Addictions & Related Behaviours



## *Understanding Health Concepts*

C1.2 Short and long term effects of alcohol use

### Resources:

- [substance use and well being](#)

## *Making Healthy Choices*

C2.3 Refusal skills – alcohol use and other behaviours

### Presentation:

#### **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](#)
- [substance use and well being](#)

## *Making connections for healthy living*

C3.3 Decision to drink alcohol & influences

### Program:

**Racing Against Drugs:** An event for all grade 5 students, taking place in April. Students visit 12 stations where they participate in fun activities highlighting the dangers of alcohol & drug use. The Racing Against Drugs committee rep will contact your principal to confirm each class' attendance.