

Substance Use, Addictions & Related Behaviours



Understanding Health Concepts

C1.2 Mental Health, substance support

Program:

My Friends- Youth Skills for Life -My Friends Youth Skills for Life is designed to teach youth important emotional and social skills that they can apply to their daily lives. These skills build resilience which protects individuals against stress and enables them to meet the challenges of difficult situations. To offer this program in a classroom there needs to be a commitment for a 40 – 60 minute class each week for 7 – 10 weeks. Classroom teachers play an important collaborative role by reinforcing the lessons learned each week. Therefore, their presence and involvement during the sessions are encouraged. Resources will be provided for classes to use between sessions. When able, individual classroom needs will be adapted into the program.

Presentation:

“Our Minds Matter” – The Chatham-Kent Public Health Unit encourages and promotes the positive mental well-being of all Chatham-Kent residents. A healthy lifestyle of eating well, daily physical activity, avoiding tobacco and other substances can go a long way in promoting mental well-being.

Tobacco Prevention – Smoking and other forms of tobacco use remain the number one cause of preventable illness and death in Ontario¹. Tobacco use is the number one preventable cause of death and disease in Ontario. Tobacco prevention in youth is crucial in the prevention of future chronic disease. The Chatham-Kent Public Health Unit offers a wide variety of learning opportunities for students of all ages that promote tobacco-free living as well as helping young people who are looking for assistance in quitting. Many interactive learning opportunities are available, as described below.

Ageing Demonstration – There are several risk factors that influence how we look later in life. This demonstration gives students a personal look into the future by showing how their living habits today can influence how they look in the future. Topics addressed in this demonstration involve tobacco use, sun exposure, healthy eating and physical inactivity.

Resources:

- [substance use & well being](#)
- [Lungs are for Life](#)

Making Healthy Choices

C2.3 Body image, substance use

[Beyond Images](#) is a **free** self-esteem and body-image curriculum which addresses a critical gap in media literacy nation-wide. Students explore how and why media messages are constructed – and then learn to create their own.

[BANA](#) provides education workshops for students. To book a presentation visit:

<http://www.bana.ca>

[“Being Me: Promoting positive body image”](#) from Action Schools! BC

[Handout for teachers](#) from the nedic program “beyonddimages”

[Weight teasing & Weight Sensitivity guidance](#) for teachers

You can also discuss with students Media’s flawed portrayal of beauty, and encourage a [school environment that supports positive body image](#).

Presentation:

Oral Health - A 30 minute power point presentation using a smartboard to discuss good oral habits for creating a healthy mouth for a lifetime.

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Making Connections for Healthy Living

C3.2 Implications of substance use and addictions

Presentation:

“Fatal Vision” marijuana simulation activities: Hands-on activity for students using the Fatal Vision marijuana goggles. The goggles simulate the “high” feeling associated with using marijuana, and students are able to get a first-hand look at the impairment that takes place when using this substance. A public health nurse incorporates the goggles into a classroom presentation that highlights the dangers of marijuana use, while giving a global perspective on the growing acceptability and legalization of marijuana in Canada and other countries.

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