

# Substance Use, Addictions & Related Behaviours



## Understanding Health Concepts

### C1.3 Warning signs and consequences

#### Program:

**CBC (Challenges, Beliefs and Changes)** delivered to the grade 8's by peer leaders, from feeder high schools - is a peer-led drug awareness program created by Parent Action on Drugs. Feeder high school students are trained as presenters that deliver the program to grade 8 classes. Activities are incorporated into the **two 90-minute sessions** that focus on the dangers of alcohol and drugs, and provide practical strategies on how to avoid drug use. It's a partnership between the health unit and CK police; the Special Constable assigned to your school contacts your office to gauge interest and book sessions.

#### Presentation:

**Tobacco Prevention** – Smoking and other forms of tobacco use remain the number one cause of preventable illness and death in Ontario<sup>1</sup>. 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 Mental Health, stress management

#### Program:

**“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.

**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:**

**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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**Resources:**

- [substance use & well being](#)
- [Lungs are for Life](#)
- [Dental Website, with activities, lesson plans](#)

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