

Substance Use, Addictions & Related Behaviours



Understanding Health Concepts

C1.2 Impact of use of legal/illegal substances

Resources:

- [Lungs are for Life](#)
- [Internet Safety](#)

Making Healthy Choices

C2.3 Decision making – substance use/behaviours

Program:

Fun Friends: The FUN FRIENDS program is designed to teach young children important emotional and social skills that will allow them to excel during their school years. It teaches practical, useful strategies for coping with stress, worry, fear and sadness (e.g. how to be brave, solve problems, think positively, relax and face challenges). In other words it helps young children to become more **resilient**.

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 you to use between sessions. When able, individual classroom needs will be adapted into the program.

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](#)