
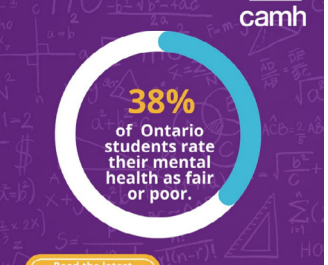




Substance Use: Addictions and Related Behaviours

Complementary Resources (optional)

The following resources could be used to supplement the **Healthy Choices: Substance Use Module for Grade 6 Students**. Educators will find resources that could enrich learning and address student interests.

RESOURCES FOR EDUCATORS	
Cannabis: What Educators Need to Know	<p>These info-sheets help teachers discuss specific substances with students. They cover:</p> <ul style="list-style-type: none"> • How to approach conversations about substances in a helpful, understanding way. • Health and safety tips. • Ontario's laws. • How substances affect the body and mind, especially for young people.
Vaping: What Educators Need to Know	
Prescription Opioids Including Fentanyl: What Educators Need to Know	
 <p>YOUTH HEALTH TRENDS IN ONTARIO: CANNABIS Since Legalization</p> <p>This infographic is informed by data from the COMPASS study. The 9-year longitudinal study started in 2012/13 tracks Canadian high school students to understand the onset and progression of various health behaviours and outcomes among youth.</p> <p>For more information, please visit compass.utoronto.ca</p> <p>Notes: with COVID-19 public health measures (including school closures) in March 2020, online surveys were used to collect data, with lower participation compared to previous years. Due to sampling and methodology changes resulting from COVID-19, results in later years have been weighted to match the demographic distribution of the 2012-13 sample.</p> <p>Legalization: Canada legalized and regulated non-medical cannabis in October 2018. In Ontario, only those 19 years of age and older can buy, use, possess and grow cannabis.</p> <p>+19</p>	<p>Youth Health Trends in Ontario: Cannabis — Infographic showing youth health trends in Ontario related to cannabis consumption since legalization. Additionally, the document discusses youth health trends in Ontario related to vaping.</p>
 <p>38% of Ontario students rate their mental health as fair or poor.</p> <p>Read the report</p>	<p>The Ontario Student Drug Use and Health Survey (OSDUHS) is a survey of Ontario students in grades 7-12 that has been carried out by CAMH since 1977. Inside you'll find trends in substance use, mental health, physical health, screen time, gambling, bullying, and much more. It's updated every 2 years, so the information is always current.</p>



RESOURCES FOR STUDENTS	
What is substance use?	Articles that present information about substances in an engaging and student-friendly way. The articles by Kids Help Phone present information about cannabis, vaping and smoking in an engaging and student friendly way.
Vaping is on the rise. Here's what you need to know	
Kids Help Phone answers common questions about smoking	
Cannabis: Important things to know	

