

School Curriculum Resources:

Substance Use, Addictions, and Related Behaviours

Grades 1 - 12



Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
Substance Use, Addictions and Related Behaviours Grade 1			C3.2 Unhealthy habits, healthy alternatives Ophea: Level Up - Ages 6 to 10 Lungs are for Life
Substance Use, Addictions, and Related Behaviours Grade 2	C1.3 Prescription/ non-prescription medicines Ophea: A Step Toward a Healthy Lifestyle Lesson Plan Ophea: Alternative Health Habits Lesson Plan Ophea: Monitoring Prescription Medication Lesson Plan Ophea: Level Up - Ages 6 to 10		C3.2 Medication, healthy alternatives Lungs are for Life Ophea: A Step Toward a Healthy Lifestyle Lesson Plan Ophea: Alternative Health Habits Lesson Plan Ophea: Level Up - Ages 6 to 10

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Substance Use, Addictions, and Related Behaviours Grade 3	<p>C1.2 Impact of use of legal/illegal substances</p> <p>The effects of unhealthy beverage choices and tooth decay</p> <p>Lungs are for Life</p> <p>Ophea: Legal and Illegal Substances Lesson Plan</p> <p>Ophea: Making Connections Between Health Behaviours Lesson Plan</p> <p>Ophea: Substance Abuse and Violence Lesson Plan</p> <p>Ophea: Level Up - Ages 6 to 10</p>	<p>C2.3 Decision making- substance use/behaviours</p> <p>Lungs are for Life</p> <p>Ophea: Applying Health Knowledge & Skills Lesson Plan</p> <p>Ophea: Safety Scenarios Lesson Plan</p> <p>Ophea: What Do You Know About Substance Misuse? Lesson Plan</p>	

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Substance Use, Addictions, and Related Behaviours Grade 4	<p>C1.4 Tobacco</p> <p>Lungs are for Life</p>	<p>C2.3 Decisions about smoking</p> <p>Canada Cancer Society Website</p> <p>Canadian Cancer Society Smokers' Helpline Website</p> <p>Health Canada Youth Zone</p> <p>Lungs are for Life</p> <p>Lambton Public Health Resource Catalogue</p> <p>Ophea: Costly Choices Activity</p> <p>iTHINK - A Critical Thinking & Media Literacy Manual</p>	<p>C3.2 Short and long term effects of smoke</p> <p>Canadian Dental Association: Teaching Kids</p> <p>Ontario Dental Association: Patient Resources</p> <p>Lungs are for Life</p>
Substance Use, Addictions, and Related Behaviours Grade 5	<p>C1.2 Short and long term effects of alcohol use</p> <p>Racing Against Drugs Event - hosted in November each year</p> <p>Parent Action on Drugs: Information on Alcohol and other Drugs</p> <p>Ophea: In Their Shoes Lesson Plan</p> <p>Ophea: Who Can Help? Lesson Plan</p> <p>Ophea: Who is Affected? Lesson Plan</p> <p>Ophea: Factors of Intoxication - Using The Factors To Make Decisions Lesson Plan</p> <p>Ophea: Short and Long-Term Effects of Alcohol Use Lesson Plan</p> <p>Ophea: Level Up - Ages 11 to 14</p>	<p>C2.3 Refusal skills- alcohol use and other behaviours</p> <p>Ophea: Decision Making and Personal Safety Lesson Plan</p> <p>Ophea: Factors of Intoxication - Using The Factors To Make Decisions Lesson Plan</p> <p>Racing Against Drugs Event - hosted in November each year</p> <p>Lungs are for Life</p>	<p>C3.3 Decision to drink alcohol, influences</p> <p>Ophea: Awareness Campaign Lesson Plan</p> <p>Ophea: Who Can Help? Lesson Plan</p> <p>iTHINK - A Critical Thinking & Media Literacy Manual</p> <p>Racing Against Drugs Event - hosted in November each year</p>

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<p style="text-align: center;">Substance Use, Addictions, and Related Behaviours Grade 6</p>	<p>C1.1 Effects of cannabis, illicit drugs</p> <p>Ophea: Understanding Drug Abuse Lesson Plan</p> <p>C1.2 Supports- substance use, addictive behaviours</p> <p>Ophea: Getting Help Lesson Plan Ophea: Preventative Measures Lesson Plan</p> <p>Ophea: Choice Boards Lesson Plan Ophea: Consequences and Community Action Lesson Plan Ophea: Impact of Cyberbullying Lesson Plan Parent Action on Drugs: Information on Alcohol and other Drugs Lungs are for Life Ophea: Level Up - Ages 11 to 14</p>	<p>C2.4 Strategies, safe choices, influences, tobacco, alcohol, cannabis</p> <p>Substance Programs and Resources for Youth Lungs are for Life iTHINK - A Critical Thinking & Media Literacy Manual</p>	

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Substance Use, Addictions, and Related Behaviours Grade 7	<p>C1.2 Mental Health, substances, support</p> <p>Parent Action on Drugs - Resources for Youth Lungs are for Life</p> <p>Ophea: Healthy Bodies Lesson Plan</p> <p>Ophea: Help, Help, Help Lesson Plan</p> <p>Ophea: Mental Health Connections Lesson Plan Ophea: What Would you Do? Lesson Plan</p> <p>Ophea: Level Up - Ages 11 to 14</p>	<p>C2.3 Body image, substance use</p> <p>Action Schools! BC: Being Me: Promoting positive body image Beyond Images: Self-esteem and body-image curriculum Bulimia Anorexia Nervosa Association (BANA): Education Workshops and Resources Dove Self-Esteem Project - School Program National Eating Disorder Information Centre: Beyond Images Handout iTHINK - A Critical Thinking & Media Literacy Manual Ophea: Healthy Bodies Lesson Plan Ophea: What Would You Do? Lesson Plan</p>	<p>C3.2 Implications of substance use and addictions</p> <p>Lungs are for Life</p> <p>Ophea: What Do You Have to Say? Lesson Plan Ophea: Who's Influencing You? Lesson Plan</p> <p>Ophea: Who's Influencing you Cont.? Lesson Plan</p> <p>Ophea: Level Up - Ages 11 to 14</p> <p>Ophea: Costly Habits Activity</p>

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Substance Use, Addictions, and Related Behaviours Grade 8	<p>C1.3 Warning signs, consequences</p> <p>Parent Action on Drugs - Resources for Youth</p> <p>Prescription for Addiction DVD: Opioid Addiction</p> <p>Lungs are for Life</p> <p>Ophea: Dangerous Situations Lesson Plan</p> <p>Ophea: Dangers of Substance Use Lesson Plan</p> <p>Ophea: Substance Use Impacts Lesson Plan</p> <p>Challenges, Beliefs, and Changes Program: a peer education program delivered by senior high school students to address decisions about alcohol and other drugs and assist the transition to high school for students in grade 8 or grade 9</p>	<p>C2.3 Mental health, stress management</p> <p>Parent Action on Drugs - Resources for Youth</p> <p>Kids Have Stress Too - The Psychology Foundation of Canada</p> <p>Ophea: Level Up - Ages 11 to 14</p> <p>Ophea: Costly Habits Activity</p>	

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Substance Use, Addictions, and Related Behaviours Grade 9	<p>C1.3 Resilience – protective and risk factors</p> <p>Alberta Health Services Lesson Plans</p> <p>Parent Action on Drugs Resources</p> <p>CRAFFT: a behavioral health screening tool for use with children under the age of 21</p> <p>Challenges, Beliefs, and Changes Program: a peer education program delivered by senior high school students to address decisions about alcohol and other drugs and assist the transition to high school for students in grade 8 or grade 9</p>		<p>C3.4 Social influences; decision-making, communication skills</p> <p>Drugged Driving Kills Projects: Why Drive High?</p> <p>The Ripple Effect - DVD and Discussion Guide - Alcohol, Drugs and Youth</p> <p>TRUST: Helping Your Child Make Good Decisions About Alcohol - DVD</p> <p>Lungs are for Life</p> <p>Ophea: Level Up - Ages 15 to 18</p> <p>iTHINK - A Critical Thinking & Media Literacy Manual</p>

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Substance Use, Addictions, and Related Behaviours Grade 10	<p>C1.2 Effects on health and well-being</p> <p>Alberta Health Services Lesson Plans</p> <p>Parent Action on Drugs Resource</p> <p>The Ripple Effect - DVD and Discussion Guide - Alcohol, Drugs and Youth</p> <p>TRUST: Helping Your Child Make Good Decisions About Alcohol - DVD</p> <p>Lungs are for Life</p>	<p>C2.4 Responding to challenges involving substance use or addictions- use of living skills</p> <p>Prescription for Addiction DVD and User's guide: Opioid Addiction</p> <p>The Ripple Effect - DVD and Discussion Guide - Alcohol, Drugs and Youth</p> <p>Lungs are for Life</p> <p>Ophea: Level Up - Ages 15 to 18</p>	<p>C3.3 Addiction – related issues- local, national, and global</p> <p>Prescription for Addiction DVD and User's guide: Opioid Addiction</p> <p>Lungs are for Life</p> <p>Ophea: Level Up - Ages 15 to 18</p>
Substance Use, Addictions, and Related Behaviours Grade 11		<p>C2.2 Connections between substance use, addictive behaviours, and physical and mental health; making safer choices</p> <p>Drugged Driving Kills Projects: Why Drive High?</p> <p>Parent Action on Drugs Resource</p> <p>CRAFFT: a behavioral health screening tool for use with children under the age of 21</p> <p>Ophea: Level Up - Ages 15 to 18</p>	<p>C3.3 Risk factors and supports</p> <p>CRAFFT: a behavioral health screening tool for use with children under the age of 21</p> <p>Challenges, Beliefs, and Changes Program: a peer education program delivered by senior high school students to address decisions about alcohol and other drugs and assist the transition to high school for students in grade 8 or grade 9</p>

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Substance Use, Addictions, and Related Behaviours Grade 12	<p>C1.2 Consequences of substance misuse- short-term, long-term, legal</p> <p>Ophea: Level Up - Ages 15 to 18</p>	<p>C2.3 Developing resilience, making healthy choices</p> <p>CRAFFT: a behavioral health screening tool for use with children under the age of 21</p> <p>Challenges, Beliefs, and Changes Program: a peer education program delivered by senior high school students to address decisions about alcohol and other drugs and assist the transition to high school for students in grade 8 or grade 9</p>	<p>C3.3 Local and international trends and issues</p>