

Welcome to



Substance Use and Youth





Substance Use and Youth



Slide: Welcome

Facilitator Notes:

KIDS acronym:

- Knowledge – building upon your current knowledge and capacity while dispelling myths or misunderstandings
- Issues – applying your new knowledge to real life situations
- Decisions – providing you with skills and information in order to make safe an/or healthy decisions
- Supports – sharing with you some further learning opportunities and resources for you to use on your own time

The KIDS Program

1. Mental Health
2. Healthy Relationships
3. Online and Social Media
4. Youth and the Law
- 5. *Substance Use Awareness***



Substance Use and Youth



Slide: Outline

Facilitator Notes:

Learning Expectation of Current Class:

We have built up the knowledge and skills you have related to online and social media, relationships and, mental health. Next we will add to your knowledge of smart decision making about substance use. Keep in mind what you have previously learned as it will be closely tied to what you learn in this next lesson.

Substance Use and Youth



Substance Use and Youth



Slide: Substance Use and Youth

Facilitator Notes:

Tell the students: “This class will be focused on Substance Use and Youth.”

Explain to the students that this module will cover:

- responsibilities and risks
- care for self and others, safety practices
- decision making
- effects of cannabis
- effects of drugs
- Strategies for safety
- alcohol, tobacco, cannabis, other drugs, and vaping
- safe choices
- influences
- seeking help

GROUND RULES

- G** - Give thoughtful feedback
- R** - Respect for myself and others
- O** - Option to pass
- U** - Use new vocabulary
- N** - No question is a silly question
- D** - Do not use names



Substance Use and Youth



Slide: Ground Rules

Facilitator Notes:

Let's begin by establishing some common courtesy ground rules.

Review slide contents with class. Ask class if there are any other ground rules.

Lets all keep in mind with these Ground Rules that:

- Share your ideas and not personal stories or names so that people's privacy is respected.
- Please raise your hand to ask questions or share a comment.
- Respect that everyone has different life experiences and level of knowledge and all questions are welcome.

Myth vs Fact



Substance Use and Youth



Slide: Myths vs. Facts

Facilitator Notes:

Pre-Activity:

Introduce the topic and explain what the activity, will be.

Topic of discussion:

We are going to explore together with a game of Myths and Facts to see what we know about substances.

Activity:

I will give you a question on the screen and you will indicate when prompted by me to raise your hand if you think the answer is true.

Substances that are bad for your health are legal

FACT!



Slide: Myth and Facts

Facilitator Notes:

Fact:

Substances that are bad for your health are legal.

Psycho active substances

- Are found in foods, beverages, and in medications.
- Include caffeine, nicotine, alcohol, cannabis

These substances can cause harm to the body but can be used legally in specific circumstances.

Adults can smoke even though 1 in 5 deaths in Canada are related to smoking.

Youth can always use substances that are legal for an adult.

MYTH!



Slide: Myth and Facts

Facilitator Notes:

Myth:

Youth can always use substances that are legal for an adult.

Fact:

In Ontario adults over the age of 19 years old are permitted by law to buy and use alcohol, tobacco, cannabis, or vaping/e-cigarettes.

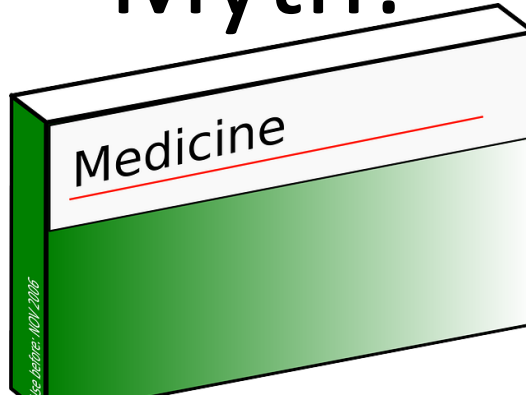
Youth are not legally permitted to be in possession of, purchase or consume these substances.

These laws are in place as:

- Some/all of these substances negatively affect brain development in people under the age of 25
- These substances are a drain on the overall health of the person using them
- Product quality may not be what is advertised and can, in bad situations lead to death

All prescription medications are safe to take.

Myth!



Slide: Myth and Facts

Facilitator Notes:

Myth:

All prescription medications are safe to take.

Fact:

A prescribed medication or drugs given by parents or doctors are helpful when taken the correct way. When a person takes any medication that is not prescribed, unforeseen consequences may arise that can be very harmful to the person.

Examples of prescription medication that are unsafe for use if not prescribed:

- Opioids – changes in mood, decreased cognitive function, slowed breathing.
- ADHD medication – considered harmful if not prescribed by a physician, decrease in long term memory, mood swings

Vaping isn't a safe way to smoke.

Fact!



Substance Use and Youth



Slide: Myth and Facts

Facilitator Notes:

Fact:

Vaping is a method of inhaling a substance (nicotine or cannabis) through a device. This is an unregulated industry that has not been proven scientifically to be safe for adults. Youth under the age of 19 are not legally permitted to vape or have possession of vaping equipment.

An important note:

A number of illnesses and deaths have recently been tied to vaping. We do not know enough about the ways in which the vapor in vaping will affect our lungs, particularly with long term use.

Energy drinks are healthy for kids to drink.

Myth!



k i d s

Substance Use and Youth



Slide: Myth and Facts

Facilitator Notes:

Myth:

Energy drinks are healthy for kids to drink.

Fact:

Energy drinks are acceptable for kids to drink in moderation. (small quantities occasional use)

Energy drinks contain a wide variety of substances that have not been tested for safety. A majority of energy drinks such as Red Bull, and Monster Drinks all contain high levels of sugar and caffeine that are potentially harmful to people.

Caffeine is one of the most widely used psycho active drugs and has many side affects in youth.

In a survey of Canadian youth, over half the people that consumed energy drinks experienced ill effects

Some ill affects include:

- Fast heart beat

- Headaches
- Nausea
- Vomiting
- Diarrhea

Ask students why they might use energy drinks.

Answers:

- Didn't sleep well and need to be awake
- Need energy for a game
- Need to stay up to finish a school assignment

Ask students alternatives to Energy Drinks?

Alternative ways to get energy are:

- Changing what you eat
- Sleeping more
- Exercise
- Drinking water or milk.

Lets Cover Some Questions

What did you find interesting?

What is something you learned about or never heard of before?

In what ways could you use this information?



Substance Use and Youth



Slide: Myth and Facts

Facilitator Notes:

Cover the question then click next to reveal the next question:

- What did you find interesting?
- What did you find surprising?
- What is something you learned about or never heard of before?
- Why do you think I shared this with you?
- In what ways could you use this information?



Slide: Types of Substances

Facilitator Notes:

Facilitate Learning Strategy - (Class Engagement and Shared Learning)

Divide the class into groups for one group per topic x 7.

Assign each group to one of the substance listed:

- Alcohol
- Tobacco
- Vaping
- Energy Drinks
- Prescription medication
- Cannabis/pot
- Fentanyl


Then tell the class “With the substance I gave you, think of an answer to the following questions.”


Then proceed to the next slide


Alcohol



1. Facts you know.
2. Uses of this substance.
3. Barriers to using this substance.


T.I.C.K. Inc.
 Teaching Intelligent Choices to Kids




Substance Use and Youth

Slide: Alcohol

Facilitator Notes:

Ask the group to share the points they have come up with.
Use the list below to add to or correct any answers.

Full list of alcohol facts:

- It is illegal for people under the age of 19 years old.
- Alcohol can make you feel very sick, nauseous and vomit. In extreme cases, there maybe loss of consciousness.
- Slows body coordination.
- Risk of a accident, due to slow or impaired reaction time.
- Drinking and driving is dangerous.
- You could get a criminal record.
- Unsafe or excessive alcohol intake can lead to poisoning and death.
- Alcohol affects young people differently than adults.
- Loss of interest in other activities.
- Unable to do school work.
- Problems with relationships can be created.
- There can be illnesses; related to alcoholic use including, poor overall health, diseases of the liver, pancreas, or heart, depression, anger, issues
- Adults may feel alcohol tastes good, is relaxing in small amounts.

- Alcohol is an addictive substance both physically and mentally.
- It harmful to the brain and growth and development of those under 19 years of age
- It is socially accepted to be concerned in small amounts by adults at restaurants, dinner parties, and at home.
- People choose not to consume alcohol because they don't like how they feel when drinking alcohol (for example loss of control, doing/saying things that they normally wouldn't).
- People are expected to choose not to drink alcohol at certain events or certain times of the day (i.e. work)
- People are not permitted to drink alcohol when working or driving.

Alcohol



•Illegal under 19 years

•Addictive

•Poor health potential increases with amount consumed

•Illegal when driving, at school, and at work







Substance Use and Youth

Slide: Alcohol

Facilitator Notes:

Ask the group to share the points they have come up with.

Use the list below to add to or correct any answers.

Full list of alcohol facts:

- Adults may feel alcohol tastes good, is relaxing in small amounts.
- Alcohol is an addictive substance both physically and mentally.
- Is harmful to the brain and growth and development of those under 19 years of age
- Socially accepted in small amounts by adults at; restaurants, dinner parties, at home.
- People choose not to drink alcohol because they don't like how they feel when drinking alcohol do. For example loss of control, doing saying things that they normally wouldn't.
- People choose not to drink alcohol at certain events; certain times of the day
- People are not permitted to not to drink alcohol when working or driving.

Tobacco



1. Facts you know.

2. Uses of this substance.



3. Barriers to using this substance.



Substance Use and Youth



Slide: Tobacco

Facilitator Notes:

Ask the group to share the points they have come up with.

Use the list below to add to or correct any answers.

Full list of tobacco facts:

- Purchasing tobacco products is illegal for people under the age of 19 years old.
- Using tobacco products is illegal for persons under 19 years of age.
- Tobacco products are: cigarettes, cigars, chewing tobacco, and vaping.
- Cigarettes contain over 4,000 chemicals that are harmful to the body.
- Cigarettes are highly addictive.
- Cigarettes can cause cancer, lung disease, heart disease, and overall poor health.
- There are no health benefits to using tobacco products.
- People tend to start when they were very young and became addicted to nicotine.
- It is very hard for people to quit smoking once they have started.
- People sometimes use tobacco because people around them do.
- The smell, taste and cost of tobacco products prevents use.
- There are few places people can use tobacco or smoke.
- No smoking rules are enforced by law and fines.

- No smoking is permitted in; schools, workplace, parks, restaurants, public patios, airplanes, public buildings.

Tobacco



- Illegal under 19 years
- Contains over 4,000 chemicals
- Highly addictive
- Prohibited use in many areas



Substance Use and Youth



Slide: Tobacco

Facilitator Notes:

Tobacco



kids

Substance Use and Youth



Slide: Tobacco

Facilitator Notes:

E-Cigarettes or Vaping

 **T.I.C.K. Inc.**
Teaching Intelligent Choices to Kids



1. Facts you know.

2. Uses of this substance.



3. Barriers to using this substance.



Substance Use and Youth



Slide: E-Cigarettes or Vaping

Facilitator Notes:

Ask the group to share the points they have come up with.

Use the list below to add to or correct any answers.

Full list of vaping facts:

- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods” do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”
- Using an e-cigarette is sometimes called “vaping” or “JUULing.”
- The use of e-cigarettes is unsafe for kids, teens, and adults... Everyone!
- Vaping is not healthy or helpful your development.

E-Cigarettes or Vaping

 **T.I.C.K. Inc.**
Teaching Intelligent Choices to Kids



- Illegal for anyone under the age of 19
- Come in many shapes and sizes
- Contain more than nicotine
- Health effects not understood well
- Can be very dangerous






Substance Use and Youth



Slide: E-Cigarettes or Vaping


Facilitator Notes:

Cannabis

T.I.C.K. Inc.
Teaching Intelligent Choices to Kids

1. Facts you know.
2. Uses of this substance.
3. Barriers to using this substance.



Substance Use and Youth

Slide: Cannabis

Facilitator Notes:

Ask the group to share the points they have come up with.

Use the list below to add to or correct any answers.

Full list of cannabis facts:

- The brain is not fully developed until 25 – exposure before 25 may change development
- Smoking 1 joint is equal to smoking 5 cigarettes - specifically on the lungs
- Everyone reacts differently
- May lead to memory loss
- Illegal for anyone under the age of 19

More about Cannabis: The Important Difference between “Decriminalization” and “Legalization”

On Oct 17th, 2019 it became legal in Canada for persons aged 19 and over to purchase and possess up to 30 grams of cannabis for their own personal use. Edibles, which are food and drink products that contain cannabis are also available to those who are age 19 and over. It is also legal for those 19 years of age to grow up to 4 cannabis plants on their property for their own use.

According to the law, it is not a criminal offence to grow, possess or use cannabis under these circumstances. That is why we refer to cannabis as “decriminalized”

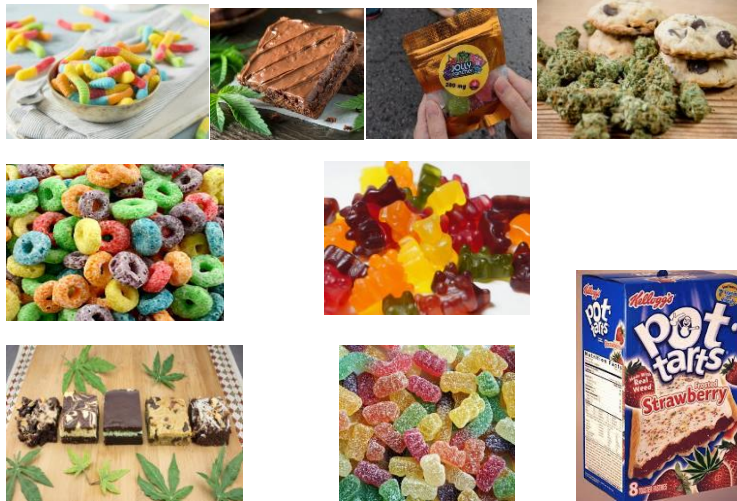
There are three reasons for this legislation:

- to insure that those individuals who choose to use cannabis have access to an untainted product free of other additives.
- to reduce the criminal enterprise of selling cannabis on the street.
- to create tax revenue to address the health effect experienced by those individuals who persist in using cannabis as a “recreational drug”.

What is still not legal:

- purchase, possession or use of cannabis by young people under the age of 19.
- driving while under the effects of cannabis use.
- possession of amounts of cannabis in excess of 30 grams.
- selling without a license.

Cannabis



Substance Use and Youth



Slide: Cannabis

Facilitator Notes:

Ask the group to share the points they have come up with.

Use the list below to add to or correct any answers.

Full list of cannabis facts:

- The brain is not fully developed until 25 – exposure before 25 may change development
- Smoking 1 joint is equal to smoking 5 cigarettes - specifically on the lungs
- Everyone reacts differently
- May lead to memory loss
- Illegal for anyone under the age of 19

More about Cannabis: The Important Difference between “Decriminalization” and “Legalization”

On Oct 17th, 2019 it became legal in Canada for persons aged 19 and over to purchase and possess up to 30 grams of cannabis for their own personal use. Edibles, which are food and drink products that contain cannabis are also available to those who are age 19 and over. It is also legal for those 19 years of age to grow up to 4 cannabis plants on their property for their own use.

According to the law, it is not a criminal offence to grow, possess or use cannabis under these circumstances. That is why we refer to cannabis as “decriminalized”

There are three reasons for this legislation:

- to insure that those individuals who choose to use cannabis have access to an untainted product free of other additives.
- to reduce the criminal enterprise of selling cannabis on the street.
- to create tax revenue to address the health effect experienced by those individuals who persist in using cannabis as a “recreational drug”.

What is still not legal:

- purchase, possession or use of cannabis by young people under the age of 19.
- driving while under the effects of cannabis use.
- possession of amounts of cannabis in excess of 30 grams.
- selling without a license.

Cannabis



- The brain is not fully developed until age 25
 - exposure before 25 may change development
- Smoking 1 joint is equal to smoking 5 cigarettes
 - specifically on the lungs
- Everyone reacts differently
- May lead to memory loss
- Illegal for anyone under the age of 19

Substance Use and Youth



Slide: Cannabis

Facilitator Notes:

Energy Drinks: What's in the Can?



1. Facts you know.

2. Uses of this substance.



3. Barriers to using this substance.



Substance Use and Youth



Slide: Energy Drinks: What's in the Can?

Facilitator Notes:

Ask the group to share the points they have come up with.

Use the list below to add to or correct any answers.

Side-effects of caffeine consumption:

- The amount of caffeine in the energy drinks is not regulated.
- Energy drinks contain around 75 to 200 milligrams of caffeine per serving – up to 6 times more than the 34 milligrams of caffeine in Coke.
- Some energy drinks also contain additives like guarana, which contains four times the amount of caffeine than coffee beans.
- Excess consumption of caffeine can lead to negative health effects such as nausea, sleep impairment, heart issues, and nervousness.
- Increase in caffeine consumption can also lead to headache, frequent urination, jitters and difficulty in concentration.

Energy Drinks: What's in the Can?

T.I.C.K. Inc.
Teaching Intelligent Choices to Kids

ENERGY DRINK
Natural Health Product NPN 00062
437mL
Not recommended for children, pregnant or breast-feeding women, or to be mixed with alcohol. Do not consume more than 500mL per day.

Just because it is "natural" does not make it healthy

Think twice about drinking something that comes with a warning

CAUTION
SAFETY OF MIXING THESE SUBSTANCES IS UNKNOWN

Herbal Supplements

- Guarana
- Taurine
- Glucoronolactone
- Ginseng
- Ginkgo Biloba

224 Calories = 1 slice of pizza

174 mg caffeine = 3 small coffees

14 tsp sugar = 1 1/2 cans of pop

250 mg sodium = 25 chips

kids Substance Use and Youth

BRANTFORD POLICE

Slide: Energy Drinks: What's in the Can?

Facilitator Notes:

Prescription Medication



1. Facts you know.

2. Uses of this substance.

3. Barriers to using this substance.



Substance Use and Youth



Slide: Prescription Medication

Facilitator Notes:

Ask the group to share the points they have come up with.

Use the list below to add to or correct any answers.

Prescription Medication Misuse and Abuse

Prescription medications can be safe and effective when used under the direction of a doctor or health care provider. For this reason, many people believe that they are not as dangerous as illegal drugs.

The Facts:

- Prescribed drugs may also be illegal in the possession of someone for whom they were not prescribed.
- Misuse or abuse of some medications can lead to addiction, overdose or even death.

Misuse or abuse of a prescription is when someone:

- Uses the medication prescribed for someone else
- Intentionally using a prescription drug to experiment, feel good or get high

- Taking a prescribed drug more frequently or at a higher dose than recommended by their health care provider.

The following instructions come with prescription medication

- who it is prescribed for
- how much to take (dose)
- when to take it (frequency, time of day)
- how to take it (with food)
- warnings (don't drive while taking or eat certain foods)

You should follow the instructions carefully or

- the medication may not work
- the medication could make you sick

A prescription drug becomes illegal when

- you abuse it (don't follow the instructions for use)
- you possess, sell or use a prescription drug that is not yours

Common Prescription Medications

Ritalin, Adderall and Concerta

- these drugs are stimulants
- they are prescribed to treat attention deficit hyperactivity disorder (ADHD) – when taken as prescribed, they increase the person's attention span and decrease restlessness

It is never acceptable to take someone else's prescribed medication

Oxycodone and Fentanyl

- these drugs are prescribed to relieve pain
- they are considered opioids and are highly addictive
- Oxycodone is normally in a pill or tablet form
- Fentanyl is commonly prescribed in a patch form, but appears in many other forms and mixed with other substances as a street drug
- Fentanyl is highly addictive and powerful
- Fentanyl is extremely dangerous because the difference of a gram could be the cause of an overdose or death

Prescription Medication

 **T.I.C.K. Inc.**
Teaching Intelligent Choices to Kids



- Only legal for medical purposes
 - illegal if not prescribed by your doctor
- Dangerous if not prescribed to you
- Can be addictive
- Follow instructions for use



Substance Use and Youth



Slide: Prescription Medication

Facilitator Notes:

Fentanyl



- A powerful pain medication
- Dangerous if misused
- Small amounts may be deadly



Substance Use and Youth



Slide: Fentanyl

Facilitator Notes:

Fentanyl is a powerful pain medication. It is an opioid, like morphine, codeine, oxycodone (oxys) and methadone. Fentanyl is most often prescribed as a slow-release patch to people with long-term, severe pain. When used in this way, it can be very effective and safe.

Opioid overdose stops breathing.

Fentanyl is much stronger than most other opioids up to 100 times stronger than morphine and is very dangerous if misused. Even a small amount can cause an overdose and death.

Side effects fentanyl include:

- euphoria
- drowsiness
- relaxation
- difficulty concentrating
- constricted pupils
- slowed breathing

- nausea
- vomiting
- constipation
- loss of appetite
- sweating
- overdose.

When someone overdoses on fentanyl, they first become sleepy, and it is hard to wake them. Their breathing becomes slow and shallow. They may snore and they may pass out.

The person's body may become limp, their face pale or clammy, and their pulse weak or slow. For lighter-skinned people, the lips and finger tips may turn blue or purple. For darker-skinned people, the inside of the lips may become blue or purple. If someone is overdosing, call 911 right away!

Naloxone



- Temporary opioid antidote
- Free at any pharmacy and other agencies
- Used for anyone in an opioid overdose
- Harmless to everyone



Substance Use and Youth



Slide: Fentanyl

Facilitator Notes:

Ask the class:

1. What is Naloxone?

Answer:

A drug that antagonizes morphine and other opiates. Naloxone is a pure opiate antagonist and prevents or reverses the effects of opioids including respiratory depression, sedation and hypotension.

Use of Naloxone can prevent someone who had overdosed on an opiate drug from dying. It is carried by police and paramedics and available to people who might need it from the drugstore.

2. What is Narcan?

Answer:

It is the brand name for Naloxone.

Questions

In what ways can you use this new information?

Why is this important for you to know this?



Substance Use and Youth



Slide: Questions

Facilitator Notes:

Cover the question then click next to reveal the next question

Post Activity:

- In what ways can you use this new information?
- Why is this important for you to know this?
- What more do you think you should know?



Slide: Drug Addiction Video

Facilitator Notes:

Before playing relay this comment to the students.

In watching this video considering the information that we've covered today. Your tasks are to.

- think about in what ways can you use this information.
- think why knowing this information is this important to you.



Slide: what is Addiction?

Facilitator Notes:

Ask the class they think addiction means.

Prompt them to consider how they would feel if they were asked to stop:

- watching YouTube
- playing sports
- eating breakfast, lunch, or dinner
- listening to music
- gaming

And to consider how their:

- mood might change.
- actions might change.

Then say to the class: Addiction isn't as simple as the examples given but this is a good place to start our developing our understanding.



Slide: Addiction

Facilitator Notes:

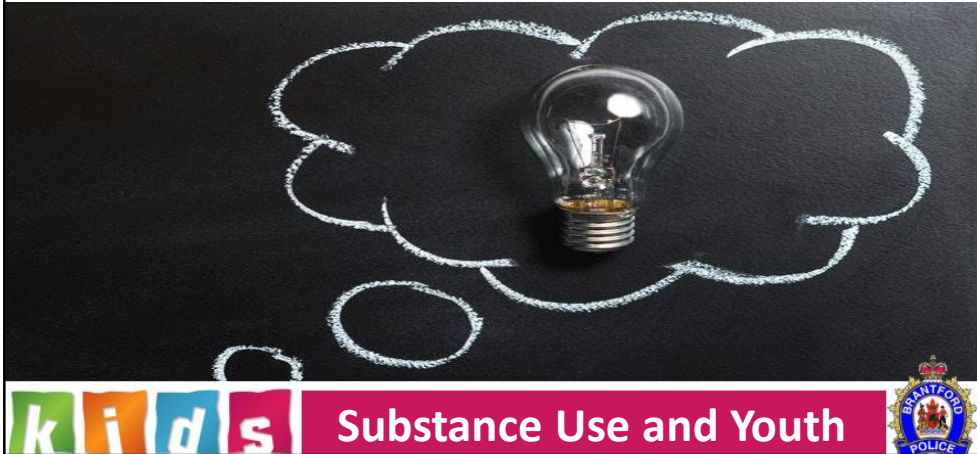
We are going to watch a video to learn more about the power of addiction. Pay close attention and try to remember the information that is new to you.

<https://www.youtube.com/watch?v=ISMLIAXENFc>

Let us consider...

Why did I show you this video?

What do you need to know more about?



Substance Use and Youth



Slide: Let us consider...

Facilitator Notes:

Post Activity:

Ask students:

- Why did I show you this video?
- What do you need to know more about?

Brainstorm

What would you say to a friend that suggested trying:

- a joint they got from their older brother
- a pill they found in their parent's cabinet
- alcohol they stole from their parents



Substance Use and Youth



Slide: Brainstorm

Facilitator Notes:

Activity:

In your groups discuss the question and scenarios on screen.

What would you say to a friend that suggested trying.

- a joint they got from their older brother
- a pill they found in their parents cabinet
- alcohol they stole from their parents

After 5 minutes of discussion, have each group share their solutions with the class.

Once every group has presented, ask the class which group's solution was the most realistic solution for each scenario.

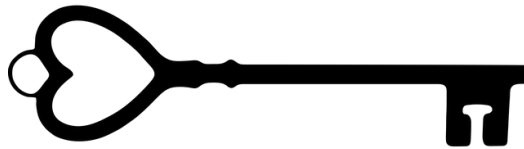
Key Skills and Knowledge

 **T.I.C.K. Inc.**
Teaching Intelligent Choices to Kids

Know what you are consuming

Ask trusted adults if you have questions

Substance use is under your control



Substance Use and Youth

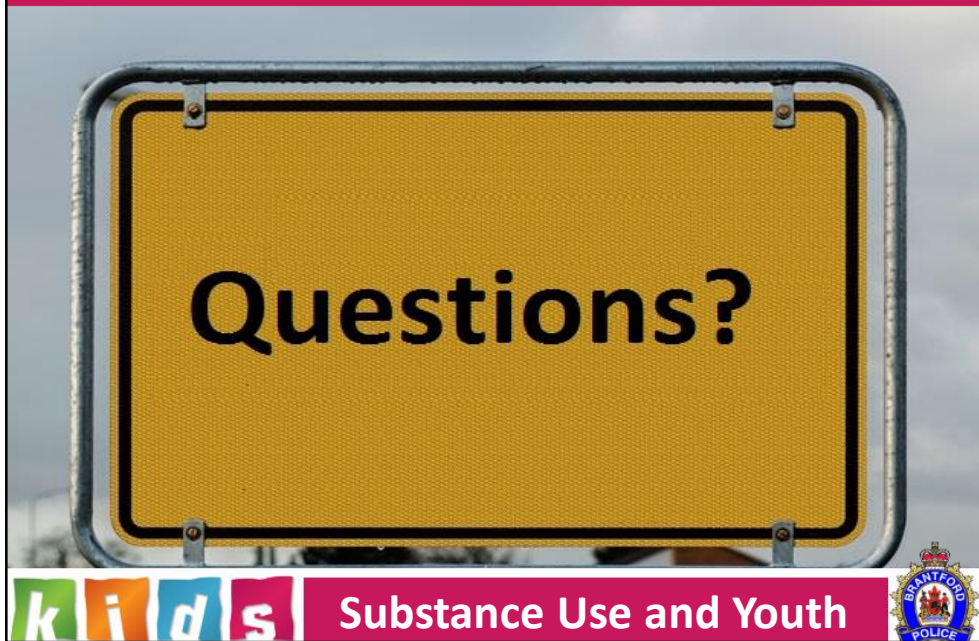


Slide: Keys Skills and Knowledge

Facilitator Notes:

Skills, Risk Factors, Protective Factors, Resources:

- be informed about what you are taking – any substance.
- ask questions from a trusted adult about substance use.
- build up your protective factors: positive healthy influences, activities, people, you have the power to make decisions about substance use.



Slide: Questions

Facilitator Notes:

Ask the class if they have any unanswered questions.

Resources

At Schools:

- ✓ Teacher
- ✓ Principal

At Home:




- ✓ Parents
- ✓ Siblings
- ✓ Peers


From The Web:

- www.opp.ca
- KidsHelpPhone.ca
- www.camh.ca

T.I.C.K. Inc.
Teaching Intelligent Choices to Kids


Whenever you need to talk, we're open.

 Call 1-800-668-6868
 Chat at KidsHelpPhone.ca
 Text 686868

Kids Help Phone 



Substance Use and Youth



Slide: Resources

Facilitators Notes:

Credits



Authors

Laura Fretz B.Sc.N, RN, Brant County Health Unit

Lori Henderson, B.A., B.Ed., M.Ed, T.I.C.K. Vice President

Kristen MacKay, Educator, B.A., B.Ed., Grand Erie District School Board

Contributors

Piyali Bagshee, Mental Health Lead, Grand Erie District School Board

Dianne Wdowczyk Mental Health Lead, Brant Haldimand Norfolk Catholic District School Board

Dr. Tara Bruno, King's University College at Western University

Sgt. Jordon Schmutz, Brantford Police Service

T.I.C.K. Board of Directors

KIDS Design and Technical Support

Nicholas Pletch, University of Waterloo



Substance Use and Youth



Slide: Credits