

## Background

The purpose of this list is to help teachers and schools promote a Comprehensive School Health (CSH) approach in a classroom setting. CSH is an internationally recognized, evidence-based approach for building healthy school communities. A healthy school community is one that supports the wellness of all of its members (e.g., students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.

This list is organized with two different categories of resources, 'Classroom Resources' and 'Supplementary Information'. The Classroom Resources can be used by the teacher in the classroom immediately and are applicable to teaching. Supplementary Information provides resources for teachers about a specific health topic.

This list is not meant to be an exhaustive list of resources available; but a selection of available resources reviewed by health professionals in Alberta Health Services. Please check with your local AHS contact for additional resources specific to your area. To find an AHS staff member who can support you, contact [cshresources@albertahealthservices.ca](mailto:cshresources@albertahealthservices.ca)

Questions or comments regarding this list can be directed to [cshresources@albertahealthservices.ca](mailto:cshresources@albertahealthservices.ca). Please visit the [Teaching and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

### Please Note:

The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services (AHS). Teachers should always review content to determine appropriateness for their student population. If you are uncertain about the suitability of resources within your school, check with your administration.

AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service. The resources in this document are being presented as information only. This list is reviewed annually for accuracy of content.

# Addiction Prevention

## Classroom Resources

### iMinds

<b>Grades 4-10</b>	Theme:	Addiction and Substance Use, Knowledge and Skill Development	<p>iMinds is a program designed to fit the BC curriculum for students in Grades 4 through 10. It can be adapted to meet various educational needs and is available for use in Canadian schools. iMinds aims to help students develop the knowledge and skills they need to survive and thrive in a world where caffeine, tobacco, alcohol, and other drug use is common.</p> <p><a href="http://www.uvic.ca/research/centres/carbc/publications/helping-schools/iminds/index.php">http://www.uvic.ca/research/centres/carbc/publications/helping-schools/iminds/index.php</a></p> <p style="text-align: center;"> <span style="background-color: #333; color: white; padding: 2px 10px; border-radius: 5px;">LESSON PLANS</span> <span style="background-color: #333; color: white; padding: 2px 10px; border-radius: 5px; margin-left: 10px;">FRANÇAIS</span> </p>
	Organization:	University of Victoria-Centre for Addictions Research of British Columbia	

### Lesson Plans - Addiction Prevention

<b>Grades 3-12</b>	Theme:	Addiction and Substance Use, Decision Making	<p>These resources help teachers to plan and deliver high-quality lessons supporting the Alberta curriculum for grades 3 to 12, while at the same time delivering effective addiction prevention messages to students.</p> <p><a href="http://www.albertahealthservices.ca/amh/Page2677.aspx">http://www.albertahealthservices.ca/amh/Page2677.aspx</a></p> <p>“Alcohol: A Conversation” is a set of online lesson plans that contain curriculum links for high school Social Studies, CALM, and Biology.</p> <p><a href="http://www.albertahealthservices.ca/amh/Page7096.aspx">http://www.albertahealthservices.ca/amh/Page7096.aspx</a></p> <p style="text-align: center;"><span style="background-color: #333; color: white; padding: 2px 10px; border-radius: 5px;">LESSON PLANS</span></p>
	Organization:	Alberta Health Services	

### Mouse Party

<b>Grades 10-12</b>	Theme:	Neurotransmitter Response to Substance Use	<p>This is an engaging interactive tool for learning about the neurology of common drugs of abuse (alcohol, cocaine, ecstasy, heroin, LSD, marijuana and methamphetamine). Learning is approached with high quality visual and auditory features. Although it is American, the content is universal and incorporates recent research.</p> <p><a href="http://learn.genetics.utah.edu/content/addiction/mouse/">http://learn.genetics.utah.edu/content/addiction/mouse/</a></p>
	Organization:	University of Utah	

### Peer Leadership: A guide to implementing school-based peer leadership programs

<b>Grades 7-12</b>	Theme:	Peer Leadership	<p>The Peer Leadership Guide is a resource designed to provide junior and senior high school staff with important tools and information to implement a peer leadership program, including templates and activities to facilitate a peer leadership group.</p> <p><a href="http://www.albertahealthservices.ca/amh/Page2680.aspx">http://www.albertahealthservices.ca/amh/Page2680.aspx</a></p>
	Organization:	Alberta Health Services	

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## Classroom Resources

### Teacher Information Series

<b>Grades 7-12</b>	Theme:	Addiction, Substance Use, Gambling, Drinking and Driving	The Teacher Information Series is designed to give teachers factual information to help engage students in talking about substance abuse and gambling and allow them to make informed lifestyle decisions and healthy choices. <a href="http://www.albertahealthservices.ca/amh/Page2685.aspx">http://www.albertahealthservices.ca/amh/Page2685.aspx</a>
	Organization:	Alberta Health Services	

## Supplementary Information for Teachers

### Alcohol and Drug Use in Young People

Theme:	Addiction and Substance Use, Prevention, Harm Reduction	This webpage provides information on the facts about alcohol and drug use in young people, health risks of alcohol and drug use, and prevention and harm reduction strategies. <a href="https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=tp17749">https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=tp17749</a>
Of Interest:	Facts, Alcohol and Drug Use	

### Prevention Strategies for Teachers

Theme:	Addiction Prevention	This webpage provides information on effective and ineffective strategies that contribute to multi-pronged, long range, and integrated prevention programs within schools. <a href="http://www.albertahealthservices.ca/amh/Page2678.aspx">http://www.albertahealthservices.ca/amh/Page2678.aspx</a>
Of Interest:	Prevention Strategies	