

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

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and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.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

Supplementary Information for Teachers

Canada's Lower-risk Cannabis Use Guidelines

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| Theme: | Reduce Health Risks Related to Cannabis Use | These materials focus on science-based recommendations for reducing health risks associated with cannabis use. They are useful for all people who use cannabis. Public Brochure: https://www.cpha.ca/lower-risk-cannabis-use-guidelines-canada https://www.cpha.ca/fr/lignes-directrices-de-reduction-des-risques-lies-lutilisation-du-cannabis-au-canada |
| Of Interest | Recommendations for Reducing Risks | Infographic: http://crismontario.ca/SiteAssets/research-projects/lower-risk-cannabis-use-guidelines/LRCUG.KT.Infographic.21.June2017.FINAL.pdf http://crismontario.ca/SiteAssets/research-projects/lower-risk-cannabis-use-guidelines/LRCUG.KT.Infographic.French.21.June2017.FINAL.pdf FRANÇAIS |

Canadian Youth Perceptions on Cannabis: Report at a Glance

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| Theme: | What teens believe to be true about cannabis | This brief report summarizes research on common misperceptions held by Canadian youth about cannabis and its harms. It includes recommendations for how to address these misperceptions and compare them with accurate information. https://www.ccsa.ca/sites/default/files/2019-04/CCSA-Canadian-Youth-Perceptions-on-Cannabis-Report-at-a-Glance-2017-en.pdf |
| Of Interest: | Misconceptions, Influences of Cannabis Use by Youth | https://www.ccsa.ca/sites/default/files/2019-04/CCSA-Canadian-Youth-Perceptions-on-Cannabis-Report-at-a-Glance-2017-fr.pdf FRANÇAIS |

Cannabis: Important Things to Know

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| Theme: | Cannabis Information for Teens | Part of the Kids Help Phone website, this webpage on cannabis includes non-judgmental information about cannabis. It includes access to 24-hour bilingual and anonymous phone counselling, live chat, and crisis support. https://kidshelpphone.ca/article/cannabis-important-things-know https://jeunessejeecoute.ca/information/le-cannabis-ce-quil-faut-savoir/ |
| Of Interest | Phone, Live Chat and Text-based Support for Teens | FRANÇAIS |

Supplementary Information for Teachers

Guide to Facilitate Discussion about Youth Cannabis Use in Your Community

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| Theme: | Addiction and Substance Use, Prevention, Harm | <p>This guide provides those who work with youth, the resources they need to host public discussion in their communities on the issue of youth cannabis use. As more research and understanding becomes available on this topic we recommend that you visit www.ccsa.ca regularly for the most up to date information.</p> <p>http://www.cclt.ca/Eng/topics/Marijuana/Discussing-Youth-Cannabis-Use-in-Your-Community/Pages/default.aspx</p> <p>FRANÇAIS</p> |
| Of Interest: | Cannabis, Youth, Community | |

Online Learning for Effects of Cannabis Use During Adolescence

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| Theme: | Addiction and Substance Use, Prevention, Harm | <p>This online learning module is based on the Canadian Centre on Substance Abuse's comprehensive report on The Effects of Youth Cannabis Use During Adolescence. It brings together the best, most current research and identifies what we know, what we don't know and what is emerging on the issue of youth cannabis use.</p> <p>Please note: As more research and understanding becomes available on this topic we'd recommend to visit www.ccsa.ca regularly for the most up to date information.</p> <p>Report: https://www.ccsa.ca/sites/default/files/2019-04/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Report-2015-en.pdf</p> <p>FRANÇAIS</p> |
| Of Interest: | Cannabis and Youth | |

DrugSafe

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| Theme: | Information Hub About Cannabis and Other Substances | <p>This website, maintained by Alberta Health Services, is a reliable source for information about cannabis and other substances.</p> <p>https://www.albertahealthservices.ca/info/page12491.aspx</p> |
| Of Interest: | Cannabis Quiz for Youth | |

Pot and Driving

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| Theme: | Cannabis-impaired Driving Among Youth | <p>This website outlines creative strategies to help adults to address cannabis-impaired driving with youth, including both drivers and passengers. It includes a range of materials developed by the Canadian Public Health Association and informed by youth focus groups.</p> <p>https://www.cpha.ca/pot-driving</p> <p>https://www.cpha.ca/fr/pot-au-volant</p> <p>FRANÇAIS</p> |
| Of Interest: | Discussion Guide for Adults | |

Cannabis

Supplementary Information for Teachers

The Cannabis Talk Kit

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| Theme: | Healthy Conversations About Cannabis | This practical discussion guide sets the stage for open and non-judgmental conversations about cannabis. It is designed for parents, but useful for all adults who work with youth. https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf |
| Of Interest | Starting the Conversation, What to Say and Why | https://www.jeunessesansdroguecanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-FR-05.pdf FRANÇAIS |