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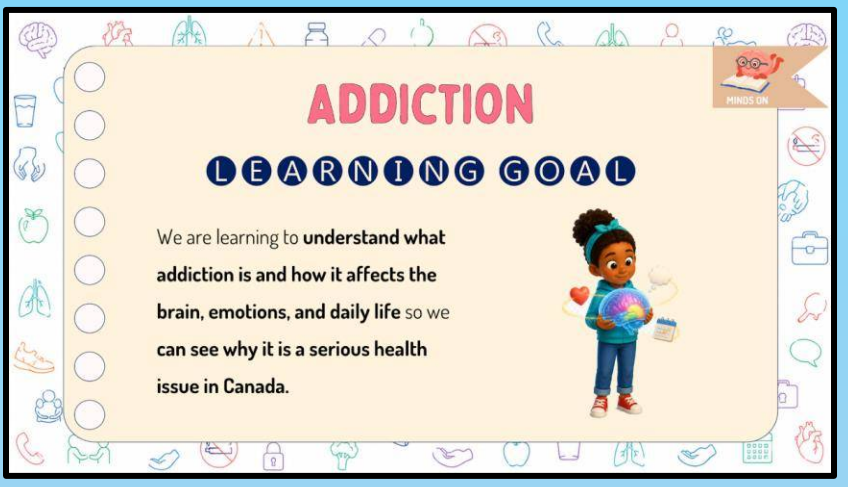
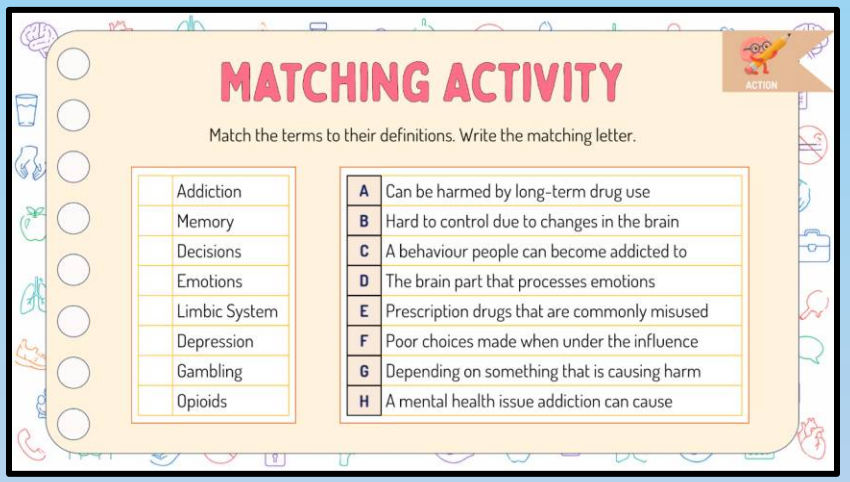
Ontario Health Curriculum
Substance Use Addictions– Grade 6

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!



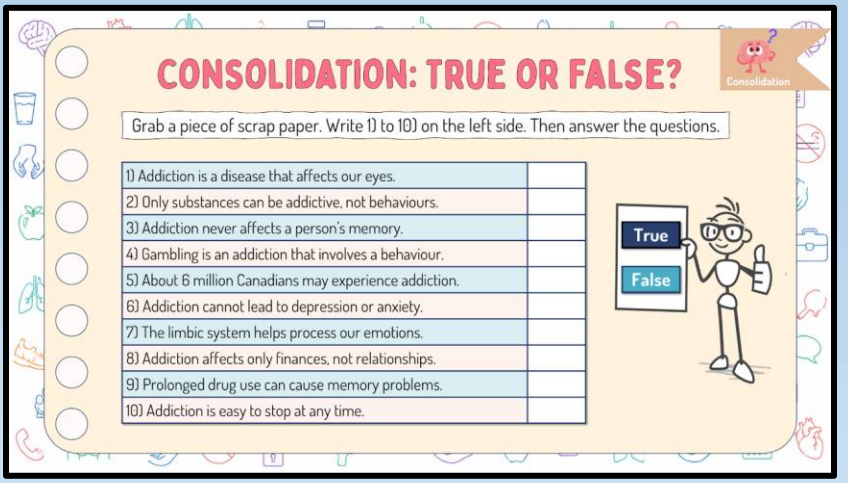


Part 2 – Action!

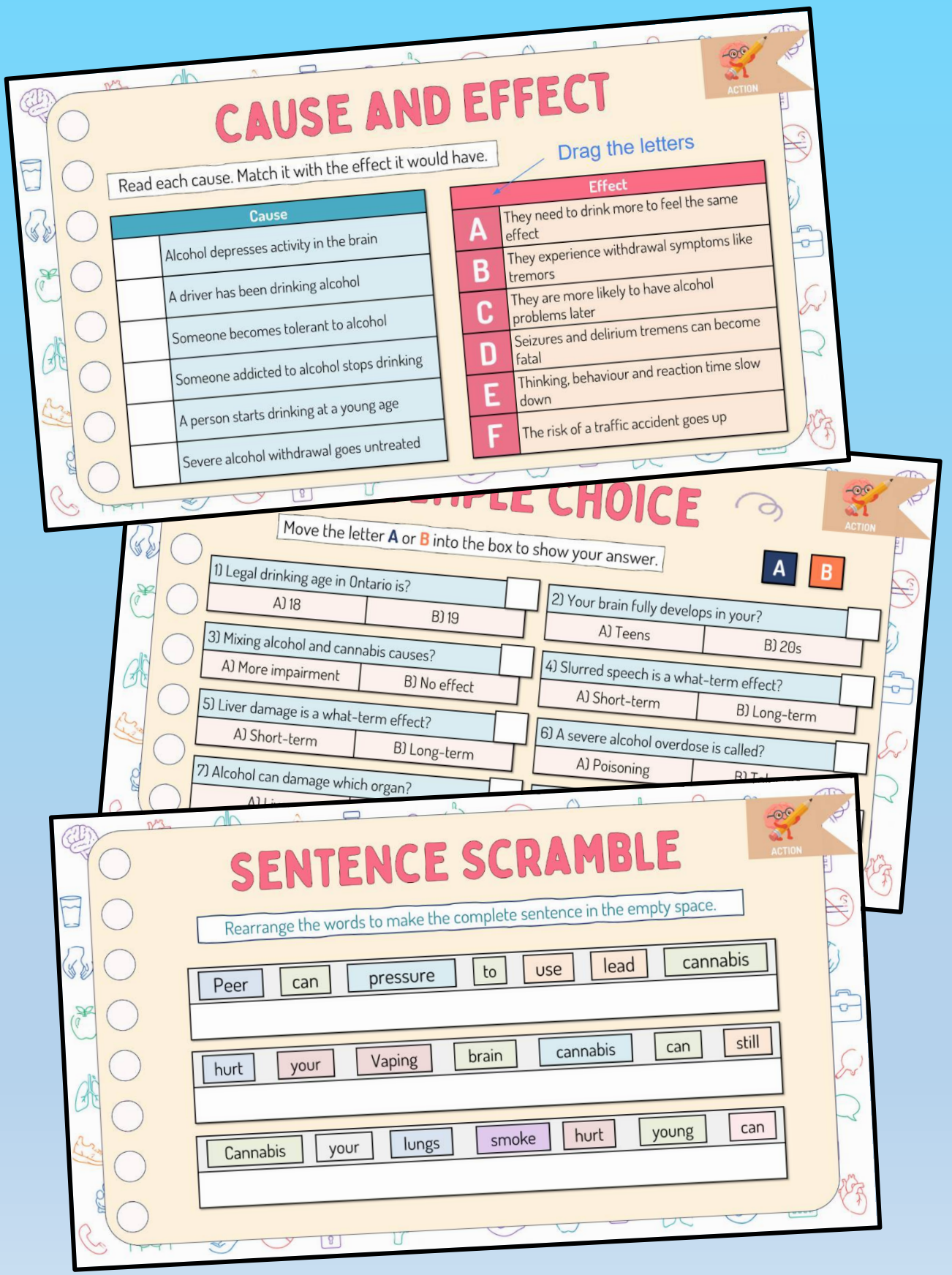
- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!



Ontario Health Curriculum
Substance Use Addictions– Grade 6



Ontario Health Curriculum
Substance Use Addictions– Grade 6



Workbook Preview

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Grade 6 – Health Unit

Substance Use, Addictions, and Related Behaviours

	Curriculum Expectations	Pages
D1.2	Describe the range of effects associated with using cannabis, other drugs (e.g., prescription medications such as opioids; illicit opioids such as heroin, crack, cocaine, Ecstasy, crystal methamphetamine), and intoxicating substances (e.g., gas, glue)	6 – 79
D2.4	drugs such as alcohol, tobacco, and cannabis, and about activities such as vaping, including the choice to abstain	3

Preview of 70 pages from this product that contains 135 pages total.





Substance Use, Addictions, and Related Behaviours



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Name: _____ 6

Curriculum Connection
D1.2

Addiction

What is Addiction?

An addiction is when a person relies on a substance or behaviour such as gambling, even though, they may be causing harm to themselves and others. When a person is addicted to a substance or behaviour, they may find it difficult to stop using or engaging in that behavior, e[illegible] if it is causing negative consequences in their life. Addiction is a disease that impa[illegible]y the brain works.

What a[illegible]e Effec[illegible] A[illegible]tion?

An addiction c[illegible]e[illegible]gativ[illegible]ct on your brain and can lead to problems with:

- Memory – Prot[illegible] use [illegible]m[illegible] drugs causes memory problems
- Decision Making – Wh[illegible]e the inf[illegible]of drugs, people make poor decisions
- Emotional Control – Using [illegible]can [illegible]limbic system, which is responsible for processing our emotions

It can also lead to mental health conditions such a[illegible]ressi[illegible]nxiety. Addiction also affects relationships and lifestyle. Addiction often[illegible]s to [illegible]ffi[illegible]ulties, and relationship breakdown.

PREVIEW

How Big is the Problem in Canada

In Canada, about 21% of the population, which is approximately 6 million [illegible], will experience an addiction at some point in their life.

The most common addictions in Canada are:

- Alcohol
- Cannabis
- Cocaine
- Gambling
- Methamphetamine
- Opioids and prescription drugs



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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Approximately 6 million people in Canada will have an addiction.	True	False
2) Addiction is a disease that affects how the brain works.	True	False
3) Addiction can affect our ability to control our emotions.	True	False
4) Addiction is not a serious problem in Canada.	True	False
5) You can have an addiction to a substance or to a behaviour.	True	False

Visualizing

...you were picturing while you were reading. Explain the picture

PREVIEW

Questions

Answer the questions below using evi... fro...

1) Why is it important to learn about addiction?

2) What are the most common addictions in Canada?

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Curriculum Connection
D1.2

Activity - The Weight of Addiction

Objective

What are we learning about?

Students will identify personal habits or addictions that may negatively affect their daily life and reflect on how these can become emotional, mental, or physical burdens.

PREVIEW

Material

What do you need for the activity?

- Printed colour sheet (student carrying a big rock)
- Pencil
- Crayons or coloured pencils
- Eraser



Instructions

How will you complete the activity?

1. Look at the picture of the student carrying a heavy rock.
2. Think about habits, behaviours, or activities that people can become addicted to (e.g., excessive social media, gaming, junk food, gambling, vaping, etc.).
3. Inside the big rock, draw or write the things that you feel have become a burden in daily life: the habit, the feeling behind it, and possible consequences
4. Around the student, you may add small drawings that show how these addictions affect school, family, sleep, or health.
5. Colour the picture neatly.
6. At the back of your paper, write 3–5 sentences explaining how these "burdens" can be managed or reduced.

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Curriculum Connection
D1.2



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Curriculum Connection
D1.2



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Curriculum Connection
D1.2

Alcohol

Alcohol

Alcohol is a drug. Alcohol is a depressant that can slow down parts of the brain that affect thinking, behaviour, breathing and heart rate. The earlier you start drinking the more likely you are to have problems with alcohol later in life. Alcohol is produced by fermenting or distilling various, fruits, vegetables and grains.



How Does Alcohol Affect You

The way alcohol affects you depends on:

- Your sensitivity to alcohol.
- How much alcohol you have had.
- How much and how often you drink alcohol.
- How long you have been drinking.
- The environment you are in.
- How you expect the alcohol to make you feel.
- Whether you have taken any other drugs such as cannabis.
- Your age, weight and gender, (women are generally more sensitive to alcohol).

Problem Drinking versus Addiction

Problem drinking is 4 times more common than addiction to alcohol. Problem drinking involves anything people do while drinking alcohol that causes a problem. This can include, drinking and driving and causing, traffic fatalities, becoming violent, engaging in high-risk behaviours and other embarrassing incidents because of impaired judgment.

Alcohol addiction is a physical dependence on alcohol. When someone is addicted to alcohol they:

- Have a higher tolerance, which means they need to drink more to get the same effects.
- They get withdrawal symptoms when they stop drinking alcohol regularly. Withdrawal symptoms can include, sleeplessness, nausea, tremors, seizures and delirium tremens, also known as the DT's, which if left untreated can be fatal.

PREVIEW

Name: _____ 12

Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Drinking alcohol can affect your brain.	True	False
2) Problem drinkers are all addicted to alcohol.	True	False
3) Men are more sensitive to the effects of alcohol than women.	True	False
4) When someone is addicted to alcohol, they have withdrawal symptoms when they stop drinking.	True	False
5) Alcohol [illegible] based.	True	False

Questi[illegible]

Writ[illegible] questions you have after reading the text.

1)	
2)	
3)	

PREVIEW

Questions

Answer the questions below using evidence [illegible] th[illegible]

1) What is the difference between problem drinking and alcohol addiction?

2) Why is it dangerous to start drinking at a young age?

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Name: _____ 15

Curriculum Connection
D1.2

Underage Drinking

Underage Drinking

In Ontario you must be 19 years old to buy or drink alcohol. Research has shown that our brain is still developing until we are in our twenties. Our decision-making skills and problem-solving skills improve in our twenties, so delaying drinking alcohol until then makes sens Drinking even a small amount of alcohol can affect your body. The more alcohol yo the stronger the effects. When you combine alcohol with using cannabis or drink your impairment increases.

PREVIEW

Short Te Effect g Alcohol

- Reduced co , dizzi
- Higher body temp ure
- Slower reflexes
- Drowsiness
- Lowered inhibitions
- Slurred speech, blurry vision
- Problems making good decisions



If you become intoxicated, you may experience:

- Vomiting
- Loss of consciousness
- Alcohol poisoning

Long Term Effects of Drinking Alcohol

- Addiction
- Liver, heart, brain, pancreas damage
- Financial problems
- Family or relationship problems
- Emotional and mental health problems
- Loss of interest in school and activities that they used to enjoy.

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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) The legal drinking age in Ontario is 18.	True	False
2) Combining alcohol use with other drugs increases impairment.	True	False
3) Drinking a small amount of alcohol has no effect.	True	False
4) Drinking can cause health problems and relationship problems.	True	False
5) Drinking [illegible]l can lead to alcohol poisoning.	True	False

Sum[illegible]e

[illegible]s the main idea of the reading?

Questions

Answer the questions below using ev[illegible]ro[illegible]

1) What are the short-term effects of drinking alcohol?

2) What are the long-term effects of drinking alcohol?

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Curriculum Connection
D1.2

Underage Drinking

Direction Write **ST** if the effect is short-term and **LT** if the effect is long-term.

Underage drinking is harmful because your brain and body are still growing. Alcohol can affect your thinking, decision-making, and health both now and in the future. Choosing not to drink helps pro[illegible] your body, your goals, and your future.



1) A[illegible]n		13) Family problems	
2) Slurred sp[illegible]		14) Slower reflexes	
3) Poor coordination		15) Mood changes (anger, [illegible]dness, overconfidence)	
4) Liver damage		16) [illegible]ned immune system	
5) Headache		[illegible]ncrea[illegible]f stroke	
6) Heart problems		18) D[illegible]	
7) Vomiting		19) Brain damag[illegible]	
8) Reduced focus or concentration		20) Alcohol poisoning	
9) Poor decision-making		21) Chronic stomach problems	
10) Pancreas damage		22) Nausea	
11) Memory problems (blackouts)		23) Risk of high blood pressure	
12) Reduced life expectancy		24) Increased risk of substance abuse later in life	

PREVIEW

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Curriculum Connection
D1.2

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Are these effects of underage drinking?

1) Reduced coordination and dizziness	Yes	No
2) Improved memory and focus	Yes	No
3) Slurred speech	Yes	No
4) Better decision-making skills	Yes	No
5) Risk of alcohol poisoning	Yes	No

Name: _____

Are these effects of underage drinking?

1) Reduced coordination and dizziness	Yes	No
2) Improved memory and focus	Yes	No
3) Slurred speech	Yes	No
4) Better decision-making skills	Yes	No
5) Risk of alcohol poisoning	Yes	No

Name: _____

Are these effects of underage drinking?

1) Reduced coordination and dizziness	Yes	No
2) Improved memory and focus	Yes	No
3) Slurred speech	Yes	No
4) Better decision-making skills	Yes	No
5) Risk of alcohol poisoning	Yes	No

Name: _____

Are these effects of underage drinking?

1) Reduced coordination and dizziness	Yes	No
2) Improved memory and focus	Yes	No
3) Slurred speech	Yes	No
4) Better decision-making skills	Yes	No
5) Risk of alcohol poisoning	Yes	No

PREVIEW

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Curriculum Connection
D1.2

What Are Illicit Drugs?

What is an Illicit Drug?



Illicit drugs are substances that are illegal to have, use, or sell in Canada. The Controlled Drugs and Substances Act (CDSA) lists the substances that are considered illicit drugs in Canada.

Some exam[illegible]s of illicit drugs in Canada include:

- Opioi[illegible] are drugs that are made from opium and are highly addictive. E[illegible]lude heroin, morphine, and oxycodone.
- Stimulants: S[illegible]e d[illegible]s that increase alertness, attention, and energy. Examples of[illegible]ts incl[illegible]ne, amphetamines, and methamphetamine.
- Depressants: Depre[illegible]rugs [illegible]w down the central nervous system and can cause drowsiness an[illegible]ion[illegible]f illicit depressants include barbiturates, benzodiazepines, and [illegible]ohol[illegible]al depressant.
- Hallucinogens: Hallucinogens are drugs that ch[illegible] our[illegible] – what we see, hear, smell, and feel. They change a person's awa[illegible]s of t[illegible]ur[illegible]ngs. Examples of hallucinogens include LSD, psilocybin (magic mush[illegible]), and PC[illegible]

PREVIEW

Most Used Illicit Drugs in Canada

Cannabis became legal in 2018 when the Cannabis Act became law.[illegible]n considered an illicit drug. The most used illicit drugs in Canada are listed b[illegible]w.

- Cocaine: Cocaine is a stimulant drug that is often used recreationally. In 2018, an estimated 740,000 Canadians aged 15 and older had used cocaine in the previous year
- Opioids: Opioids are a group of drugs that are derived from opium and are highly addictive. In 2018, an estimated 338,000 Canadians aged 15 and older had used them
- Other stimulants: Other stimulants, such as amphetamines and methamphetamine, are also commonly used illicit drugs in Canada. In 2018, an estimated 300,000 Canadians aged 15 and older had used amphetamines in the previous year

Name: _____ 20

Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Cocaine is an illicit opioid	True	False
2) Alcohol is an illicit drug	True	False
3) Alcohol is a depressant	True	False
4) Hallucinogens change how a person senses the world around them	True	False
5) Stimula[illegible]w down a person's system	True	False

Unscr[illegible]

[illegible]mble each set of jumbled letters.

Overdose	O[illegible]	Addiction	Stimulants
Cocaine	[illegible]	Depressant	Heroin

SODPIOI		CITILLI	
CENAIOC		O[illegible]OE	
TNSLUMITAS		[illegible]EOI	
NRPETSDASE		[illegible]OD	

Questions

Answer the questions below using evidenc[illegible]m t[illegible]

1) What are illicit drugs? Provide 3 examples.

_____

_____

_____

2) What are some of the most used illicit drugs in Canada?

_____

_____

_____

PREVIEW

Name: _____ 21

Curriculum Connection
D1.2

Fact or Fiction – What Are Illicit Drugs?

Objective

What are we learning about?

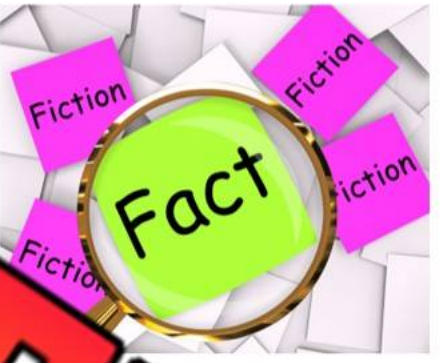
To help students understand what illicit drugs are, identify different types (opioids, stimulants, depressants, and hallucinogens), and recognize their effects on the body and mind.

PREVIEW

Materials

What do you need for the activity?

- A list of statements about illicit drugs
- A "Fact" sign and a "Fiction" sign
- Space in the classroom for students to move to either side



Instructions

How will you complete the activity?

1. Your teacher will read statements about illicit drugs. Listen carefully.
2. Think about whether the statement is true or false based on the reading.
3. If you think it is true, move to the Fact side of the room.
4. If you think it is false, move to the Fiction side of the room.
5. Stay on your chosen side while the correct answer is explained.
6. Return to your seat and get ready for the next statement.
7. Be respectful and participate actively.

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Curriculum Connection
D1.2

Fact or Fiction | Read the statements to the class.

#	Statement	Fact or Fiction
1	Illicit drugs are illegal to have, use, or sell in Canada.	**Fact**
2	The Controlled Drugs and Substances Act (CDSA) lists illegal drugs in Canada.	**Fact**
3	Illicit drugs are safe if used only once.	**Fiction**
4	[illegible] addictive drugs.	**Fact**
5	Stimulants [illegible] people feel calm and sleepy.	**Fiction**
6	Opioids are [illegible] addictive.	**Fiction**
7	Stimulants increase [illegible] energy.	**Fact**
8	Depressants slow down [illegible] system.	**Fact**
9	Hallucinogens improve your eyesight.	**Fiction**
10	Hallucinogens can change how a person sees or hears things.	**Fact**
11	Depressants increase energy levels.	**Fiction**
12	Methamphetamine is a stimulant.	**Fact**
13	Illicit drugs do not affect the brain.	**Fiction**
14	Some illicit drugs can damage the brain and body.	**Fact**
15	It is legal for children to use illicit drugs.	**Fiction**
16	Illicit drugs help improve school performance.	**Fiction**
17	Illicit drugs can affect decision-making.	**Fact**
18	Illicit drugs are only dangerous for adults.	**Fiction**
19	Using illicit drugs can lead to addiction.	**Fact**
20	Addiction only happens after many years of use.	**Fiction**

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Curriculum Connection
D1.2

Cannabis

What is Cannabis?

Cannabis is the dried flowers, leaves, and oils of the cannabis plant. Other names for cannabis are marijuana, pot and weed. Some people use cannabis to get high, but cannabis also has medical uses such as relieving nausea and stimulating hunger in cancer patients. Some people think that because cannabis is a plant, it cannot be harmful. This is untrue as cannabis contains chemicals called cannabinoids. Cannabinoids include THC and CBD that affect your brain. Cannabis is both a stimulant and depressant.

PREVIEW

How is Cannabis Used?

Cannabis can be smoked or added to foods or beverages. It can also be taken in drops or used in creams. Some people use cannabis in a vaping device. Vaping cannabis is also harmful because even though you are not inhaling smoke, you do inhale brain-altering chemicals.



Cannabis Changes How Your Brain Works

Cannabis affects the parts of your brain that control body coordination, memory, pleasure and judgment.

Short-Term Effects of Cannabis Use

- ☒ Loss of Coordination/slow reactions
- ☒ Increased hunger
- ☒ Anxiety, paranoia
- ☒ Faster heart rate

Long-Term Effects of Cannabis Use

- ☒ Problems with memory/learning skills
- ☒ Problems with breathing
- ☒ Cough or lung disease
- ☒ Severe nausea and vomiting

Cannabis and Addiction

If you use cannabis regularly your body can get used to how it feels and not feel normal unless you take it. Cannabis use is an addiction when it interferes with going to school, work or with relationships.

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Name: _____ 24

Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Cannabis changes how your brain works.	True	False
2) You can become addicted to cannabis.	True	False
3) Cannabis is a natural plant and has no harmful chemicals in it.	True	False
4) There are medical uses for cannabis, with a doctor's prescription.	True	False
5) Vaping c is not harmful because there is no smoke to inhale.	True	False

Questi

we estions below using evidence from the text.

1) What are so th eren you can use cannabis?

2) What are some of the effects of using cannabis.

PREVIEW

Fill in the Blanks

Write the missing word.

1)	Cannabis comes from the _____ plant.	cannabis	tobacco
2)	Cannabis contains chemicals called _____ that can affect the brain.	cannabinoids	vitamins
3)	THC and CBD are types of _____ found in cannabis.	minerals	cannabinoids
4)	Cannabis can affect memory, coordination, and _____.	judgment	height
5)	Using cannabis regularly can lead to _____.	addiction	growth

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Name: _____ 25

Curriculum Connection
D1.2

Activity – Cannabis Awareness Poster

Objective What are we learning about?

Students will understand what cannabis is, how it is used, and its short-term and long-term effects, and create an awareness poster that promotes healthy decision-making.

Materials What will you need for the activity?

- [illegible]
- Pe[illegible]
- Coloured [illegible]markers
- Reference [illegible]about



Instructions How will [illegible]ity?

1. Review the information about ca[illegible], inclu[illegible]hat it is, how it is used, and its effects on the body and brain.
2. In the large box at the top of the page, c[illegible]an a[illegible]ster about cannabis. Your poster should include drawing[illegible]d visuals that show the risks and effects of cannabis use. [illegible]ive and informative.
3. In the box labelled "What is cannabis?", write a short defini[illegible]own words.
4. In the box labelled "How is it used?", list common ways cannabis is used.
5. In the "Short-Term Effects" box, write 3–4 short-term effects.
6. In the "Long-Term Effects" box, write 3–4 long-term effects.
7. In the last box, create a short slogan or awareness message that encourages healthy choices.
8. Review your work before submitting and make sure your information is accurate and complete.

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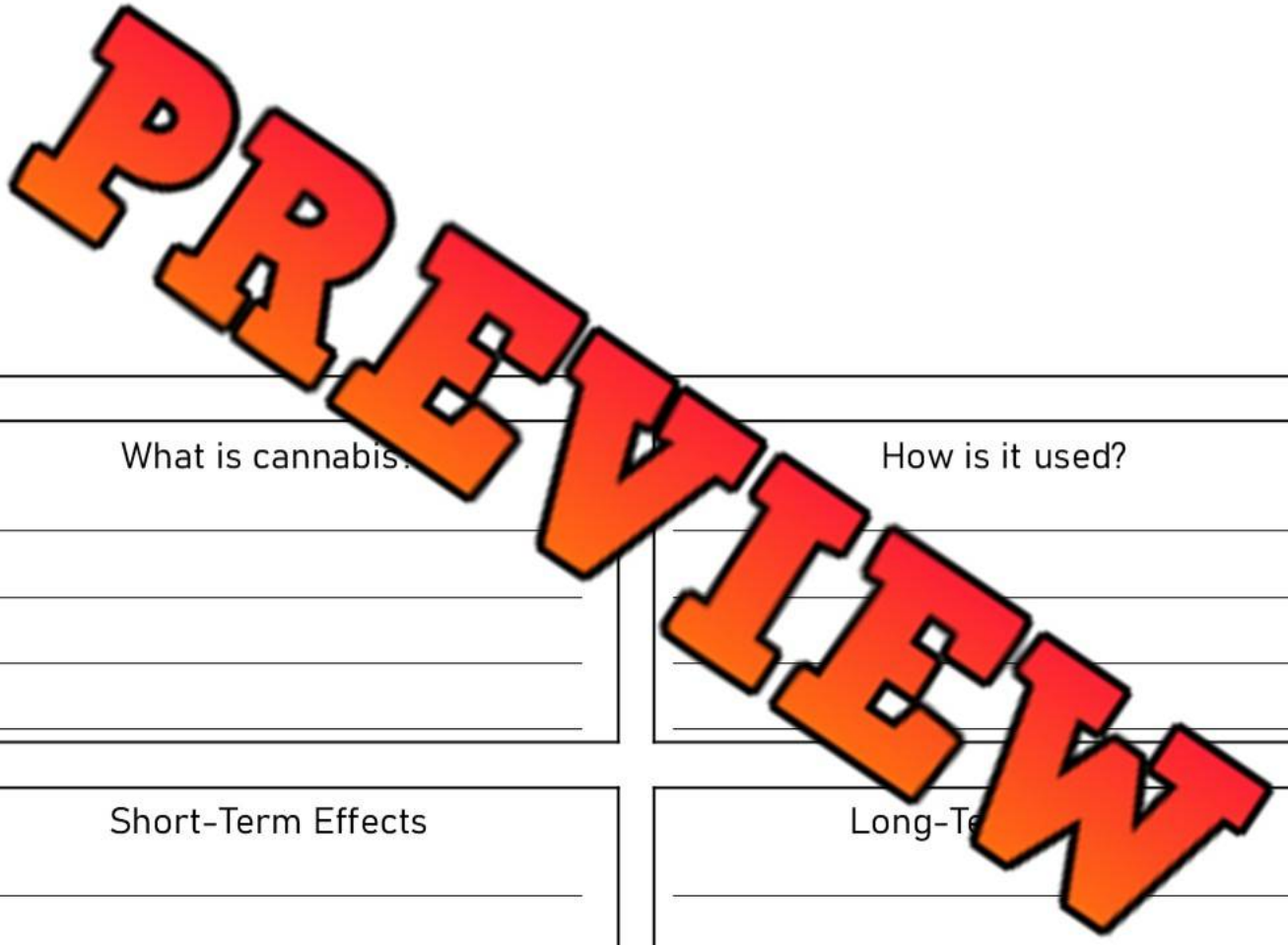
Curriculum Connection
D1.2

Cannabis Awareness – Create Your Poster



What is cannabis?

How is it used?

Short-Term Effects

Long-Te

Create a short slogan or awareness message.

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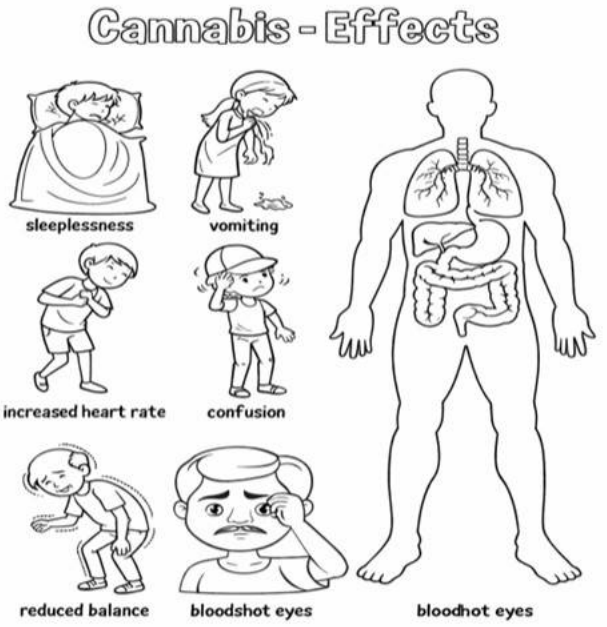
Name: _____ 27

Curriculum Connection
D1.2

Health Effects of Using Cannabis

Short Term Effects of Using Cannabis

- Relaxed/ increased sociability
- Feeling happy or euphoric
- Feelings of anxiety, fear, and panic
- Loss of coordination
- Delaye[illegible]ion time
- Decr[illegible]ation
- I[illegible]ed heart



Long Term Effe[illegible]g Abus

- Smoking cannabi[illegible]harm[illegible]
  It can cause problems [illegible]hing[illegible]smoke has harmful chemicals that you ingest through the smoke.
- It affects mental health and well-be[illegible]d can l[illegible]ar[illegible]ty, depression, psychosis.
- It can lead to addiction which has negative c[illegible]ence[illegible]yle and relationships
- The effects of using cannabis are more serious [illegible]p[illegible]se your brain continues to develop until you are in your 20's. Canni[illegible]an a[illegible]our ability to learn. It can make it harder to concentrate and remember [illegible]ings[illegible]k[illegible]der to make decisions. It can affect your ability to achieve in school.

PREVIEW

Why do People Try Cannabis?



- Peer Pressure
- Wanting to experiment
- Stress and coping
- Enjoyment and pleasure
- Family members who use cannabis or lack of supervision in the home
- Media - movies and videos that show partying
- Legalization leads to more permissive attitude towards use

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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Cannabis use has more serious affects for young people.	True	False
2) Cannabis smoke has harmful chemicals.	True	False
3) Cannabis has a negative effect on your mental health.	True	False
4) Cannabis is not addictive.	True	False
5) Cannabis have a negative impact on school achievement.	True	False

Identify

Check the boxes that show the real effects of cannabis.

❑ Memory problems	❑ Poor eyesight	❑ Stronger muscles
❑ Increased hunger	❑ Poor coordination	❑ Slower reaction time
❑ Faster reaction time	❑ Taller	❑ Improved math skills
❑ Anxiety	❑ Addiction risk	❑ Breathing problems

Questions

Answer the questions below using evidence from the text.

1) Why do people try cannabis?

2) Does using cannabis affect your health? If so, how?

PREVIEW

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Curriculum Connection
D1.2

Cannabis and the Law

Legalization of Cannabis in Canada

In October of 2018 cannabis became legal for recreational use in Canada. Cannabis had been legal for medicinal use since 2001. The use and sale of cannabis is governed by the federal government much like the sale of alcohol and tobacco. In Ontario, people over the age of 19 can buy legal cannabis at a government or privately licensed store much like alcohol and tobacco. In addition to the age restriction, there are rules about home production and how much can be consumed.

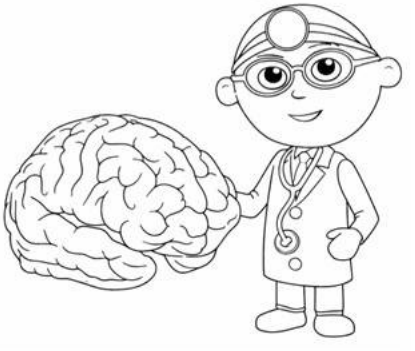
Cannabis Use In Canada

Cannabis is the most used illegal substance after alcohol. Although you can buy cannabis legally if you are 19 years old, nearly 50% of the cannabis used in Canada is black market cannabis. This is mainly produced and distributed illegally. This is mainly because black market cannabis is not taxed so it is cheaper.

How Does Cannabis Affect You?

Cannabis can have a range of effects on you, depending on various factors including:

- How much chemical is in what you take
- How you take cannabis - when you use cannabis in edibles it takes longer to feel the effects because it must go through your digestive system. Some people who take edibles use more then they should because they eat the edible, think it has no effect, so they take another dose
- Your genetics
- Your medical history
- How often you use it
- The effects of cannabis increase if you take it with alcohol or other drugs.
- Using cannabis as a teen can change how your brain grows because your brain is still growing and changing until you get into your 20's.



PREVIEW

Name: _____ 33

Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) In Canada people over the age of 19 can buy cannabis from a legal store.	True	False
2) Many people in Canada still buy cannabis from illegal sources.	True	False
3) Cannabis affects everyone in the same way.	True	False
4) Cannabis, alcohol and tobacco are good for you since they are all legal in Canada.	True	False
5) Alcohol [illegible] most used controlled substance in Canada.	True	False

Match

[illegible] statement to the correct category.

A	[illegible]	Health Effect	C	Risk or Consequence

	1) You must b[illegible] 19 yea[illegible] buy cannabis in most provinces.
	2) Cannabis can affe[illegible]emo[illegible]
	3) Driving while high is illeg[illegible]
	4) Regular use can lead to addiction[illegible]
	5) Buying cannabis from illegal sources [illegible]

PREVIEW

Questions

Answer the questions below using evide[illegible] fr[illegible]

1) When was cannabis use legalized in Canada? What are some of the rule[illegible]ated to cannabis sales and use?

_____

_____

_____

2) What is the biggest danger of cannabis use?

_____

_____

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Curriculum Connection
D1.2

Cannabis and the Law

Direction Read each sentence and choose the correct word from the word bank.

1)	In Ontario, you must be at least _____ years old to buy cannabis legally.
2)	Can[illegible]bis became legal in Canada in the year _____.
3)	[illegible]d [illegible]f cannabis in Canada is regulated by the _____.
4)	Buying c[illegible] from [illegible]zed sellers is part of the _____ [illegible]rk.
5)	Cannabis can affect yo[illegible] [illegible]p[illegible]ent if used during adolescence.
6)	Edibles take longer to affect you becaus[illegible]y go through your _____ system.
7)	Mixing cannabis with _____ can increase impairment and risks.
8)	Legal cannabis must be purchased from approved _____.
9)	In some provinces, the legal age to buy cannabis is _____ years old.
10)	Using cannabis regularly may lead to _____.

a	2015
b	brain
c	dependence
d	lungs
e	18
f	2018
g	digestive
h	19
i	tobacco
j	licensed stores
k	21
l	[illegible]ol
m	[illegible]eral [illegible]ernment
n	illegal
o	private dealers
p	nervous
q	2020
r	black
s	provincial government





PREVIEW

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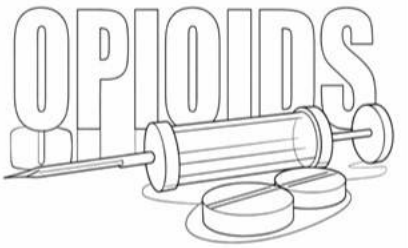
Name: _____ 35

Curriculum Connection
D1.2

What Are Opioids?

What are Opioids?



Opioids are a group of drugs that are derived from poppy plants and are used to relieve pain. Opioids work by binding to opioid receptors in the brain, spinal cord, and other parts of the body to blo the sensation of pain. Opioids are narcotics that make peo umb and different. This is because they have psychoactive properties.

The ypes of opioids: natural opioids and synthetic opioids. Natural opioid made f a substance that is taken from the poppy plant. Synthetic opioids are ma s th chemically similar to natural opioids.

PREVIEW

Natural Opioids

Morphine: Morphine is a p pioid ed to relieve moderate to severe pain. It is often used after surgery, dur ildb age pain in cancer patients. Heroin is made from morphine that has hemic nged making it semi-synthetic.

Codeine: Codeine is a milder opioid that is often u o r derate pain and to reduce coughing. It is commonly found in combinatio er m ons, such as acetaminophen or ibuprofen. It should still be taken with cau .

Synthetic Opioids

Fentanyl: Fentanyl is a powerful synthetic opioid that is used to relieve sev e pain, such as the pain associated with cancer or surgery. It is up to 100 times more potent than morphine.

Oxycodone: Oxycodone is a synthetic opioid that is used to relieve moderate to severe pain. It is often used in combination with acetaminophen or ibuprofen.

Methadone: Methadone is a synthetic opioid that is used to treat opioid addiction. It is used to reduce withdrawal symptoms and to help people overcome their addiction to other opioids.

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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Opioids can be made naturally or synthetically	True	False
2) A synthetic drug can be found in nature	True	False
3) Heroin is a semi-synthetic drug made from morphine	True	False
4) Methadone is used with people to treat their addiction to other opioids	True	False
5) Codeine [illegible] take because it isn't as strong as morphine	True	False

Questi[illegible]

[illegible] questions below using evidence from the text

1) What are opioids [illegible] are [illegible]

2) What is the difference between natural and sy[illegible] opi[illegible]

PREVIEW

Opinion

All opioids are dangerous. However, which type do you think might be more dangerous – natural or synthetic? Explain your thinking.

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Curriculum Connection
D1.2

Prescription Opioids

Legal Opioids

Opioids are medications that relieve pain. Opioids affect your mood and mental processes and can give you a feeling of euphoria or a "high". Legal opioids are prescribed by your doctor to treat pain from medical conditions. Legally prescribed opioids taken for a short period of time can be helpful. If you take them for a longer time, you may become dependent on them.

Illegal Opioids

Illegal opioids are drugs that are made, shared or sold illegally.

Illegal opioids include:

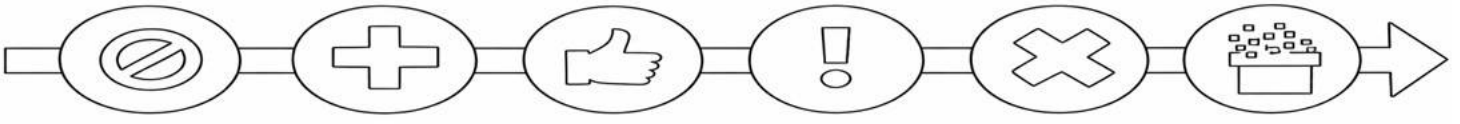
- Street drugs from drug dealers for pain
- Opioids given to you by someone who is not your health care provider
- Opioids that are taken from someone else without a prescription for them

It is illegal to have opioids without a prescription or to share them with someone, even if you give them away.

PREVIEW

Short-term Effects	Long-term
☒ Drowsiness	☒ Increased Tolerance
☒ Constipation	☒ Addiction
☒ Difficulty Breathing	☒ Liver Damage
☒ Headaches and Confusion	☒ Infertility in Women

Substance Use Continuum



No Use

Beneficial Use
e.g. use under medical supervision.

Non-Problematic
e.g. use without any physical or mental health impacts.

Problematic Use
e.g. patterns and types of use that have a higher risk of physical and mental health impacts.

Potentially Harmful
e.g. episodic use that can and may be leading to harmful impacts.

Substance Use Disorder

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Name: _____ 40

Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Opioids are medicines that relieve pain.	True	False
2) Opioids that are not obtained by a prescription are illegal opioids.	True	False
3) Everyone who uses opioids has an addiction.	True	False
4) It is alright to give someone one of your painkillers if they need it.	True	False
5) Long te[illegible] opioids can lead to liver damage.	True	False

Making C[illegible]ection[illegible]

[illegible]n drugs the doctor prescribes for you lead to an addiction?

PREVIEW

Questions

Answer the questions below using evi[illegible]fro[illegible]

1) What are the short-term side effects of opioid use?

2) What are the long-term side effects of opioid use?

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Curriculum Connection
D1.2

Legal or Illegal

Write L if the use is LEGAL and I if the use is ILLEGAL.

#	Situations	Legal or Illegal
1	A doctor prescribes morphine to a patient after surgery for severe pain.	Legal
2	A student takes oxycodone that was prescribed to their parent.	Illegal
3	A ca[illegible] patient uses fentanyl patches prescribed by a doctor.	Legal
4	So[illegible]ys heroin from a street dealer.	Illegal
5	[illegible]ir doctor's instructions when taking codeine for [illegible].	Legal
6	A perso[illegible] don[illegible]ts without a prescription.	Illegal
7	A patient tak[illegible]re pa[illegible] than prescribed because the pain feels worse.	Illegal
8	A pharmacy dispenses [illegible]ne [illegible]a[illegible]prescription.	Legal
9	Someone mixes prescription opio[illegible] alcoh[illegible]recreational use.	Illegal
10	A recovering patient takes methadone under [illegible]cal [illegible]ision in a clinic.	Legal
11	A patient shares leftover prescription pain m[illegible] a fri[illegible]	Illegal
12	A hospital gives fentanyl to a patient during surgery.	[illegible]egal
13	A person continues using opioids after the prescription has ex[illegible] without consulting a doctor.	[illegible]egal
14	A pharmacist refuses to give opioids without a prescription.	Legal
15	Someone crushes prescription pills to inject them for a stronger effect.	Illegal
16	A patient stores prescribed opioids safely at home.	Legal
17	A teenager buys oxycodone online without a prescription.	Illegal
18	A patient uses opioids exactly as directed by their healthcare provider.	Legal
19	A person steals prescription opioids from a family member.	Illegal
20	A clinic provides supervised methadone treatment for addiction recovery.	Legal

PREVIEW

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Curriculum Connection
D1.2

Fentanyl

What is Fentanyl?

Fentanyl is a prescription medication that is 100 times stronger than morphine. It is usually prescribed for people suffering from severe pain. It is manufactured under strict guidelines and should only be used under medical supervision.

Illegal Fen

Sometim ced fentanyl patches are sold illegally to young people. Fentanyl is also uced ill anada and is smuggled in from other countries. Illegally produced fenta nge because it is hard to know how strong the dose is. As little as the size o ns of a lethal dose. Illegally produced fentanyl is found in counterfeit pill into o gal drugs including, heroin, cocaine and ecstasy. A person buying illeg m ot hey are using fentanyl.

PREVIEW



Opioid Crisis in Canada

In Canada there were 7560 opioid related deaths in 2021. This is approximately 21 deaths per day. 94% of these deaths are the result of accidental overdose. Young people between the ages of 15 to 24 are the fastest growing population requiring hospital care from opioid overdose. The number of opioid deaths is growing because street drugs are tainted with fentanyl.

Prescription Opioid Misuse

Prescription opioid misuse is taking prescription opioids without having a prescription. It is the 4th most used drug among Ontario teens behind, alcohol, cannabis and e-cigarettes. 59% of students who said they misused prescription opioids said they took them from someone living in their home.

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Name: _____ 44

Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Fentanyl is not a prescription opioid, it is a street drug.	True	False
2) Misuse of prescription opioids is not common.	True	False
3) Fentanyl is 100 times more potent than morphine.	True	False
4) In Canada, 21 people die each day of opioid overdose.	True	False
5) A dose of fentanyl the size of 2 grains of salt can be fatal.	True	False

PREVIEW

Question

Why is fentanyl a dangerous drug?

Cause and Effect

Write C if it shows a *cause* and E if it shows an *effect* of fentanyl or opioid misuse.

	A person takes a pill without knowing it contains fentanyl		A very small dose enters the body.
	The person's breathing becomes very slow.		The heart and breathing slow down.
	Someone misuses prescription opioids.		The person turns blue or purple at the lips.
	The person cannot be woken up.		Opioids affect the part of the brain that controls breathing.
	Fentanyl is mixed into street drugs.		An overdose happens.

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Curriculum Connection
D1.2

Activity – Fentanyl Awareness Jeopardy

Objective What are we learning about?

To understand what fentanyl is, its legal medical use, and the dangers of illegal fentanyl and opioid misuse.

Materials What will you need for the activity?



- F[illegible] pa[illegible] uestion Board
- W[illegible] oard o[illegible]
- Marker or [illegible]
- Scoreboa[illegible]
- Timer (30 seco[illegible] per [illegible]

Instructions How will you [illegible] ete[illegible]

1. Put students into groups of 3–4.
2. Show the Fentanyl Jeopardy Question B[illegible]
3. Explain that questions are worth 1, 2, 3, or 4 po[illegible]
4. Groups take turns choosing a question.
5. The teacher reads the question aloud.
6. Groups discuss quietly and give one final answer.
7. They have 30 seconds to respond.
8. Correct answers earn points. Incorrect answers receive clarification.
9. Continue until all questions are answered.
10. The group with the highest score wins.
11. End with one safety takeaway about fentanyl.

PREVIEW

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Curriculum Connection
D1.2

Jeopardy Use the jeopardy questions below.

1 Point	2 Points	3 Points	4 Points
What is fentanyl? **Answer:** A strong prescripti[illegible]opioid.	Why is illegally produced fentanyl dangerous? **Answer:** The dose is unknown and can be lethal.	Why are young people ages 15–24 at higher risk? **Answer:** They are a fast-growing group affected by overdoses.	What is the difference between legal and illegal fentanyl use? **Answer:** Legal is prescribed; illegal is not.
How [illegible] is fen[illegible]yl tha[illegible] morphin[illegible] **Answer:** About 100 times stronger.	[illegible] can happen if [illegible]neo[illegible]e takes fe[illegible] acci[illegible] A[illegible] overdos[illegible]	Why might someone not know they are taking fentanyl? **Answer:** It is mixed into counterfeit pills [illegible] other drugs.	Why is illegal fentanyl more dangerous? **Answer:** The dose is unknown.
Is fentanyl legal when prescribed by a doctor? **Answer:** Yes.	What does prescription op[illegible] misuse mean? **Answer:** Taking opioids without a prescription.	[illegible]akes fenta[illegible] doses com[illegible]n C[illegible]? **[illegible]er:** drugs [illegible]d with fe[illegible]	Why can a tiny amount of fentanyl be deadly? **[illegible]wer:** It is very [illegible]strong.
What is one example of a legal fentanyl form? **Answer:** Fentanyl patch.	Where do many teens get misused prescription opioids? **Answer:** From someone at home.	What is the main cause of opioid-related deaths? **Answer:** Accidental overdose.	[illegible]d m[illegible] serious [illegible]oblem? **Answer:** It causes overdose and death.
What should fentanyl always be used under? **Answer:** Medical supervision.	What is often mixed with illegal fentanyl? **Answer:** Other street drugs like heroin or cocaine.	Why must fentanyl be manufactured under strict guidelines? **Answer:** Because small amounts can be lethal.	How can prescription misuse be prevented? **Answer:** Only take your own prescription.

PREVIEW

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Curriculum Connection
D1.2

Opioids – Withdrawal Symptoms

What Are Withdrawal Symptoms?

Withdrawal symptoms means someone is physically dependent to a drug. Their body now needs the drug to feel normal. When a person becomes physically dependent to a substance, their body changes to the presence of the drug and adjusts its own chemistry to compen for its effects.

If the uddenly removed or the intake is significantly reduced, the body may have its normal state, which can lead to withdrawal symptoms.

PREVIEW

Opioid Withdraw s

Opioid withdraw oms c hen someone has been using opioids for a long period of time, or ever te p se if the drug was taken in large doses. Opioid withdrawal symptom in d duration, but they can be uncomfortable and sometimes se ere. C ym of opioid withdrawal include:

- ✓ Nausea and vomiting
- ✓ Diarrhea
- ✓ Abdominal cramps
- ✓ Sweating and chills
- ✓ Agitation and anxiety
- ✓ Muscle aches and pains
- ✓ Rapid heart rate and high blood pressure
- ✓ Insomnia – not able to sleep
- ✓ Yawning



It is important to note that opioid withdrawal is not life-threatening, but it can be uncomfortable and distressing. Methadone is an opioid that is commonly given to opioid addicts to replace other opioids, like heroin or oxytocin. When addicts switch to methadone, they don't feel withdrawal symptoms as they are still using an opioid. When they stop using methadone, there are no withdrawal symptoms.

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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Once addicting to opioids, it is easy to stop taking them	True	False
2) When opioids are taken, your body can become dependent on them	True	False
3) An opioid addict needs opioids to feel normal	True	False
4) There are a lot of withdrawal symptoms from stopping methadone	True	False
5) You can[illegible]e dependent on opioids unless you take them for a long tim[illegible]	True	False

Explain

W[illegible]ra[illegible]l symptoms do you think would be the worst?

Questions

Answer the questions below using ev[illegible]ro[illegible]

1) What are withdrawal symptoms? Why do addicts feel them?

2) Why is it important to not ever get addicted to opioids?

PREVIEW

Name: _____ 51

Curriculum Connection
D1.2

What Are Stimulants?

What are Stimulants?

Stimulants are a class of drugs that increase alertness, attention, and energy. They work by increasing the activity of certain neurotransmitters in the brain, such as dopamine and norepinephrine, which can produce feelings of alertness, focus, and pleasure.

Stimulants are commonly used to treat conditions such as attention deficit hyperactivity disorder (ADHD) and narcolepsy, and they can also be used recreationally for their mood-enhancing and energizing effects.

However, stimulants can also have negative consequences when used recreationally or in large doses. They can cause negative effects such as increased heart rate, high blood pressure, anxiety, and insomnia. They can also lead to addiction and other mental health problems.



Caffeine is a stimulant. It is the most commonly used psychoactive substance. A psychoactive substance is a substance that changes how our brain works. Caffeine can be found in coffee, tea, and soft drinks.

Ecstasy (MDMA) is a commonly used stimulant. It is a tablet that is usually in pill form. It increases the sensations people have on the drug.

PREVIEW

Examples of stimulants include:

Amphetamines: Amphetamines are a group of drugs that are used to treat ADHD and narcolepsy. They can also be used recreationally for their mood-enhancing and energizing effects. Examples of amphetamines include Adderall and Ritalin.

Cocaine: Cocaine is a powerful stimulant that is often used recreationally for its euphoric and energizing effects. It is a highly addictive drug and can have serious negative consequences when misused or taken in large doses.

Methamphetamine: Methamphetamine is a stimulant drug that is often used recreationally for its mood-enhancing and energizing effects. Ecstasy (MDMA) is made of part methamphetamine and part mescaline, which is a hallucinogen.

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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Caffeine is a stimulant	True	False
2) Stimulants increase alertness, attention and energy	True	False
3) Caffeine is only found in coffee	True	False
4) Cocaine is a depressant	True	False
5) Ecstasy [illegible]arily a stimulant with part hallucinogen	True	False

Helpf[illegible] Harmfu[illegible]

[illegible]hows a *helpful medical use* of stimulants and Harm if it [illegible]hows [illegible]*al or harmful use*.

1) A doctor prescri[illegible]edicat[illegible] someone with ADHD focus.	
2) Someone takes pills to [illegible]va[illegible]e all [illegible]un.	
3) A patient uses medication for [illegible]cole[illegible]	
4) A person uses cocaine at a party.	
5) A student drinks too many energy drinks to fe[illegible]ed."	

Questions

Answer the questions below using evidence [illegible]the[illegible]

1) What are stimulants? How do they make you feel?

2) Why would doctors prescribe stimulants? How do they help some people?

PREVIEW

Name: _____ 53

Curriculum Connection
D1.2

Scenario: Liam has been feeling overwhelmed with schoolwork and basketball practice. He has not been sleeping well and feels exhausted during the day. One afternoon, an older student tells him they have a pill that helps people feel more awake and focused. The student says, "It's no big deal. It just gives you energy and helps you concentrate."

Liam knows the pill is a stimulant drug and is not prescribed to him, but he is worried about falling behind in school and letting his team down.



Triggering Event (What caused the person to use a stimulant?)

_____

_____

_____

_____

Negative / Risk Thoughts (What thoughts happen before or during use?)

_____

_____

_____

_____





Emotional Response (What emotions occur?)

_____

_____

_____

_____

Physical Symptoms (How does the body react?)

_____

_____

_____

_____





Behavioural Response (What actions happen next?)

_____

_____

_____

PREVIEW

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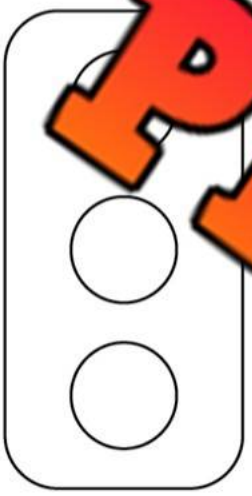
Curriculum Connection
D1.2

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Colour the light that matches how you feel after today's lesson.



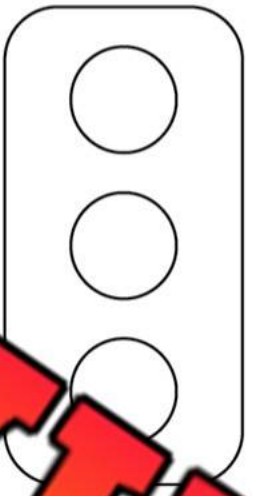
Stop! I don't understand.

Slow down! I need more help.

Go ahead! I understand it.

Name: _____

Colour the light that matches how you feel after today's lesson.



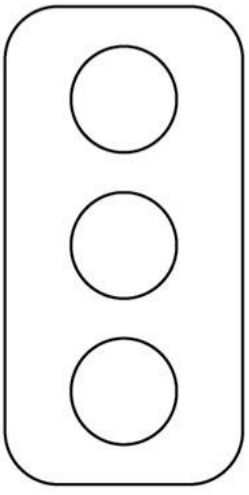
Stop! I don't understand.

Slow down! I need more help.

Go ahead! I understand it.

Name: _____

Colour the light that matches how you feel after today's lesson.



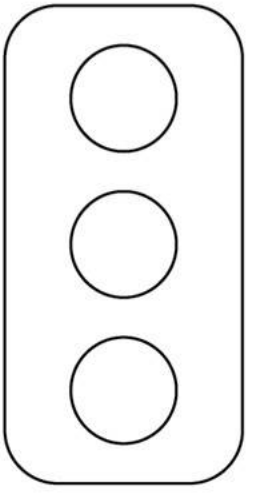
Stop! I don't understand.

Slow down! I need more help.

Go ahead! I understand it.

Name: _____

Colour the light that matches how you feel after today's lesson.



Stop! I don't understand.

Slow down! I need more help.

Go ahead! I understand it.

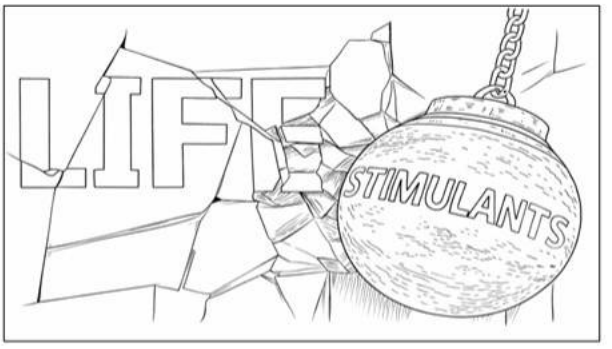
PREVIEW

Name: _____ 55

Curriculum Connection
D1.2

Negative Effects of Using Stimulants

Negative Effects of Using Stimulants



Stimulants are a class of drugs that increase alertness, attention, and energy by increasing the activity of certain neurotransmitters in the brain. While they can have beneficial effects when used [illegible]cted by a healthcare provider, stimulan[illegible] negative consequences when used recreationally or in large dose[illegible]

PREVIEW

Some of the n[illegible]e[illegible]ts of [illegible]timulants include:

☒ **Increased heart [illegible]and[illegible]**: Stimulants can cause an increase in heart rate and blood pressu[illegible]an p[illegible]n the cardiovascular system and increase the risk of heart att[illegible]or s[illegible]

☒ **Agitation and anxiety**: Stimulants ca[illegible]use feel[illegible]of a[illegible]on and anxiety, which can lead to behavior that is reckless or dangero[illegible]

☒ **Insomnia**: Stimulants can interfere with sleep and [illegible]nsomnia,[illegible]can lead to fatigue and other problems.

☒ **Addiction**: Stimulants are addictive. Long-term use can lead to p[illegible]c[illegible]dence. This means addicts will struggle to quit as they feel withdrawal sympt[illegible]

☒ **Mental health problems**: Stimulant use can exacerbate existing mental health problems or cause new ones to develop, such as paranoia, psychosis, and depression.

It is important to be aware of the risks associated with stimulant use and to avoid using them recreationally. According to the Canadian Centre on Substance Use and Addiction (CCSA), there were an estimated 12,000 hospitalizations in Canada in 2018 related to stimulant use. This includes hospitalizations for conditions such as acute intoxication, overdose, and mental and behavioral disorders related to stimulant use.

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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Stimulants can increase your heart rate and blood pressure	True	False
2) Anxious people will feel even more anxiety when using stimulants	True	False
3) Stimulants are not addictive	True	False
4) Stimulants can help people sleep	True	False
5) You can become hospitalized after using stimulants, even after one use	True	False

Questions

three questions you have after reading the text

1)	
2)	
3)	

Questions

Answer the questions below using evidence from the text

1) Why should you never take a stimulant without a prescription?

2) Is it okay to take a friend's prescription stimulant?

PREVIEW

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Curriculum Connection
D1.2

Choosing Safe Decisions – Stimulant Awareness

The choices we make about substances can have a major impact on our health and well-being. It is important to understand how stimulants affect the body and mind.

Action Plan

Learn about the negative effects of stimulant use. Complete the chart below by identifying different stimulants and their possible harmful effects. Consider how these effects impact physical health, mental health, and behaviour.

Stimu	ort-Term Effects	Long-Term / Serious Risks
Caffeine		
Cocaine		
Meth-amphetamine		
MDMA (Ecstasy)		
Prescription stimulants (misused)		

PREVIEW

Name: _____ 62

Curriculum Connection
D1.2

What are Depressants?

What are Depressants?



Depressants are a class of drugs that work by slowing down the activity of the central nervous system. They are also known as sedatives or tranquilizers and are often used to treat anxiety, ins[illegible]ia, and other conditions that involve increased [illegible]arousal or tension.

[illegible]increasing the activity of neurotransmitters in the brain that have a c[illegible]ing eff[illegible]s GABA (gamma-aminobutyric acid). This leads to a reduction in anxiety and [illegible]eeling[illegible]xation and calm.

Depressant dru[illegible]n be [illegible]iected, or inhaled, and the effects typically begin within a few minute[illegible]hour aft[illegible]e duration of the effects can vary depending on the specific drug [illegible]ne d[illegible]

It is important to note that depress[illegible]ugs can[illegible]egative consequences when used recreationally or in large doses. They can ca[illegible]de eff[illegible]h as drowsiness, dizziness, and impaired judgment, and they can a[illegible]ad t[illegible]other mental health problems.

PREVIEW

Examples of Depressants

Some common types of depressant drugs include:

- Benzodiazepines: Benzodiazepines are a type of prescription medication that is commonly used to treat anxiety and insomnia. Examples include Valium and Xanax.
- Barbiturates: Barbiturates are a type of prescription medication that is used to treat anxiety, insomnia, and epilepsy. They are generally less commonly used than benzodiazepines due to their potential for abuse and overdose.
- Alcohol: Alcohol is a legal depressant that is widely used. However, excessive alcohol use can lead to addiction and other negative consequences.

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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Alcohol is a depressant	True	False
2) Depressants can cause drowsiness, dizziness, and impaired judgment	True	False
3) Depressants can be used to make people more alert	True	False
4) Depressants can help people with insomnia	True	False
5) Example[illegible]epressants include Valium and Xanax	True	False

Visuali[illegible]

[illegible] were picturing while you were reading. Explain the picture



Questions

Answer the questions below using ev[illegible]

1) What are depressants? What do they do to the body?

2) Why do people use depressants?

PREVIEW

Name: _____ 64

Curriculum Connection
D1.2

Activity – Which Type of Drug?

Identify Circle which type of drug it is. Some drugs may be two types.

1) Cocaine	Stimulant	Depressant	Hallucinogen	Opioid
2) Alcohol	Stimulant	Depressant	Hallucinogen	Opioid
3) Canna	Stimulant	Depressant	Hallucinogen	Opioid
4) Hero	Stimulant	Depressant	Hallucinogen	Opioid
5) Mushrooms	S	Depressant	Hallucinogen	Opioid
6) LSD (Acid)	nt	ant	Hallucinogen	Opioid
7) Crack	Stimulant	Depres	llucinogen	Opioid
8) Fentanyl	Stimulant	Dep nt	n	Opioid
9) Ecstasy	Stimulant	Depressant	cin	ioid
10) OxyContin	Stimulant	Depressant	Halluci ge	pioid
11) Crystal Meth	Stimulant	Depressant	Hallucinogen	Opioid
12) Peyote	Stimulant	Depressant	Hallucinogen	Opioid
13) Percocet	Stimulant	Depressant	Hallucinogen	Opioid
14) Ketamine	Stimulant	Depressant	Hallucinogen	Opioid
15) Angel Dust	Stimulant	Depressant	Hallucinogen	Opioid

PREVIEW

Curriculum Connection
D1.2

Intoxicating Substances

Intoxicating Substances

Intoxicating substances are substances that can alter a person's mental state, typically by affecting the brain. Examples of intoxicating substances include alcohol, drugs such as marijuana and opioids, and some medications. Inhalants are another type of intoxicating substance. Inhalants include:

- Gasoli
- Pain
- G
- Acetone
- Hair spray
- Lighter fluid
- Felt tipped markers



PREVIEW

Most inhalants have a legitimate use an ly ble in stores. Most of these products are highly flammable and com d with ess f a cigarette can cause burns.

Effects of Using Inhalants

Sniffing glue or gasoline, is also called huffing, and can hav ge cts on the body. These substances can cause dizziness, nausea, and headac pair a person's ability to think and make decisions. Inhaling these substances so damage the heart, lungs, and central nervous system. Prolonged use can lead to addiction and can even be fatal. Some people sniff inhalants from a plastic bag. Sometimes they pass out with the bag still over their face and end up suffocating.

Sudden Sniffing Death

Sudden Sniffing Death (SSD) happens when the heart stops beating after someone uses an inhalant. Inhalants stop the heart from getting oxygen. Without oxygen the heart beats unevenly and sometimes stops. Any inhalant can cause SSD, but it happens most often with butane, propane and aerosols.

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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Some household products can be dangerous if inhaled.	True	False
2) Inhalants are safe since you can buy them legally.	True	False
3) Inhalants can cause damage to your organs.	True	False
4) Sniffing glue is harmless.	True	False
5) Huffing i[illegible] addictive.	True	False

Que[illegible]

[illegible]te three questions you have after reading the text

1)	
2)	
3)	

PREVIEW

Questions

Answer the questions below using ev[illegible]ro[illegible]

1) What are the side effects caused by using inhalants?

2) What is SSD?

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Curriculum Connection
D1.2

Vaping

What is Vaping

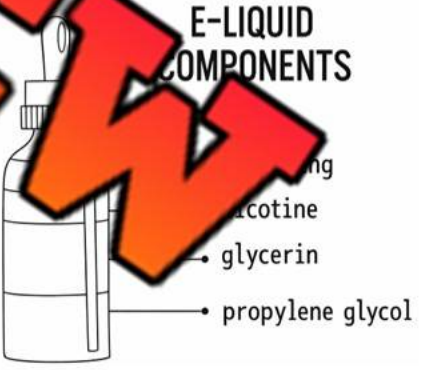
Vaping is otherwise known as electronic cigarettes or e-cigarettes. Vapes use a battery, a heating element and a liquid containing cartridge to create a vapour that is inhaled. There are different types. Some are disposable some are reusable. Some vapes look like a cigarette and some look like a flash drive. Initially marketed as a safer alternative to smoking, E[illegible]ettes, do not contain tobacco, but they often contain nicotine, the addictive [illegible] tobacco.

[illegible]ive and can harm brain development. Because of the nicotine in e-cigar[illegible]e a[illegible]icted to them very quickly. Vaping may lead young people to smok[illegible]o and [illegible]Vape devices appeal to youth because of colourful packaging a[illegible]rs. In Ontario you must be 19 years old to purchase products contain[illegible]e.

PREVIEW

Effects of Nicotine

When smoked nicotine is absorbed through the lun[illegible]d int[illegible]loodstream. It can take as little as 10 seconds to reach your brain. Nico[illegible]uses [illegible]o



- Feel good, energized and calm
- It increases your blood pressure and heart rate
- Decreases body temperature
- Alters brain waves and relaxes muscles
- It causes coughing, dizziness and dry irritated throat
- It causes nausea, weakness, stomach cramps and headache
- It paralyses cilia in the lungs, that clean dirt and germs out of the lungs, causing more colds, flu, bronchitis and other diseases

Chronic exposure to nicotine affects brain development in people under 25. This can permanently, negatively affect a person's thinking, reasoning, and behaviour, including memory and attention. Electronic cigarettes can contain heavy metals, including, nickel, tin and lead, that can cause damage to your lungs.

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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Vaping is harmless.	True	False
2) Fruit and candy flavoured vaping products are marketed to youth.	True	False
3) Most vaping products contain nicotine.	True	False
4) Vaping is not addictive.	True	False
5) Vaping h r brain develop because it makes you alert.	True	False

Making Connections

do you think manufacturers add nicotine to e-cigarettes?

Questions

Answer the questions below using evi fro

1) What are some of the effects of using nicotine?

2) Why is ingesting nicotine so harmful for young people?

PREVIEW

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Curriculum Connection
D1.2

Make The Healthy Choice

Read each situation carefully. Decide if the action is a Healthy Choice or an Unhealthy Choice. If it is a healthy choice explain why. If its not healthy explain what the person should do to make a safer decision.

Scenario	Healthy or Unhealthy?	Explanation
A student tries vaping because t friends say it is cool.		
Some efuse a and chooses t		
A teen vapes to deal th stress instead of talking a trusted adult.		
A student encourages friends to stay vape-free.		
Someone hides their vaping habit from their family.		
A friend offers a vape, and the student confidently says no.		
A teen believes vaping is harmless without learning the facts.		
A student joins sports to avoid peer pressure.		

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Curriculum Connection
D1.2

Drug Overdose

Drug Overdose

Opioid misuse is very dangerous and can even be deadly. Misuse of opioids is common among young people. The risk of overdose is high. Fentanyl is a very dangerous drug because it is so strong that even a few grains can kill. Fentanyl is also dangerous because it is often f[illegible]d in street drugs. It is hard to tell if a powder or pill has fentanyl in it because y[illegible]t see it or taste it. Often people think they are buying heroin and they do no[illegible]. A very small dose of fentanyl can kill you.

PREVIEW

What are the S[illegible] of [illegible]verdo[illegible]

Opioids slow down [illegible]rt of [illegible] controls breathing.

Signs of an overdose incl[illegible]

- The person cannot be woke[illegible]
- Their breathing is slow or has stopp[illegible]
- They are making snoring or gurgling sounds
- Their body is limp
- Their fingernails and lips turn blue or purple
- Their pupils are tiny, or eyes are rolled back



If you see someone you think may have overdosed call 911 and use a naloxone kit.

What is Naloxone?

Naloxone is a medication that can temporarily stop or reverse an opioid overdose. If it is given quickly after an overdose, the person will begin to breathe again. The effects of naloxone are shorter lasting than the effect of opioids, so in the case of an overdose, the person still needs to go to the hospital. Naloxone gives the person the time needed to get treatment.

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Curriculum Connection
D1.2

True or False

Is the statement true or false?

1) Opioid misuse can lead to death from an overdose.	True	False
2) You cannot taste or see fentanyl in street drugs.	True	False
3) Naloxone is a cure for overdose.	True	False
4) Opioid use affects the part of the brain that controls breathing.	True	False
5) Taking o[illegible]people's prescription opioids is not dangerous.	True	False

Healt[illegible]

[illegible]ve health risks of a drug overdose.

1	
2	
3	
4	
5	

PREVIEW

Questions

Answer the questions below using evide[illegible]om

1) Why is fentanyl so dangerous?

_____

_____

_____

2) What are the symptoms of a drug overdose?

_____

_____

_____

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Curriculum Connection
D1.2

Activity: Overdose Awareness Circle

Objective What are we learning about?

Students will identify the signs of an opioid overdose and practise responding appropriately in a safe and responsible way.

Materials What will you need for the activity?

- Slips of
- Pens or pen
- Drug Ove matic t
- Whiteboard (al)



Instructions How will y ple ity?

1. Ask students to sit in a circle so yone c o another. Explain that the goal of the activity is to increase awar s abo id overdose signs and safe responses.

2. Give each student one small slip of paper. Ask t rite ign of an opioid overdose from the lesson (for example: slow athi woken up, blue lips, tiny pupils, limp body, gurgling sounds

3. Once everyone has finished writing, collect all the slips of pape shuffle them.

4. Redistribute one slip of paper to each student. Each student will read the sign silently and think about what action should be taken if they see that sign.

5. Go around the circle. Each student reads the sign aloud and states one correct response (for example: call 911, use naloxone, stay with the person, do not leave them alone).

6. End the activity with a short discussion about why recognizing overdose signs quickly can save a life and why naloxone is important in emergency situations.

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D1.2

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Check the actions that help keep someone safe during a possible drug overdose.

	Call 911 immediately
	Use a naloxone kit if available
	Stay with the person until help arrives
	Check if the person is breathing
	Leave the person alone to sleep it off

Name: _____

Check the actions that help keep someone safe during a possible drug overdose.

	Call 911 immediately
	Use a naloxone kit if available
	Stay with the person until help arrives
	Check if the person is breathing
	Leave the person alone to sleep it off

Name: _____

Check the actions that help keep someone safe during a possible drug overdose.

	Call 911 immediately
	Use a naloxone kit if available
	Stay with the person until help arrives
	Check if the person is breathing
	Leave the person alone to sleep it off

PREVIEW

Name: _____ 80

Curriculum Connection
D2.4

Peer Pressure

What is a Peer

A peer is a person who is close to you in age. Your peers have similar interests and experiences to yours.

What is Peer Pressure

Peer pressure is the feeling that you must do the same thing as people who are your peers, so that they will like and include you in their group. Peer pressure can be negative or positive. For example, positive peer pressure is when you have friends who want to do well in school, who encourage you to study for tests and have their homework done. In order to fit in, you may feel you should study harder, and make sure you have your homework done, so you will fit in with your friends. You create positive peer pressure by always doing what you know is right.

PREVIEW

Negative Peer Pressure

Negative peer pressure is when you feel pressure to do something you know does not feel right, either because it is dangerous, or is damaging yourself or others. Examples of negative peer pressure are pressure to:



- bully others
- try cigarettes or vaping
- skip school
- steal
- try alcohol



How to Avoid Peer Pressure

1. Know what is right. Respect your family values and do the right thing. Pay attention to what your gut is telling you, and trust your feelings by saying no.
2. Be selective about your friendships. Choose friends with shared values.
3. Be confident in yourself. When you say no, mean it.
4. Plan ahead, think about what you will say and do if you are being pressured.
5. Get support from a trusted adult.

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Curriculum Connection
D2.4

True or False

Is the statement true or false?

1) Peer pressure can be negative or positive.	True	False
2) You can avoid peer pressure by choosing friends with shared values.	True	False
3) A peer is someone similar to you in age and experiences.	True	False
4) Negative peer pressure is when someone tries to influence you to do something that makes you feel uncomfortable.	True	False
5) Negative pressure is a normal part of growing up so there is nothing you can do about it.	True	False

PREVIEW

Making Connections

Describe a time you experienced either positive or negative peer pressure.

Questions

Write 2 examples of rules or values your family has, that you experience peer pressure to break. How would you handle the peer pressure?

1)	
2)	

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Curriculum Connection
D2.4

Refusal Skills

Overcoming Peer Pressure

Peer pressure is very common between the ages of 12 and 19 years of age. Youth give in to peer pressure because they want to fit in, they want to be liked, or they worry they will be bullied, if they do not go along with their peers. Some youth give in to peer pressure because they are curious about the activity they are being pressured to do, even when they feel the activity is wrong.

It is hard to overcome peer pressure, so it helps to be prepared for situations where you feel pressure. We can all practice refusal skills, so we are less likely to give in to peer pressure.



Refusal Skills

Refusal skills are things a person can say to show they will not be swayed by peer pressure. Refusal skills help us avoid risky behaviours. If you are dealing with peer pressure you can:

1. Say, "No thanks."
2. Give a reason not to do it that gets you away from the situation. "I have to go home." or blame your parents, say "I'll be grounded if I do ..."
3. Walk away. You do not need to stay and listen to someone trying to get you to do something that is not right for you. Say no and walk away.
4. Change the subject. You can say, "let's go play video games instead" or "let's get a snack, I'm hungry."
5. Use humour. You can say, "I need all my brain cells." or "No thanks that stuff will stunt my growth and give me yellow teeth."
6. Be a broken record, keep saying no until you can think of another way to get away.
7. Cold shoulder or ignore. Turn away and talk to someone else, as if you have not heard the suggestion.
8. Avoid going to places at times when you know there will be peer pressure.
9. Surround yourself with friends who make good choices.

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Curriculum Connection
D2.4

True or False

Is the statement true or false?

1) If you are being pressured by peers there is nothing you can do.	True	False
2) If you want to keep your friends you should give in to peer pressure.	True	False
3) When a situation is making us uncomfortable we should walk away.	True	False
4) We should practice refusal skills to avoid giving in to peer pressure.	True	False
5) It is a go[illegible]ea to blame your parents for you not doing something risky.	True	False

Activi[illegible]e [illegible]neer pressure situations

1)	
2)	
3)	

Skills

For each of the 3 situations above use a[illegible]t re[illegible]skill

1)	
2)	
3)	

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Curriculum Connection
D2.4

Activity – Using Different Refusal Skills

When you are asked to do something you don't want to do, it is helpful to have a response ready. Write responses for each scenario below using the different refusal methods.

Scenario	A friend asks you if you want to try marijuana tonight

Make a	
Mak	
Change the Subject	
Give a Reason (Fact or Statistic)	
Say No Firmly	

Scenario	A friend hands you a cigarette

Make a Joke	
Make an Excuse	
Change the Subject	
Give a Reason (Fact or Statistic)	
Say No Firmly	

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D2.4

Activity – Using Different Refusal Skills

Scenario	A friend says, "try this vape, everyone is doing it"

Make a Joke	
Make an E	
Ch **Su**	
Give a Reason (Fact or Statistic)	
Say No Firmly	

Scenario	A friend takes two beers fro parer o ey hand you one

Make a Joke	
Make an Excuse	
Change the Subject	
Give a Reason (Fact or Statistic)	
Say No Firmly	

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D2.4

Influences Affecting Substance Use

Social Influences that Affect Substance Use

What are some of the things that influence the choices you make? For most of us, family, friends, teachers and the media all affect our choices. Being aware of how you are influenced can help you make better choices

Media

We all see [illegible]n shows and movies, where all the fun revol[illegible] [illegible]cohol or using drugs. People who are [illegible]nking [illegible]d as having more fun, being more outgoing [illegible]. The [illegible]teens listen to often makes smoki[illegible]nabi[illegible]gs seem cool. The negative consequence[illegible] with [illegible]ealth issues, relationship breakdown, [illegible] be[illegible] shown in the same way.



Stress Relief

Often people who are stressed, drink alcohol or use [illegible] [illegible]When people use drugs and alcohol, their decision-making ability is imp[illegible]ten[illegible] to additional problems instead of relief.

Curiosity

It is natural for youth to be curious about drugs and other substances. They may be curious about the effects of drugs, how they are used, and why people use them. It is important for youth to understand the effects of taking drugs so they can make informed decisions about whether they will try them. If you are curious but want to avoid drugs, try:

- ❑ Talking to a trusted adult who can answer questions you may have about drugs
- ❑ Finding a hobby that will give you an alternative to trying drugs
- ❑ Surround yourself with people who do not use drugs and who aren't interested in them
- ❑ Learn more about the effects of drugs so that you stay away from them

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Curriculum Connection
D2.4

True or False

Is the statement true or false?

1) It is wrong to be curious about trying drugs	True	False
2) The media is always a positive influence.	True	False
3) Sometimes activities are presented in the media without showing negative consequences	True	False
4) Drinking alcohol is a great way to relieve stress.	True	False
5) Underage drinking is a serious health risk.	True	False

Connections

some of the places you see advertising everyday.

PREVIEW

Questions

Answer the questions below using from text.

1) What are the forms of media that have the most influence over yo an example.

2) What can you do if you are curious about trying drugs?

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Curriculum Connection
D2.4

Activity – Your Future Self

The decisions you make when you are young will affect who you will be when you are older. Using drugs as a teen has the following effects:

- ☒ **Addiction** – you could become addicted, making it possible that you continue to use the drug into adulthood
- ☒ **School problems** – you may not get the education you need to find a career
- ☒ **Health issues** – you are damaging your organs when using drugs, which could affect how l[illegible] live as an adult
- ☒ **Leg[illegible]s** – using illegal drugs could land you in legal trouble, like prison or [illegible]. Finding a job with a criminal record is difficult
- ☒ **Me[illegible] health** – [illegible]ing drugs can change the way your brain works, with the potential [illegible]nta[illegible]lth disorders that you will deal with forever
- ☒ **Family prob[illegible]** – [illegible]arent[illegible] members may not support your addiction. This can lead to fami[illegible]obl[illegible]n be cut-off from the family

Reflect Think about who you[illegible]t to [illegible]s might affect you getting there

1) List some careers below that you migh[illegible] want to [illegible]en [illegible]e older.

2) Can you have a criminal record if you are doing this job? [illegible].

3) Do you need to have an education to do this job? If so, how might doing drugs affect your education?

PREVIEW

Name: _____ 91

Curriculum Connection
D2.4

Reflect Think about who you want to be and how drugs might affect you getting there

4) How else could using drugs as a youth affect your ability to get the job you want?

5) Do [illegible] family when you are older?

6) How could using drugs [illegible] a family when you are older?

7) Where do you want to live when you are older? House, condo, ap[illegible]

8) How could using drugs affect your ability to live there when you are older?

PREVIEW

Name: _____ 95

Unit Test – Substances Use and Addiction

Multiple Choice | Circle the best answer. Only choose 1 answer!

1) Addiction affects : a) 10% of the population b) 14% of the population c) 21% of th lation d) 25% of	2. You can be addicted to: a) A behaviour b) Alcohol c) Drugs d) All of the above.
3. In erdose caused: a) 5 death per da b) 9 deaths per c) 21 deaths per day. d) 26 deaths per day.	4. Most teens who misuse prescription opioids: a) Bought them from a friend. b) Took them from a family member. c) Bought them from a drug dealer. e prescribed opioids by their doctor.
5. Peer pressure can be a) Hard to resist. b) Positive or negative. c) An influence to start you vaping. d)All of the above.	include: a) Hairs cetone b) , buta c) er fluid d) All of t
7. Naloxone is a substance that: a) Can cause overdose with just a small amount. b) Can temporarily stop an opioid overdose. c) Is a street drug. d) Is lethal if taken with other drugs.	8. Legal Opioids a) Codeine, crack, or m es. b) Obtained by a prescription. c) Pain medications that do not cause overdose. d) Not part of the opioid drug problem.
9. Refusal skills include: a) Saying thank you politely. b) Saying no and meaning it. c) Responding to invitations. d) All of the above.	10. Vaping is: a) Safe because it has no nicotine. b) Available in fruit flavours that are good for kids. c) Additive because of nicotine content. d) A healthy choice.

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Define What do the terms below mean?

Term	Definition – What does it mean?
Opioid	
Addiction	
Vaping	

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Short Answer Answer th… tio… el… …ach question is worth 3 marks

1) What are withdrawal symptoms? Why do people… …hem.

2) Why is fentanyl such a dangerous drug ?

3) What are the four types of drugs?

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Long Answer | Answer the questions below – Each question is worth 5 marks

1) How does the media influence choices to drink or take drugs?

2) If someone offers you a drug, what could you say to them? List 5 refusal skills you could try.

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