Learning Outcome: This activity allows youth to better understand the consequences of substance use.

Skills Taught: Critical thinking

Estimated Time: 10 to 15 minutes

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<th>Teaching Strategies</th>
<th>Resources</th>
<th>Special Considerations for COVID-19</th>
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| We know that substance use often co-occurs with poor mental health. It is important to have youth evaluate their own perceptions and understandings of drug use and to correct any misconceptions. | Suggested materials:  
- Flip chart paper, or white board, smart board or chalk board.  
- Flip chart or white board markers or chalk. | Teaching in Person, with Public Health Measures in Place:  
Ensure all students have a 2-metre distance from each other.  
Ensure students are wearing a mask, unless exempt. |
| The purpose of this activity is to help to have a group discussion about substance use and to get an understanding of your students’ perceptions around substances. While having the discussion, be open to the responses of everyone in the group, while also being prepared to correct any misinformation. | Ask your students the following questions (see YCO guide for possible answers):  
1. What do youth really think about drugs?  
2. Why do youth use substances?  
3. When is substance use problematic?  
4. When should you break codes of silence | Teaching Online:  
This activity can be done as a group during a google classroom meeting. The teacher can share their screen with their students to capture the ideas of the group during the group discussion period. |
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<tbody>
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<td><strong>about substance use?</strong></td>
<td><strong>5. Why do some youth not use substances?</strong></td>
<td><strong>Refer to the Youth Connections Ottawa guide for possible responses, key messages, additional information and ideas.</strong></td>
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