

Mental Health, Addictions, and Substance Use Health Prevention Toolkit

JK to Grade 12

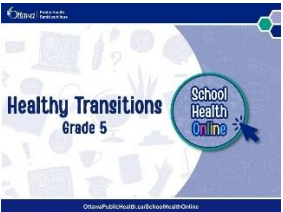
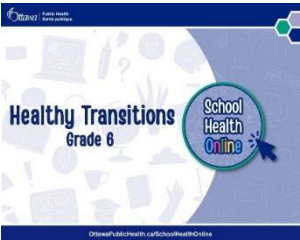
All resources are available in French and English unless otherwise specified. OPH will be reviewing this toolkit on a regular basis and make necessary updates as required.

Last Updated: June 2025

Resource supports – OPH

Resource/support	Target audience	Curriculum links ON Curriculum, Grades 1-8: HPE ON Curriculum, Grades 9-12: HPE
Mental Health Presentations/Resources		
Mindmasters 2: Resource Manual		
Mindmasters 2 is a mental health promotion program which helps children master their emotional regulation through relaxation, positive thinking, and mindfulness-based techniques.	JK/SK	Key components: - Belonging and contributing - Self-regulation and well being
	Grades 1 - 3	• A1. apply, to the best of their ability, a range of social-emotional learning skills
	Grade 1	• D1.5 Mental Health and overall health
	Grade 2	• D1.5 Body appreciation • D1.6 Body and Brain-responses and feelings • D2.5 Knowing when to seek help
	Grade 3	• D1.6 Brain stress response system
Playground Activity Leaders in Schools (PALS): Resource Manual		
Playground Activity Leaders in Schools (PALS) is a student leadership program for elementary schools, developed by Peel Region. It provides opportunities to help foster a sense of belonging and inclusion among students, while engaging them in physical activity in the school yard.	Grades 4-6	• D1.1 Benefits of inclusion, respect and acceptance • D2.3 Safe and positive interaction, conflict management

Healthy Transitions: Resource Manual

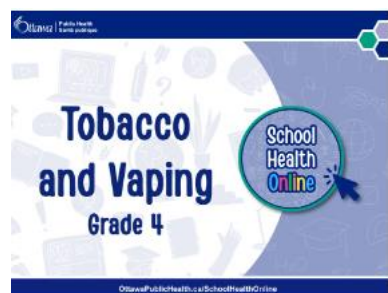
Healthy Transitions is a program designed to promote mental health in young adolescents while meeting expectations from the Ontario Curriculum. Through interactive activities, videos and group discussions, students will learn skills and attitudes important for positive mental health and resilience, including where and how to ask for help.	Grades 4-6	See grade specific expectations below
<u>Grade 4:</u> Session #1: Coping with Stress Session #2: Emotions and Stigma 	Grade 4	• A1.1 apply skills that help them identify and manage emotions • D2.5 Healthy choices to support mental health • D3.3 Stress management (cognitive, behavioral) • D2.6 How to help others. When to seek help (Grade 5) • D3.4 Stigma awareness (grade 5)
<u>Grade 5:</u> Session # 1: Emotions and Stigma 	Grade 5	• D1.1 – Supports • D2.6 - How to help others, when to seek help • D3.4 - Stigma awareness
<u>Grade 6:</u> Session #1: Thoughts, Feelings, Actions Session #2: Communication 	Grade 6	• A1.2 Apply skills to recognize sources of stress and to cope with challenges, including help-seeking behaviours • A1.4 Apply skills that help them build relationships, develop empathy, and communicate with others • D1.5 Connecting thoughts, emotions and actions • D2.3 Safe and positive social interaction, conflict management

Have That Talk Resources		
Have That Talk videos: • How To Talk About Your Mental Health • Reducing Stigma • Building Resilience • Building Social Connections Youth Activity Guide: Have THAT talk Have That Talk about Racism videos: • Have That Talk About Racism • How to be an Ally • What is Racism? Have THAT talk About Substance Use Health • Spectrum of Substance Use Health • Mental Health and Substance Use Health Services and Resources • People-First Language: Substance Use Disorder and Stigma	Grade 9 (PPL10)	• C3.2 Mental health concerns – warning signs and responses • C3.3 Responding to bullying/ harassment
	Grade 10 (PPL20)	• C1.1 Mental health – factors that enhance
	Grade 11 (PPL30)	• C1.3 Suicide – warning signs and prevention strategies • C1.4 Mental illness, addictions – causes, manifestations, and effects on personal health and well-being
	Grades 9 - 12	• C1.2 Effects on health and well-being (PPL20) • C2.2 Connections between substance use, addictive behaviour, and physical and mental health; making safer choices (PPL30) • C3.3 Risk factors and supports (PPL30)
Youth Connections Ottawa (YCO) – Peer to Peer Resource guide		
Youth Connections Ottawa (YCO) is a peer-to-peer program which aims to contribute to positive mental health and substance use health of Ottawa youth. YCO aims to meaningfully engage youth to enhance their knowledge of mental health and substance use health increase positive behaviours and strategies for wellbeing.	Grades 9 - 12	
Stigma		
Stigma: How You Can Impact Change E-Training Free bilingual course takes 30 minutes to complete, accessible through the StopoverdoseOttawa.ca website (and through Olearn). The course covers: • A definition of stigma • The mental health continuum and substance use health spectrum • How to prevent stigma	School staff, students, and parents	Grade 9: • C3.4 - Social influences; decision-making, communication skills. (PPL10) Grade 10: • C1.2 - Effects on health and well-being. (PPL20)

- Person-first language and examples for both mental health and substance use health - Community resources		
<u>People-First Language: Mental Health and Suicide Prevention Stigma</u>	School staff, students, and parents	N/A
<u>People-First Language: Substance Use Disorder and Stigma Fact Sheet</u> Using person-first language to talk about substance use ensures the person is seen as a person first, not as a specific health condition or behaviour.	School staff, students, and parents	N/A
<u>Health GAB</u>  Health Gab is an interactive activity based on the game MAD GAB. Students learn about Mental Health, Substance Use Health, resiliency, reducing stigma and promoting wellbeing. This game is played using an interactive PowerPoint presentation and includes a facilitation guide.	Grades 9 - 12	- C1.1 Connection to holistic health, physical, mental, emotional, spiritual (PPL10) - C1.1 Mental Health – factors that enhance (PPL20) - C1.4 Mental illness, addictions – causes, manifestations, and effects on personal health and well-being (PPL30) - C2.3 Developing resilience, making healthy choices (PPL40) - C2.2 Connections between substance use, addictive behavior, and physical and mental health; making safer choices (PPL30) - C1.2 Consequences of substance misuse – short-term, long-term (PPL40) - C3.2 Mental health concerns – warning signs and responses (PPL10) - C3.4 Skills for dealing with stressful situations (PPL30) - C3.5 Mental illness – reducing stigma (PPL30)

Addictions and Substance Use Health Online Modules/Presentations/Resources

Tobacco, Vaping, and Lung Health



Module and facilitator guide available on [School Health Online](#) provides the educator with a lesson on the general topic of tobacco, substances found in tobacco & vaping products, methods of consumption, nicotine, addiction, short-term and long-term health effects of first- and second-hand smoke. Recovery, harm reduction and stigma are also discussed.

Grade 4

- D1.4 - Tobacco and vaping
- D2.3 - Decisions about smoking and vaping
- D3.2 - Short- and long-term effects of smoking and vaping

Inflating Awareness: Demonstrating the Health Impacts of Smoking (Video)

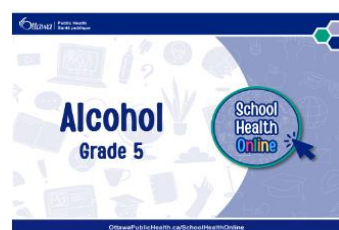


This [video demonstration](#) provides an opportunity to show students the effects of smoking on the lungs. The video demonstration includes a pair of healthy lungs, and a pair of diseased lungs, which simulates the effects of smoking a pack of cigarettes a day for 20 years.

Grade 4

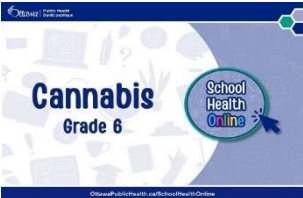
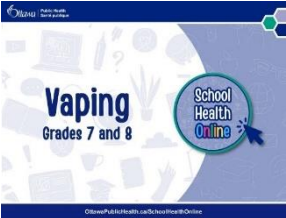
- D1.4 - Tobacco and vaping
- D2.3 - Decisions about smoking and vaping
- D3.2 - Short- and long-term effects of smoking and vaping

Alcohol



Grade 5

- D1.2 - Short- and long-term effects of alcohol use
- D2.3 - Refusal skills – alcohol use and other behaviours
- D3.3 - Decision to drink alcohol, use cannabis; influences.

Module and facilitator guide available on School Health Online provides the educator with a lesson that covers multiple areas related to alcohol and its use including how it affects the body, alcohol strength, alcohol poisoning/overdose, and other potential health risks. Recovery, harm reduction and stigma are also discussed.		
Cannabis  Module and facilitator guide available on School Health Online provides the educator with a lesson that covers multiple areas related to cannabis including the general topic of cannabis, methods of use, THC vs CBD, addiction, how it affects the body and other potential health risks. Recovery, harm reduction and stigma are also discussed.	Grade 6	• D1.2 - Effects of cannabis, drugs • D2.4 - Strategies, safe choices, influences, alcohol, tobacco, cannabis
Vaping  Module and facilitator guide available on School Health Online provides the teacher or educator with a lesson that covers multiple areas related to vaping and its use, including youth marketing tactics and potential health risks. Recovery, harm reduction and stigma are also discussed.	Grades 7 - 8	Grade 7: • D1.2 - Mental health, substances, support • D3.2 - Implications of substance use, addictions, and related behaviours Grade 8: • D1.3 - Warning signs, consequences

Vaping  Module and facilitator guide available on School Health Online provides the teacher or educator with a lesson that covers multiple areas related to vaping and its use, including youth marketing tactics and potential health risks. Recovery, harm reduction and stigma are also discussed.	Grades 9 - 12	Grade 9: • C3.4 - Social influences; decision-making, communication skills. (PPL10) Grade 10: • C1.2 - Effects on health and well-being. (PPL20) • C2.4 - Responding to challenges involving substance use or addictions – use of living skills. (PPL20) Grade 11: • C2.2 - Connections between substance use, addictive behaviour, and physical and mental health; making safer choices. (PPL30) • C3.3 - Risk factors and supports. (PPL30) Grade 12: • C1.2 - Consequences of substance misuse – short-term, long-term, legal. (PPL40)
Party Safer Online Course Free, bilingual course, accessible through the StopoverdoseOttawa.ca website (and through Olearn). Participants need to create an account (if you don't already have one). Takes 30 minutes to complete; will receive a certificate of completion (valid for 1 year). It is recommended to take this course every year. Participants can exit and re-open it without losing progress. Provides information that can help people party as safely as possible. Covers information on: • Commonly used substances • Party Safer tips and reducing harms related to substance use • Identifying and responding to an opioid overdose • Naloxone use and how to get no-cost kits • Coping after a distressing event • Resources related to mental health, violence prevention, addictions and substance use health	Primary: Students/ Prom Committee's Secondary: School Staff and Parents	• C1.2 Consequences of substance use – short-term, long-term, legal. (PPL40) • C2.3 Developing resilience, making healthy choices. (PPL40) • C2.5 Maintaining health and well-being when independent. (PPL40)

Overdose Prevention and Response E-Training Free, bilingual, 20-minute course accessible through the StopoverdoseOttawa.ca website (and through Olearn). The course covers information on: • Types of Drugs and Current Context • Drug Intoxication and Overdose Prevention • Naloxone and the 5 Steps to Respond to an Opioid Overdose • Debriefing and Supports	School Staff	N/A
Youth Education Modules focusing on commercial tobacco, e-cigarettes, cannabis and the Smoke-Free Ontario Act, 2017 The Youth Education Modules course is available on Olearn in English and French. A link to OLearn can also be found on School Online Health under “Quick Links – Smoke-Free Ontario Act” and on the OttawaPublicHealth.ca/Smoke-Free page. These modules take approximately 45 minutes to complete and is divided into 6 modules: • Commercial tobacco, vapour products and cannabis; • Health effects of smoking and vaping; • Federal, provincial and municipal smoke-free and vapour-free regulations; • Resources and services related to mental health, addictions and substance use health.	Youth, including youth who smoked or vaped on school property. This course may be an alternative to receiving a ticket.	• C1.2 Consequences of substance use – short-term, long-term, legal. (PPL40) • C1.2 - Effects on health and well-being. (PPL20) • C2.3 Developing resilience, making healthy choices. (PPL40) • C2.5 Maintaining health and well-being when independent. (PPL40)

Resource supports – External

External Resources	Target audience
YNRA e-learning hub	
Built by and for youth, this new bilingual resource encourages self-guided learning about mental health and wellness. Youth can explore opportunities to make real connections, get involved and contribute to our community. • E-Module #1: Mental Health & Stigma • E-Module #2: Stress & Coping • E-Module #3: Relationships & Peer Support • Bonus E-Module: Youth Engagement	13-20 years old
School Mental Health Ontario	
School Mental Health Ontario works together with Ontario school districts to support student mental health. They provide access to supports and services to assist Ontario students know how to care for their own mental health, seek help when problems arise, and maintain a strong sense of identity, belonging, confidence and hope even in challenging circumstances. Lesson plans and resources on multiple topics have been developed for children and youth from early years to grade 12.	Early years to grade 12

Presentation supports – External

Presentation topic	Target audience
YNRA Workshops	
<u>Wellness 101</u> We all have mental health so let's learn about it. The goals for this workshop is for youth to understand what mental health is, understand the stigma associated with mental health, learn what to do if one notices changes to their mental health, and where to go to ask for help.	13-20 years old
<u>StressLess</u> We all experience stress at some point in our lives. Wouldn't it be great if we learned some coping strategies to help us manage our most stressful days? This workshop takes you through what stress is, how to locate stress and how to manage stress all while doing fun activities.	13-20 years old

<u>How to Help a Friend</u> Friends are a huge protective factor in our lives so what happens when our friends ask us to support them? This workshop helps you navigate that in a healthy and safe way. We do not want you to become a mini psychologist, but rather, we hope that you will learn about the different resources in and around Ottawa and learn how to best support that friend in need.	15-20 years old
<u>Growing Together</u> Human beings are complex. It can be a lot to get to know yourself and meet your own needs much less figure out how to socialize, connect with and support others! This workshop helps youth understand the factors that connect us all together, those that make us different, and how to navigate those differences. Participants will learn about concepts including basic social and emotional needs, neurodiversity, and empathy, and discuss resources to better support ourselves and one another.	13-20 years old
<u>Digital Wellness</u> We live so much of our lives online and on our devices, so let's explore our relationship with technology and how it impacts our mental health (for better and for worse!). You'll also walk away from this workshop with some helpful tips, self-care tools and resources to find balance in our digital world.	13-20 years old
Rideauwood Presentations OCDSB (available in English only)	
Fall Term <i>Grade 7 session:</i> Fundamental Needs • Helps students identify the many different needs they have and multiple ways to meet these needs with minimum risks, increasing their sense of community and protective factors. <i>Grade 8 session:</i> Spectrum of Use • Provides students information so they can identify the difference between lower risk and problematic use of substance use, gaming/tech use/social media and where to go for support if they notice that they are struggling or someone they care about is struggling Winter Term <i>Grade 7 session:</i> Coping with Stress • Normalizes our mental health needs with an emphasis on coping skills that help in the short AND long term <i>Grade 8 session:</i>	Grades 7-8

Decision Making	
• Reinforces how to manage emotions, explores how to balance competing needs while maximizing social/emotional/physical health.	
Rideauwood School Based Counselling Individual counselling for students and their families – OCDSB	
Supporting students, and their families, who are struggling with substance use, behavioural issues (gambling, technology, gaming etc) and related mental health concerns.	Grades 9-12
Le CAP- Prevention CEPEO & CECCE (available in French only)	
Workshops on substance use health are available for students primarily in grade 7, 8, and 9. Workshops are also available for parents. Presentations can be offered for school staff. For more information on programming, please contact Le CAP.	Grades 7 - 9, school staff, and parents
Le CAP – Addiction Counsellors – CECCE & CEPEO	
Support for students experiencing challenges related to problematic substance use and/or technology use, and related mental health issues.	Grades 7-12
Addiction Counsellors – OCSB	
Provide support to students related to substance use health.	Grades 9-12
Youth Gambling Awareness Program (YGAP)	
Game-Bling: When Gaming Meets Gambling Gambling is incorporated in the games youth play (i.e. videogames, mobile apps), blurring the lines between gambling and gaming. Due to the risk associated with gambling, it is important for youth to differentiate when a game goes from a skill-based activity to a chance-based activity. This interactive workshop explores unconventional forms of gambling available to minors, activities such as player-pack unlocking, skin betting, e-sports betting, and daily fantasy sports. It invites youth to apply critical thinking skills to recognize the decreased perception of value of money when it has been converted to in-game currency and the importance of keeping track of money spent on in-game microtransactions. After analyzing the impact of excessive technology use on health and wellbeing, this workshop discusses signs of problem gaming and gambling and explores the potential risks of these activities, while providing strategies on how to make safe and healthy decisions and providing information on referrals to community support services. Key Concepts: - Definition of gambling - Underage gambling opportunities online and via games - Differentiating between playing skill-based games and chance-based games - Impacts of excessive use of Technology on health and Wellbeing	8-24 years old

Risks and benefits of technology, gambling and gaming Signs of problematic behaviors (video gaming, excessive technology use, social gaming and gambling) Understanding the value of virtual/in-game currency Harm reduction strategies Information about support services	
Media Impact Due to the opening up of the regulated gambling market to private companies in Ontario, youth are being exposed to more gambling media than ever before. In this multimedia workshop, youth develop critical thinking skills by exploring the role of gambling advertisements in falsely portraying gambling as risk-free and as a way of making easy money as compared to its reality. Participants will discuss the increased prominence of ‘influencer marketing’ and youth exposure to gambling-related content (i.e. gambling tipsters, fantasy sports content) on social media platforms while evaluating the credibility of the shared information. The workshop will provide media safety tips (i.e. limiting screen time, installing ad blockers, downloading smartphone usage tracking app), and invites participants to analyze online content prior to sharing it. The workshop will also share support services available in the community with regards to mental health and problem gambling. Key Concepts: - Definition of gambling - Asking questions about the content, we are shown - Influence of gambling ads on youth interest in Gambling - Themes used in gambling advertisements (i.e. “sportification” of gambling, glamor, dreaming big) - Media persuasion techniques used to influence consumer behavior (i.e. testimonials, celebrities, humor, etc.) - Understanding the risks of gambling - Harm reduction strategies and information about support services - Discuss the impact of gambling advertisements on attitudes or behaviors	8-24 years old