

Cannabis School Action Plan

School action plans have been developed to support educators and school administrators with increased awareness and knowledge exchange of relevant and credible resources pertaining to various substances of public health concern. Action plans are primarily targeted to students in grade 7-12 however, school staff can use the suggested activities as they deem appropriate and tailor depending on the target audience.

Curriculum, teaching and learning

Ophea – [Cannabis Education Resources](#) to provide educators and administrators access to evidence-informed information on substance use

- Cannabis – Secondary Activity Plans (grades 9-12): <https://ophea.net/cannabis-education-resources/cannabis-education-activity-plans/secondary-activity-plans>

CCSA - [Understanding Substance Use: Educators Guide](#) and the accompanying five [video modules](#) are designed for education professionals (e.g., teachers, guidance counsellors, coaches) working with youth from grades 6–12 to gain key knowledge, tools and resources on the following topics:

- Understanding Substance Use
- Understanding Stigma
- Understanding Cannabis Vaping
- Understanding Alcohol
- Understanding Impaired Driving

CCSA - [Talking pot with youth](#): A cannabis communication guide for youth allies

School Mental Health Ontario – [Cannabis Info Sheet: What Educators Need to Know](#)

Health Canada – [Public education resources](#) to help guide discussions about cannabis

[Promoting Mentally Healthy Schools and Resilience: Strategies for Educators](#)

This free module will equip educators with strategies to support mentally healthy schools and promote resilience among students (developed by the Community Resilience Coalition of Guelph & Wellington in collaboration with the Upper Grand and Wellington Catholic District School Boards)

[YMCA Youth Cannabis Knowledge Hub](#) – Evidence based information, resources and videos geared to youth, young adults, parents and professionals

[Cannabis and Mental Health](#) –Website with an online course created by youth, made for youth. The course includes facts about mental health and substance use health, cannabis use and mental health, legal and social issues of cannabis use, and history around the laws of cannabis use. Additionally, there is a mentor guide that provides activities for educators, peer support and youth workers, parents, and youth allies to speak to youth about cannabis and mental health.

Videos for Educators:

Students for Sensible Drug Policy- [How to Talk with Youth About Cannabis](#)

Students for Sensible Drug Policy- [Understanding Youth Cannabis Use](#)

Videos for Youth:

CCSA: [Are There Risks to Vaping Cannabis?](#)

CCSA: [How to Reduce the Risks of Vaping Cannabis](#)

University of Waterloo: [Youth Specific Effects of Early Cannabis Use](#)

School and Classroom Leadership

Provide opportunities for youth to be involved in creating, assisting, or leading cannabis education where appropriate (e.g. develop posters, create a school display).

Have students participate in interactive online activity [The Highway Home](#) to increase the awareness of youth and young drivers with the risks and harms associated with drug-impaired driving.

Borrow the health unit's "*The Real Wheel*" and have a group of students facilitate the activity for the class.

Book a free in-class experience through Health Canada Experiences - [Pursue Your Passion](#).

Raise awareness with staff, students, and families about school policies and/or codes of conduct related to substance use.

- Educate students about Ontario laws:
 - <https://www.ontario.ca/page/cannabis-and-schools>
 - <https://www.ontario.ca/page/cannabis-laws>

Student Engagement

Listen and empower students to discuss cannabis and engage them in developing education and prevention activities for their class or the school (develop or work with an existing student-led committee to plan ideas).

Have students research local community supports and services (e.g. Connex Ontario, CMHA, Kids Help Phone) and plan creative approaches for sharing this information with the class and/or school.

Help students build skills to recognize substance-related influences and develop healthy decision-making & refusal skills (e.g. have students develop & role play various scenarios).

Social and Physical Environments

Raise awareness about the risks of cannabis use and community supports for youth and families, through [newsletter inserts](#), displays, bulletin boards, school website, etc.

Raise staff awareness and increase supervision of areas that may present a higher risk for substance use.

Promote positive mental health and create opportunities during the school day to support students and staff to develop resilience and cope with stress in healthy ways.

Home, School and Community Partnerships

Partner with the Health Unit or other community partners to offer a cannabis education session for parents/parent council.

Raise awareness of the Parent Support Hub - A safe virtual space for parents to get guidance and support): <https://www.drugfreekidscanada.org/supporthub/>

Have various hard-copy resources available at school events

- CAMH - [The Blunt Truth: Useful Tips About Safer Ways to Use Cannabis](#)
- CAMH - Cannabis: [What Parents/Guardians and Caregivers Need to Know](#)
- Drug Free Kids Canada - [Cannabis Talk Kit: Know How to Talk to Your Teen](#)
- Drug Free Kids – [Substances at a Glance](#)