

Opioids and Other Drugs Action Plan Ideas – Secondary Schools

Curriculum, teaching and learning

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

School Mental Health Ontario – [Info Sheet: Prescription opioids, including fentanyl: What educators need to know](#)

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

Health Canada – [Naloxone: Save a Life](#)

[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.*

School and Classroom Leadership

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

Have students take turns reading sections of [Opioids: What you and your friends need to know](#).

Have students participate in various interactive [online activities](#) from Health Canada's *Know More Opioids* Awareness Program such as [Spot the Fentanyl](#) or [Signs of an opioid overdose](#) activities.

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's *Know More Opioids* Awareness Program.

Register for a free [virtual workshop](#) from the YMCA Youth Opioid Awareness Program to share with students in-class.

Student Engagement

Listen and empower students to discuss opioids and other drugs 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 opioid use and community supports for youth and families, through

[newsletter inserts](#), displays, bulletin boards, school website, etc.

Create a resource section in the library with information for students and staff.

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

Promote positive mental health; 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 parents/caregivers to provide information, education and resources about opioids and other drugs to encourage them to talk with the youth in their lives.

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

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

Have various hard-copy resources available at school events

- CAMH/School Mental Health Ontario - [Prescription opioids, including fentanyl: What parents and caregivers need to know](#)
- Drug Free Kids Canada - [Let's Talk Opioids, including Fentanyl – A parent's guide to understanding opioid use by youth](#)
- Health Canada [Opioids: What Are They?](#) Information Sheet

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