PHE 8: SUBSTANCE USE

In this session, students will be looking at three commonly used substances: alcohol, cannabis, and tobacco. The objective will be to increase our understanding and awareness concerning the use of these substances so that we can make healthy decisions.

**Steps**

1. Brainstorming Questions - Develop 3 Questions for each of these topics:
2. Understanding the Substance
3. Sources of Information and Media Influences
4. Strategies for Healthy Use (including abstaining)

- Student groups (3s) will brainstorm questions using the topics to guide them

- Collect & form best questions for each topic

- Assign questions to groups

1. Research the Topic

* Student groups research their questions using the following sources:

Cannabis

<https://foundrybc.ca/articles/cannabis-the-basics/?return_page=5690>

<https://keltymentalhealth.ca/cannabis>

<http://www.heretohelp.bc.ca/factsheet/learn-about-cannabis>

<https://www.drugfreekidscanada.org/prevention/drug-info/cannabis/>

Vaporizing/Smoking

<http://www.heretohelp.bc.ca/factsheet/learn-about-tobacco>

<https://kidshealth.org/en/teens/smoking.html>

<https://kidshealth.org/en/teens/smoking.html>

<https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm>

Alcohol

<https://foundrybc.ca/resource/alcohol-use/>

<http://www.heretohelp.bc.ca/factsheet/learn-about-alcohol>

<https://keltymentalhealth.ca/alcohol>

1. Organize & Present Findings

* Organize data using the ***Research Summary***
* Select a representative
* Group selects a representative

1. Present *Summary of* ***Research Summary***

RESEARCH SUMMARY

NAMES:

TOPIC:

QUESTION:

NOTES:

MAIN PRESENTATION POINTS: