

# Drug Education Centred on Youth Decision Empowerment (DECYDE)

The Cannabis Health Evaluation & Research Partnership (CHERP) is an **interdisciplinary team of researchers** who aim to understand the impacts of cannabis legalization in Newfoundland & Labrador (NL), and how we can support individuals in making safe and informed choices.



Education



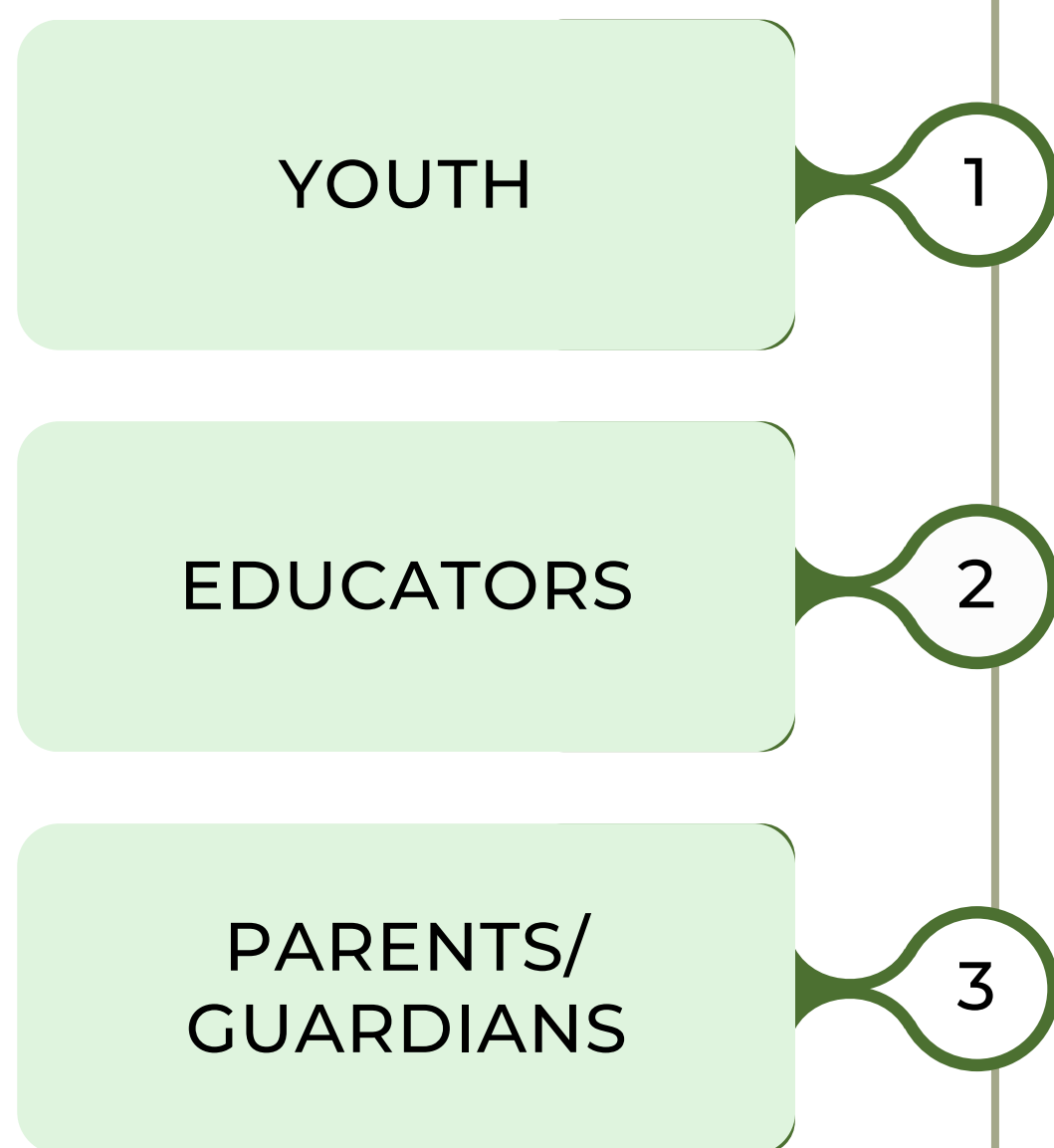
Pharmacy



Medicine



Psychology



## DECYDE

Our team identified a need for better awareness of the impacts of substance use on youth. There is a need for **early, evidence-based, and harm-reduction-focused** education that is accessible to all youth. Our goal is to empower youth to make safe and informed choices, support educators in delivering drug education, and provide parents/guardians with information that can guide their conversations with youth.

We have developed **lesson plans** and **classroom activities** to ensure youth receive quality drug education that aims to reduce harm. Our top priorities in developing these materials have been...

Meeting  
Curriculum  
Outcomes

Accessibility  
for  
Educators

Consulting  
with Youth

# DECYDE LESSON PLANS

Our **harm-reduction** focused drug education lesson plans are aligned with curriculum outcomes from the NL Department of Education. The content emphasizes the following **considerations** and **approaches**...

## SKILLS-BASED HEALTH EDUCATION

A **student-centred** approach using **interactive learning methods** to guide students in creating and maintaining healthy lifestyles. An emphasis is placed on learning **skills** that promote and protect student health and well-being.

## ADVERSE CHILDHOOD EXPERIENCES (ACEs)

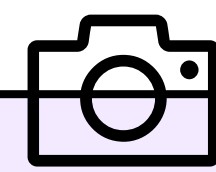
**Stressful** or **traumatic** events that occur between **birth** and **17 years of age**. ACEs may impact a student's learning, specifically in substance use education. As an educator you should consider these impacts in the delivery of your lessons.

## TRAUMA-INFORMED PRACTICES (TIPS)

Strategies teachers can use to create a **learning environment** where every student feels **safe**. When educators understand how trauma affects a **student's behaviours and emotions**, school becomes less of an **adversity** for that student.

## Lesson Plan Structure

- ▶ Curriculum Outcomes
- ▶ Considerations for Delivery
  - ▶ Avoid the use of stigmatizing language
  - ▶ Provide non-judgemental open dialogue
  - ▶ Tailor discussion to the demographics of your class
  - ▶ Support students emotional wellbeing
- ▶ FACE Decision-Making Model
  - ▶ Feel, Assess, Choose, Evaluate
- ▶ Associated Interactive Materials
  - ▶ E.g. Kahoot quizzes, Jamboards, Question sheets, Journal prompts
- ▶ Video-Based Scenarios



### Substance Snapshots

A summary of information for various substances. Used to inform content delivery or to answer student questions. Only share with students when developmentally appropriate.

For more information visit us at:

[www.decyde.ca](http://www.decyde.ca)