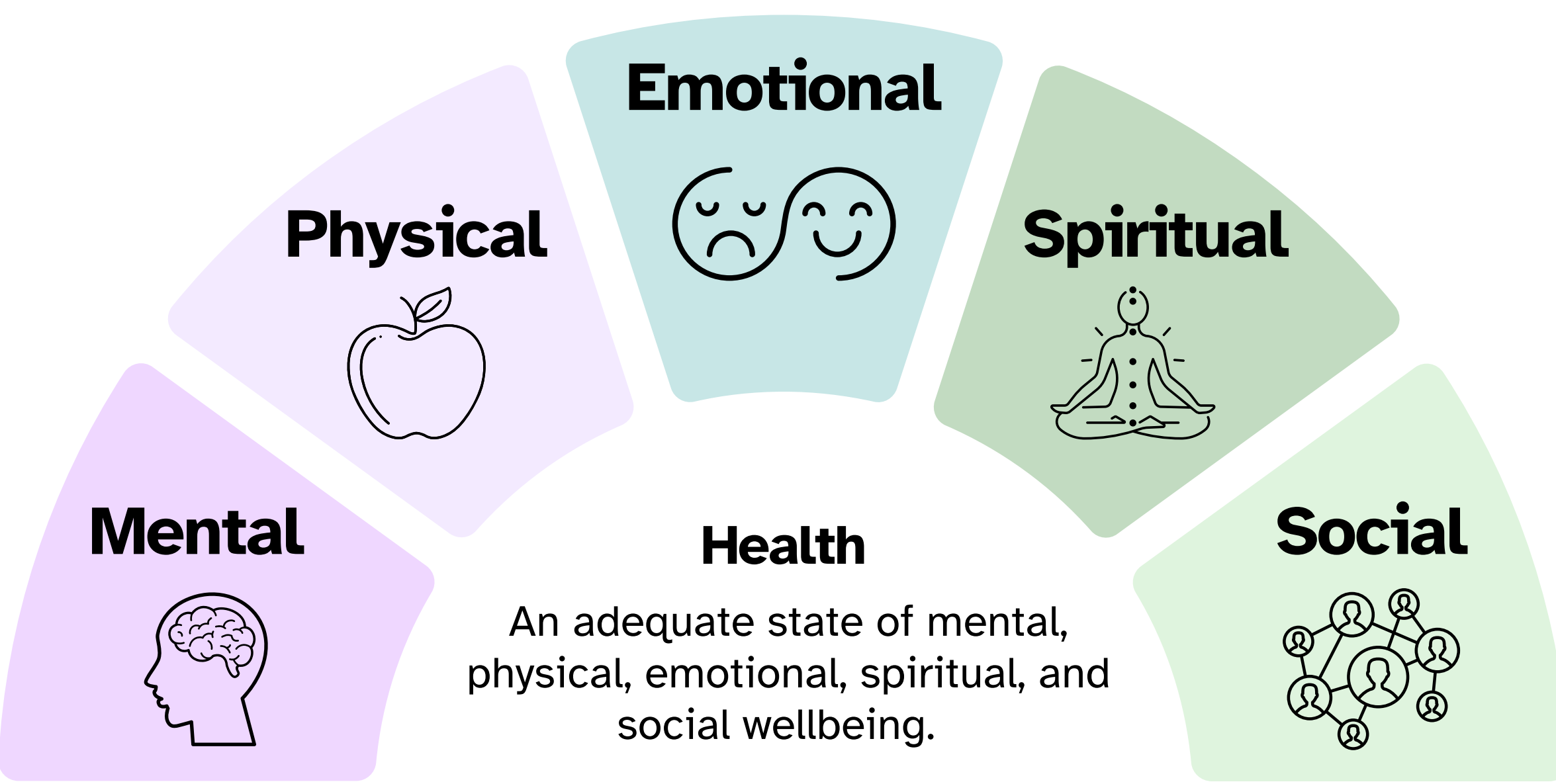


# Health & Wellness



**Wellness:**  
The behaviours, activities, and choices that promote health.



## Dimensions of Health & Wellness

Visit our Self-Care infographic to learn more:  
[decyde.ca/mental-health-and-well-being/](https://decyde.ca/mental-health-and-well-being/)

**Mental health** is a dimension of health that helps people cope with stress, realize their abilities, learn, and contribute to their community.

**Mental wellness** can be promoted by:

- Practicing self-care
- Regular body movement
- Eating a well-balanced diet
- Social interaction, such as through leisure activities
- Healthy, positive relationships with family and school
- Access to supportive resources, like counselling
- Making informed choices about substance use

**Physical health** looks different for everyone. It includes the function of body parts, systems, and senses with consideration of disease, disability, and age.

**Physical wellness** can be promoted by:

- Regular body movement
- Eating a well-balanced diet
- Drinking plenty of water
- Getting enough sleep
- Making informed choices about substance use



**Did you know** that engaging in a wellness activity or behaviour can improve multiple dimensions of health?

**Emotional health** includes being aware of our emotions and having the ability to cope with them.

**Emotional wellness** can be promoted by:

- Talking with a supportive person about emotional concerns
- Practicing self-kindness
- Having a strong support network

**Spiritual health** refers to our sense of purpose in life.

**Spiritual wellness** can be promoted by:

- A faith or belief system
- Creating one's own spiritual purpose

**Social health** includes the ability to make and maintain relationships with others, as well as understanding appropriate behaviour in social situations.

**Social wellness** can be promoted by:

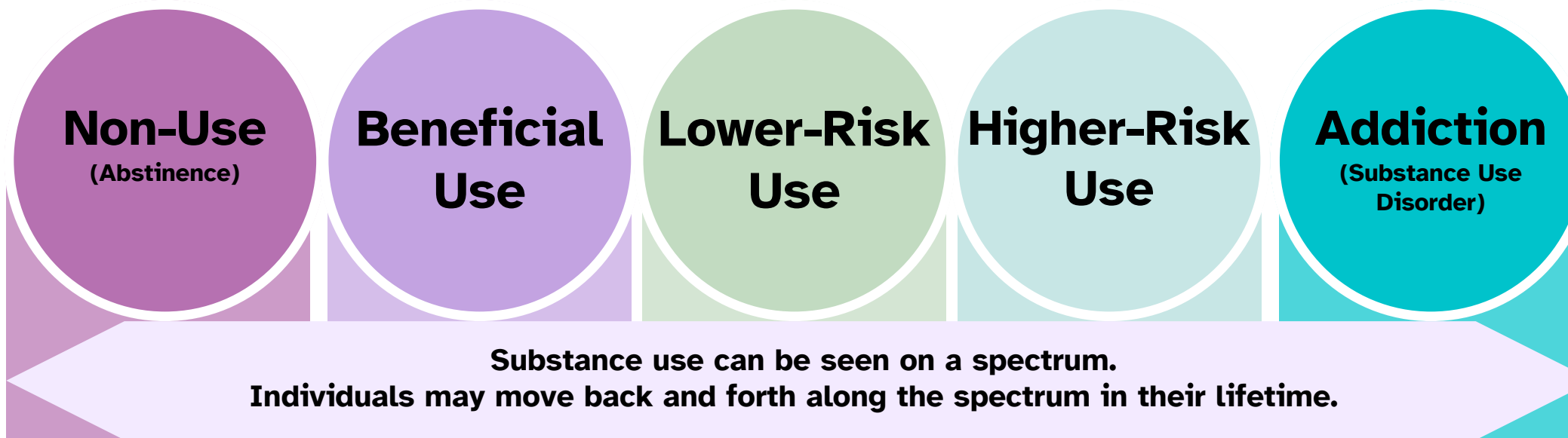
- Making new friends
- Increasing in-person interactions
- Joining extracurricular activities to socialize with others

# The Relationship Between Substances and Health & Wellness

## People use substances for different reasons:

- to help with mental, physical, or emotional health
- coping with stress, trauma, or pain
- to socialize
- for spiritual/ceremonial practices

- Substance use can have an impact on our health and wellness.
- Our health and wellness can influence whether we use substances.
- **These effects can be positive or negative** and can vary based on how frequently an individual uses a substance.



Learn more about the Substance Use Spectrum:  
[decyde.ca/substance-use-spectrum-2/](https://decyde.ca/substance-use-spectrum-2/)

## The Impact of Substance Use on Health and Wellness

### Medical Use of Substances

- Many people take substances prescribed by a healthcare practitioner to manage or treat physical or mental health conditions.
- This can have a positive effect on our health and wellness by improving symptoms and our quality of life.
- For example, a person with ADHD may be prescribed methylphenidate to improve their concentration, which may help them do better in school or at work.
- When taken as prescribed this can improve our health and wellness (e.g., taking prescribed dose, avoiding interacting drugs).



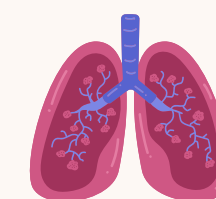
### Health Impacts of Substance Use

- Substance use for self-medication or recreational purposes can lead to short and long-term health effects.
- The health risks associated with substance use increases with more frequent use.

Substance use can affect **mental health** by triggering anxiety, depression, psychosis, or schizophrenia.



Substance use can impact **physical health** by:



Damaging vital organs such as the heart, liver, lungs, and kidneys.



Increasing one's risk of developing diseases such as HIV or hepatitis C through sharing needles or pipes.

**Self-medication** occurs when people use substances that are not recommended by a healthcare professional to help manage symptoms of health conditions.

**Appropriate self-medication** may look like taking a recommended dose of an over-the-counter medication like ibuprofen for a headache.

**Inappropriate self-medication** may look like buying/using stimulants (e.g., Ritalin) from an unregulated source to manage ADHD symptoms.

Note: Self-medicating with substances for mental or emotional health is an attempt to cope with distress.

While appropriate use of drugs can help improve health conditions, substance use can also have a negative effect on health and wellness.

Substance use can affect **emotional health** by causing anxiety, loneliness, or anger.



Substance use can affect **spiritual health** by impacting one's connection to the world, themselves, and their overall purpose in life.

Self-medicating can lead to:

- Incorrect self-diagnosis
- Worsening of or developing new health conditions
- Dangerous drug interactions
- Potential adverse reactions
- Delay in seeking appropriate medical treatment
- Risk of dependence or addiction
- Masking of medical conditions



Substance use can affect **social health** by decreasing inhibitions and placing strain on peers and loved ones. This can impact family/peer relationships or one's ability to get or maintain employment, creating isolation.

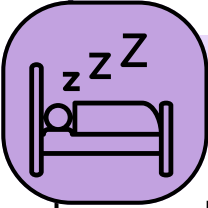


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# Self-Care

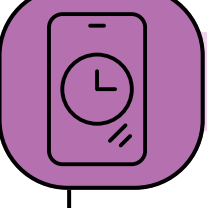
- Self-care is the practice of **looking after your mental, physical, emotional, social, and spiritual health.**
- Practicing self-care can involve a wide range of activities and can look different for everyone.



## Healthy Sleep

Do your best to get 8-10 hours of sleep a night.

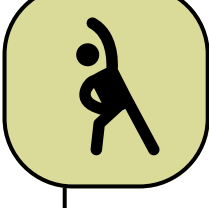
- Keep a consistent sleep schedule
- Avoid caffeine, especially late in the day
- Limit screen time for two hours before bed



## Technology Use

Limit screen time to 1-2 hours daily.


- Notice how social comparison and FOMO (Fear of Missing Out) affect your well-being
- Take a break if technology negatively affects your mood or self-esteem



## Physical Activity

Try to get 1 hour of physical activity most days.

- Play a sport
- Take a walk
- Swim
- Go to the gym
- Ride a bike
- Go hiking

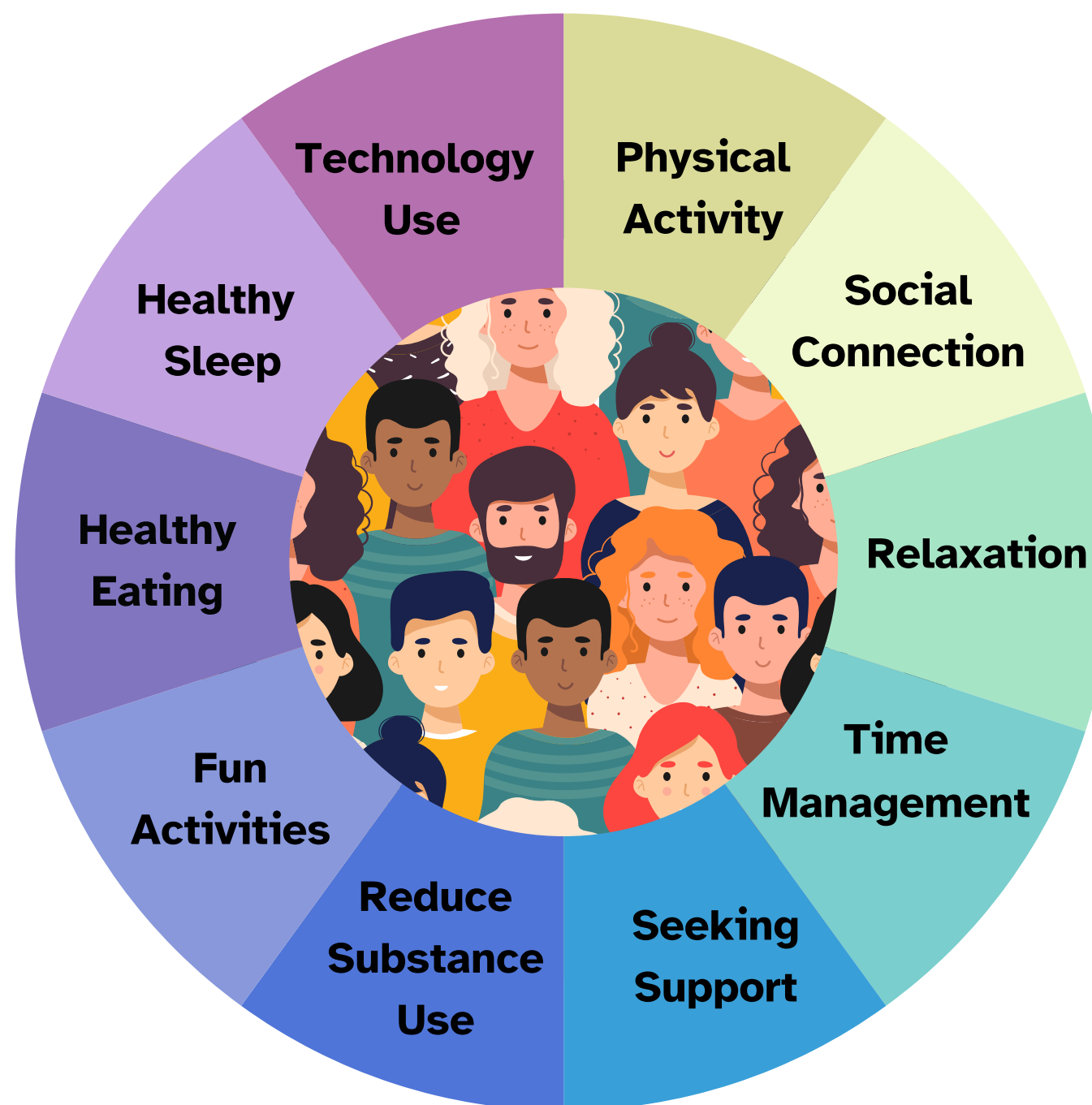


## Healthy Eating

Try to eat a balanced diet most of the time.

- Eat a variety of fruits, vegetables, grains and protein-rich foods
- Drink plenty of water and limit sugary drinks

## Practicing Self-Care




## Social Connection

Spend time with people who support and encourage you.


- Connect with family and friends
- Join a club, sports team, or a volunteer in the community



## Fun Activities

Make time for activities you enjoy.

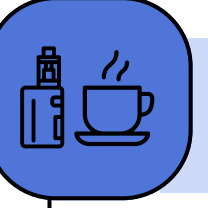
- Listen to music
- Watch a movie
- See a friend
- Try a new hobby
- Read a book



## Relaxation

Spend some time each day focusing on relaxation:

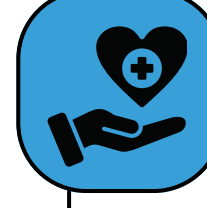
- Taking a bath
- Colouring or drawing
- Practicing mindfulness
- Journalling



## Reduce or Avoid Substance Use

Try to avoid using non-medical substances.


- If you do use substances, limit your use and do not use them alone.
- Learn more about harm reduction here: [decyde.ca/harm-reduction/](http://decyde.ca/harm-reduction/)



## Seeking Support

Talk to someone you trust about how you feel.

- Talk to a friend or family member
- Use text and phone support services
- Talk to a healthcare professional



## Time Management

Set aside time daily to plan your activities.

- Make a to-do list or write tasks on a calendar
- Identify and prioritize the most important tasks

# Benefits of Self-Care

## Improved Mental Health

Self-care can reduce stress and promote psychological well-being.



## Healthy Relationships

Promoting well-being allows us to be more present in relationships.



## Increased Energy

Self-care can give you more energy to do the things you enjoy.



## Problem-Solving Skills

Self-care improves decision-making and promotes healthy choices.



## Resilience

Practicing self-care prepares us to better cope with challenges and manage stress.



## Positive Self-Concept

Self-care promotes positive self-concept.



Learn more about Self-Concept here:  
[decyde.ca/mental-health-and-well-being/](https://decyde.ca/mental-health-and-well-being/)

## Practicing self-care can act as a protective factor against problematic substance use.

- Positive mental health and self-concept are associated with lower rates of substance use
- Problem-solving and decision-making skills **promote drug refusal skills and safer use**
- Self-care practices can serve as **healthier coping techniques** for handling stress and difficult emotions



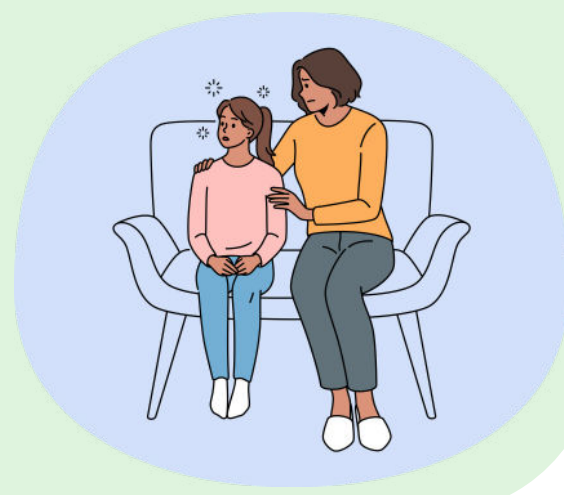
For more information, check out our **Protective and Risk Factors** infographic:  
[decyde.ca/mental-health-and-well-being/](https://decyde.ca/mental-health-and-well-being/)

## Self-Care for Adults Supporting Youth

- **Self-care is not selfish!** Adults who prioritize self-care and personal well-being are better equipped to support youth
- By prioritizing self-care, adults can **model healthy behaviours** for youth
- Making time for regular self-care can help **prevent elevated stress and burnout**



Learn about Empathic Strain here:  
[decyde.ca/empathic-strain/](https://decyde.ca/empathic-strain/)



## Resources for Youth

### Self-Care Checklist

Kids Help Phone

### Youth and Mental Health 101: Self-Care

Centre for Addiction and Mental Health (CAMH)

### Game Changers Resources

Centre for Addiction and Mental Health (CAMH)

### Kids Help Phone

24/7 mental health support available

**Call: 1-800-668-6868    Text: 686868**

To learn more, click the links above or refer to the reference list below.

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## Exploration: Wellness Quest- Activity Cards

For teachers: Cut out the cards and place activity cards at their corresponding wellness stations.

### MENTAL WELLNESS

Create a way for you to relax.  
How can this help with stress?

### MENTAL WELLNESS

How do you sort out your  
thoughts and ideas?

### MENTAL WELLNESS

Write down three positive  
affirmations you can tell yourself  
when you're feeling down. For  
example: "I can get through  
anything". Explain how these  
affirmations can improve your  
mood.

### PHYSICAL WELLNESS

How can you get at least 8  
hours of sleep each night?  
Why is proper sleep important  
for physical health?

**PHYSICAL WELLNESS**

What is your favorite physical activity you do to blow off steam?

OR

What is something you enjoy doing that makes you feel good?

**PHYSICAL WELLNESS**

Plan a balanced meal that includes fruits, vegetables, protein, and whole grains. Describe how each food group benefits your body.

**EMOTIONAL WELLNESS**

List five things you are grateful for. Explain how being thankful helps with emotional wellness.

**EMOTIONAL WELLNESS**

Write about a time when you felt proud of yourself and why.

**EMOTIONAL WELLNESS**

What emotions do you struggle with most?  
What are some things you do to help with your emotions?

**SPIRITUAL WELLNESS**

Where do you think your morals and values came from? Who taught you about what is right and wrong?

**SPIRITUAL WELLNESS**

Draw or describe a personal belief or value that guides you.

**SPIRITUAL WELLNESS**

Brainstorm on a small act of kindness you could do for someone.  
How would this make you feel?  
How does it reflect your spiritual beliefs?

**SOCIAL WELLNESS**

How can you be there for a friend who is going through a hard time? What would you do if you noticed they are not acting like themselves, have no appetite, or are missing school or activities they usually enjoy?

**SOCIAL WELLNESS**

List three things you like about your friends.  
Why are these qualities important to you?

**SOCIAL WELLNESS**

Draw a map showing the people you can turn to for help (e.g., family, friends, teachers). Describe how having a support system impacts you.

Student Name: \_\_\_\_\_

## Exploration: Wellness Quest

### Station: Mental Wellness

*Instructions: Pick one of the activities at the station. Use the space below to complete the activity.*

Student Name: \_\_\_\_\_

## Station: Physical Wellness

*Instructions: Pick one of the activities at the station. Use the space below to complete the activity.*

Student Name: \_\_\_\_\_

## Station: Emotional Wellness

*Instructions: Pick one of the activities at the station. Use the space below to complete the activity.*

Student Name: \_\_\_\_\_

## Station: Spiritual Wellness

*Instructions: Pick one of the activities at the station. Use the space below to complete the activity.*

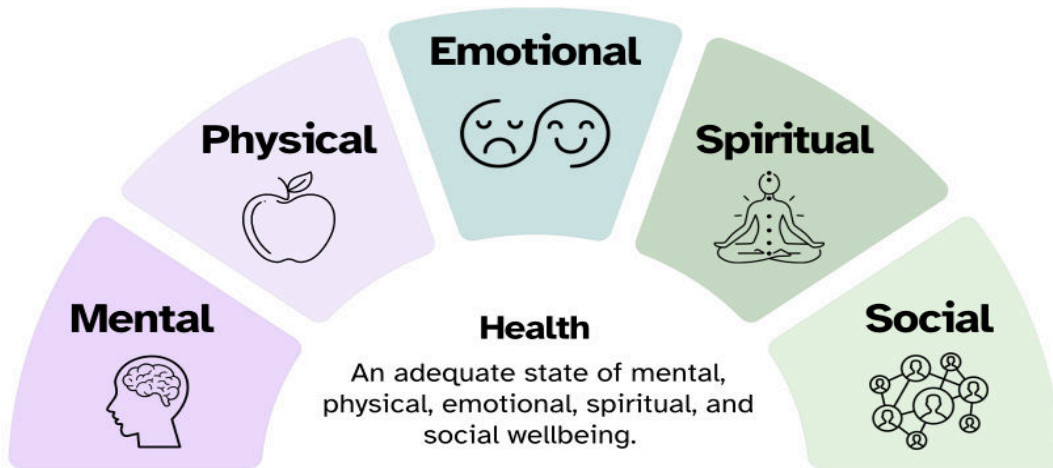
Student Name: \_\_\_\_\_

## Station: Social Wellness

*Instructions: Pick one of the activities at the station. Use the space below to complete the activity.*

Student Name: \_\_\_\_\_

## Sharing and Reflection: Personal Wellness Plan



**Mental health** helps people handle stress, learn, and be part of their community. You can improve mental wellness by taking care of yourself, staying active, eating healthy, spending time with others, building good relationships, seeking support when needed, and making smart choices about substances.

**Physical health** is different for everyone and includes how the body works and changes with age. You can stay healthy by staying active, eating well, drinking water, getting enough sleep, and making smart choices about substances.

**Emotional health** means understanding and managing your feelings. You can improve it by talking to supportive people, being kind to yourself, and building strong relationships.

**Spiritual health** is about finding purpose in life. You can nurture it through faith, beliefs, or creating your own sense of meaning.

**Social health** is about building relationships and knowing how to interact with others. You can improve it by making friends, spending time with people, and joining activities.

## Sharing and Reflection: Personal Wellness Plan



**Reflect:** Think about the different types of wellness we learned about. Now, create your own wellness plan! Write down three goals— each goal should belong in one of the 5 dimensions or categories of wellness.

### GOAL 1:

What dimension of wellness does this belong to?

How will you achieve this goal?

### GOAL 2:

What dimension(s) of wellness does this belong to?

How will you achieve this goal?

**GOAL 3:**

What dimension(s) of wellness does this belong to?

How will you achieve this goal?

# Substance Use Spectrum

Substance use occurs on a **spectrum**, with varying degrees and patterns ranging from no use to addiction. Substances have different effects on individuals depending on a variety of factors including sex, age, weight, tolerance, and underlying health conditions. Recognizing an individual's position on the substance use spectrum is crucial for offering tailored care that promotes well-being and minimizes risks or harm.

## Non-Use (Abstinence)

## Beneficial Use

## Lower-Risk Use

## Higher-Risk Use

## Addiction (Substance Use Disorder)

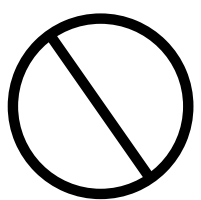
**Substance use can be seen on a spectrum.  
Individuals may move back and forth along the spectrum in their lifetime.**

**Non-Use** involves avoiding the use of substances.

This choice can be influenced by various factors such as health concerns, personal beliefs, religious reasons, convictions, or a desire to avoid potential negative consequences associated with substance use.

### Examples:

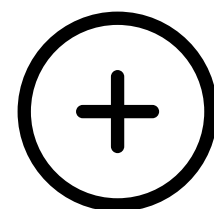
- Abstaining from substance use because there is a history of addiction in one's family.
- Abstaining because one does not like the effects of substances.



**Beneficial Use** is the use of substances that has a positive effect on health, social, or spiritual well-being.

### Examples

- Using prescribed medications like pain relievers, insulin, or antidepressants.
- Using tobacco for ceremonial/religious purposes (e.g., smudging).
- Drinking a cup of coffee to stay alert



**Lower-Risk Use** involves using substances in a manner that minimizes the risk of negative health and social consequences.

Lower-risk use has minimal impact on a person, their family, friends, and others.

### Examples:

- Adhering to guidelines, such as the alcohol, cannabis, and nicotine lower-risk guidelines.
- Practicing safer practices, and making informed choices.



**Higher-Risk Use** involves using substances frequently, heavily, or in risky situations, may have a harmful or negative impact to a person, their family, friends, and others.

### Examples:

- Frequent use.
- Consuming large quantities and high potency.
- Engaging in unsafe activities (e.g., driving under the influence).
- Consuming multiple substances at once.



**Addiction** is also called substance use disorder. It is a treatable medical condition that involves continuous use despite negative impacts to a person, their family, friends, and others. Addiction can result from a combination of genetic, environmental, social and psychological factors, and can impact a person's health, relationships, and daily life.

### Examples:

- Alcohol Use Disorder, Cannabis Use Disorder, Opioids Use Disorder, Nicotine Use Disorder.



Staying informed on substances and harm reduction tips is important.

Learn more here:

[decycde.ca/facts-sheets](https://www.decycde.ca/facts-sheets)

Youth and young adults are especially vulnerable to the effects of substances.

To learn more about harm reduction and stigma, visit:






[decycde.ca/teacher-resources](https://www.decycde.ca/teacher-resources)







#### References:

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# Fact Sheet:

## Factors Affecting Intoxication

KEY FACTORS	HOW IT AFFECTS INTOXICATION	EXAMPLE
<b>Food Intake</b> 	Eating before or during drug use slows absorption and delays the effects of substances such as alcohol, nicotine, and cannabis.	Drinking or smoking on a full stomach slows intoxication effects and can help prevent nausea and/or dizziness.
<b>Rate of Consumption</b> 	Using substances quickly increases intoxication; slower use helps your body process them.	Drinking beers quickly increases intoxication more than spacing them out.
<b>Body Size and Composition</b> 	Smaller body size and body composition can lead to faster, stronger effects of alcohol or drugs.	Someone with a smaller body size may feel intoxicated quicker than someone with a larger body size.
<b>Substance Type</b> 	Different substances affect the body in different ways.	A small amount of alcohol might make someone feel tipsy, while a strong prescription drug could make someone feel drowsy or dizzy.
<b>Tolerance</b> 	Drug tolerance means needing more of a substance over time to feel the same effects.	A person who smokes cannabis regularly might need to smoke more to feel the same effects as a person who smokes cannabis rarely.

KEY FACTORS	HOW IT AFFECTS INTOXICATION	EXAMPLE
<p><b>Hydration Level</b></p> 	<p>Hydration helps process substances; dehydration makes you feel the effects of alcohol more strongly.</p>	<p>Drinking water with drug use may reduce its effects compared to drinking while dehydrated.</p>
<p><b>Emotional State</b></p> 	<p>Your mood can affect how you feel when intoxicated. Stress or anxiety can change your body's reaction.</p>	<p>Someone who is feeling very stressed might feel more intensely affected by alcohol or drugs than someone who is relaxed.</p>
<p><b>Medication</b></p> 	<p>Some medications can mix with alcohol or other substances, making the effects stronger or causing side effects.</p>	<p>Taking certain medications with alcohol might make you feel dizzier or more tired than alcohol alone.</p>
<p><b>Sleep Deprivation</b></p> 	<p>Lack of sleep can make you feel the effects of substances more, like dizziness and impairment.</p>	<p>Drinking alcohol when you're tired can make you feel more drunk and impaired.</p>
<p><b>Physical Activity</b></p> 	<p>Exercising before drinking can change how your body processes alcohol.</p>	<p>Drinking alcohol after a workout might affect you differently compared to drinking it when you are at rest.</p>
<p><b>Biological Sex</b></p> 	<p>Females and males have some biological differences such as different levels of certain hormones and different body fat distribution which may impact intoxication.</p>	<p>Females may be more sensitive to THC, the active ingredient in cannabis, due to the influence of estrogen on cannabinoid receptors.</p>

Student Name: \_\_\_\_\_

## Pre-Activity: Substance Use Spectrum Scenarios

Cut out the cards. Then, place each scenario on your Substance Use Spectrum according to how safe or risky you believe it is.

Deciding not to use substances when offered to you.	Choosing to talk to a counselor or trusted adult about problems instead of using drugs.
Participating in activities like sports or clubs to stay busy and avoid substance use.	Practicing ways to avoid using substances, like role-playing with a friend or mentor.
Using a prescribed medication correctly and only for the purpose it was intended (e.g., antibiotics for an infection).	Discussing concerns about medication with a healthcare provider before use.
Using cough syrup as directed when sick, without exceeding the recommended dosage.	Taking over-the-counter medication (e.g., ibuprofen) as directed for occasional headaches.
Using a friend's over-the-counter medication without asking a doctor first.	Taking a prescription medication not prescribed to you but for a similar condition (e.g., taking someone else's medication for a cold).

Trying a drug one time but not regularly using it (e.g., trying a friend's prescription medication).	Using medication in a manner not prescribed, such as taking a higher dose than recommended for faster relief.
Taking a prescription in higher doses than prescribed (e.g., painkillers).	Mixing prescription drugs with alcohol or other substances.
Using stimulant drugs (e.g., Adderall) without a prescription to help you with school work.	Using substances, such as alcohol or cannabis, before school or work.
Regularly using substances (e.g., cocaine, heroin, alcohol, cannabis) and experiencing negative health issues or legal problems.	Combining multiple types of substances, leading to dangerous physical and mental health effects.
Buying illegal drugs from other people in order to get access to the drug.	Using drugs that puts other people at risk, such as driving under the influence of drugs.

Student Name: \_\_\_\_\_

## Exploration: Factors Affecting Intoxication

Students will learn about the various factors that impact how intoxication affects the body through this fun and interactive "Spin the Bottle" game. Cut out the following scenarios into Cards for students to draw during the game.

<p><b>Scenario 1:</b></p> <p>Morgan, who is petite, drinks two sodas mixed with alcohol on an empty stomach.</p>	<p><b>Scenario 2:</b></p> <p>Charlie eats a big meal before having a small glass of beer.</p>
<p><b>Scenario 3:</b></p> <p>Sumeet, who has been drinking water all day, arrives at a party and drinks a mixed drink (vodka and cranberry juice) quickly.</p>	<p><b>Scenario 4:</b></p> <p>Devin, who smokes cannabis often, shares a cannabis joint with friends at a party.</p>
<p><b>Scenario 5:</b></p> <p>Jamie hasn't eaten all day and has an energy drink before music practice.</p>	<p><b>Scenario 6:</b></p> <p>Kai, who is tall and muscular, sips on a beer slowly over a few hours.</p>

Student Name: \_\_\_\_\_

Scenario 7:

Riley is very tired and drinks an energy drink.

Scenario 8:

Pat, who is feeling stressed about an upcoming test, uses their nicotine vape to try to settle down. Instead, they end up feeling worse.

Scenario 9:

Kim, who is new to drinking, has two shots of whiskey quickly.

Scenario 10:

Sam has been drinking alcohol and then switches to water.

Scenario 11:

Lee and Colin both have a drink with a small amount of alcohol with fruit juice. Who might feel the effects of the alcohol more?



Scenario 12:

Jordan is taking prescribed painkillers and uses their nicotine vape at a party.

Student Name: \_\_\_\_\_

Scenario 13:

Tarin, who takes methylphenidate prescribed by their doctor, drinks a lot of alcohol quickly.

Scenario 14:

Dakota goes directly from soccer practice to hang out with their friends, where they drink two beers before eating anything.

Scenario 15:

Alex feels very relaxed and has a small drink.

Scenario 16:

Iman is on a painkiller medicine and they vape some cannabis on their lunch break.

Scenario 17:

Emily and James share a cannabis vape. Neither of them consumes cannabis often, but Emily feels its effects more.

Scenario 18:

Pat, who rarely drinks, has a glass of wine.

Scenario 19:

Amari is feeling stressed and smokes a cannabis joint.

Scenario 20:

Riley has a big meal and then drinks an alcoholic cocktail.

Student Name: \_\_\_\_\_

<p>Scenario 21:</p> <p>Sam just went to the gym and then goes to their friends' house and smokes a nicotine vape.</p>	<p>Scenario 22:</p> <p>Lee takes allergy medicine and has a beer.</p>
<p>Scenario 23:</p> <p>Casey is on sleep medicine and has a small drink.</p>	<p>Scenario 24:</p> <p>Taylor has been drinking alcohol and then switches to a non-alcoholic drink.</p>
<p>Scenario 25:</p> <p>Remy hasn't slept well and uses cannabis.</p>	

Student Name: \_\_\_\_\_

## Safer Choices Poster Campaign



For this reflection activity, you will create an awareness poster that encourages safer choices regarding substance use and intoxication.

You can draw, use magazine cutouts, or design a poster online that educates others on one or more of the following topics:

- The Substance Use Spectrum
- Factors Affecting Intoxication
- Safer Decision-Making Strategies

You may use materials from this lesson, including the [Substance Use Spectrum Infographic](#) and your [Factors Affecting Intoxication Infographic](#) to assist with your poster.

# FACT SHEET: ANTIBIOTICS

## Station 1



### Category:

- Antibiotics are a group of medical drugs.
- They are prescribed by healthcare professionals to treat infections, such as ear or lung infections.

### How is it consumed?

- Antibiotics can be taken as a pill, capsule, or injection.
- Antibiotics are most commonly taken for 7 to 14 days.

### What are the effects of antibiotics on the body?

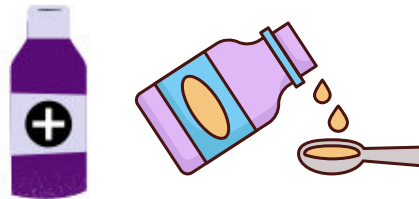
- Antibiotics can sometimes cause side effects like upset stomach, diarrhea, or feeling very tired.
- Antibiotics work by killing the bacteria causing the infection.

### Staying Safer:

- Only take antibiotics if a healthcare professional gives them to you.
- Always follow the healthcare professional's instructions.

# FACT SHEET: COUGH SYRUP

## Station 1



### Category:

- Cough syrup is a medical drug that helps treat coughs and can be taken at any age. You can buy it at a store without needing a doctor's prescription.

### How is it consumed?

- It is usually taken as a liquid.

### What are the effects of cough syrup on the body?

- If someone takes too much cough syrup, it can be harmful.
- One main ingredient found in cough syrups, called DM (dextromethorphan), can cause strange effects like: seeing or hearing things that aren't real, feeling dizzy, or being confused.
- It can also make you very tired, feel sick, throw up, sweat a lot, lose balance, or have trouble speaking clearly.

### Staying Safer:

- Only take cough syrup if you really need it.
- Always read the instructions on the bottle and follow them carefully.

# FACT SHEET:

# SALBUTAMOL INHALER

## Station 1



### Category:

- Salbutamol is a medical drug used for the treatment of asthma.
- It can help people with asthma breathe better.

### How is it consumed?

- Salbutamol is a medicine that is inhaled through an inhaler, or puffer, to get into the lungs.

### What are the effects of salbutamol on the body?

- Salbutamol works by relaxing the muscles of the airways into the lungs, which makes it easier to breathe.
- Taking too much can cause a fast heartbeat, shakiness, or headache.

### Staying Safer:

- Only use a salbutamol inhaler if your healthcare professional tells you to.
- Always follow the instructions carefully and do not use more than prescribed.

# FACT SHEET: METHYLPHENIDATE



## Station 1

### Category:

- Methylphenidate (Concerta, Ritalin, or Biphentin) is a medical drug when it is prescribed to you by a healthcare professional.
- Sometimes people take it for non-medical reasons, which means that they use it without a prescription.
- It is usually given to people with Attention Deficit Hyperactivity Disorder, or ADHD.

### How is it consumed?

- Methylphenidate can be taken as a tablet or capsule for medical reasons. When used for non-medical reasons, it may be swallowed as a pill or crushed into powder and snorted.

### What are the effects of methylphenidate on the body?

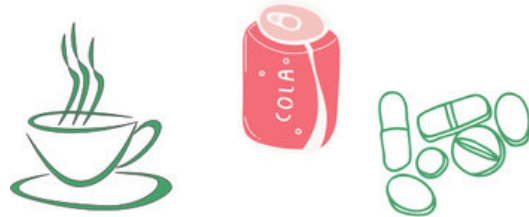
- In people with ADHD, methylphenidate can increase focus and concentration.
- It is a stimulant, and when it's used for non-medical reasons it can make people feel restless, overly energetic, or have trouble sleeping.
- It can also make your heart beat faster and make your blood pressure go up.

### Staying Safer:

- Do not take it if it is not prescribed to you.
- Avoid mixing methylphenidate with other medications.

# FACT SHEET: CAFFEINE

## Station 2



### Category:

- Caffeine is a legal, non-medical drug.
- It is legal for everyone but is not recommended for use by children.

### How is it consumed?

- Caffeine is mostly consumed in coffee, tea, soft drinks, energy drinks, chocolates, or in a pill.

### What are the effects of caffeine on the body?

- Caffeine is a stimulant. This means it can make you feel very awake, but it might also cause you to feel nervous or shaky.
- Using caffeine can give you an upset stomach and make you pee more often.

### Staying Safer:

- If possible, wait until you are a bit older to use caffeine.
- If you use caffeine, don't have too much at one time.
- Avoid mixing caffeine with alcohol or other drugs.

# FACT SHEET: ALCOHOL

## Station 2



### Category:

- Alcohol is both a non-medical drug and a legal drug.
- It is not used to treat any illnesses, but it can be legally purchased by anyone 19 years old and older in NL.

### How is it consumed?

- Alcohol is consumed as a liquid. It can be mixed into different drinks.
- Alcohol is often consumed at parties and other social situations.

### What are the effects of alcohol on the body?

- Alcohol is a depressant. This means it slows down messages sent from the brain to the body.
- It can make you feel angry, sad, or happy.
- Drinking alcohol can cause you to make decisions you may not normally make.
- Long-term alcohol use can lead to memory loss and increase risks of cancer and heart-disease.

### Staying Safer:

- Waiting until you are of legal age to drink alcohol is a safer decision.
- Do not get into a vehicle if the driver has been drinking.

# FACT SHEET: METHYLPHENIDATE



## Station 2

### Category:

- Methylphenidate (Concerta, Ritalin, or Biphentin) is a medical drug when it is prescribed to you by a healthcare professional.
- Sometimes people take it for non-medical reasons, which means that they use it without a prescription.
- It is usually given to people with Attention Deficit Hyperactivity Disorder, or ADHD.

### How is it consumed?

- Methylphenidate can be taken as a tablet or capsule for medical reasons. When used for non-medical reasons, it may be swallowed as a pill or crushed into powder and snorted.

### What are the effects of methylphenidate on the body?

- In people with ADHD, methylphenidate can increase focus and concentration.
- It is a stimulant, and when it's used for non-medical reasons it can make people feel restless, overly energetic, or have trouble sleeping.
- It can also make your heart beat faster and make your blood pressure go up.

### Staying Safer:

- Do not take it if it is not prescribed to you.
- Avoid mixing methylphenidate with other medications.

# FACT SHEET: CANNABIS



## Station 2

### Category:

- Cannabis is a legal drug for those aged 19 and over in NL.
- Some people use it to help with medical problems, while others use it for fun.

### How is it consumed?

- Cannabis can be vaped, smoked, or eaten.

### What are the effects of cannabis on the body?

- Cannabis has 2 main parts: THC, which can make you feel 'high', and CBS, which can help you feel calm.
- It can make people feel hungry, sleepy, or sick to their stomach.
- Using cannabis can sometimes make people more worried or scared and can affect their mental health.
- Using cannabis long-term can make it hard to stop, even if you want to.

### Staying Safer:

- Waiting until you are of legal age to use cannabis is a safer decision.
- It is illegal to use cannabis in public spaces or drive after use.
- Avoid using cannabis with alcohol or other substances.

# FACT SHEET: CANNABIS



## Station 3

### Category:

- Cannabis is a legal drug for those aged 19 and over in NL.
- Some people use it to help with medical problems, while others use it for fun.

### How is it consumed?

- Cannabis can be vaped, smoked, or eaten.

### What are the effects of cannabis on the body?

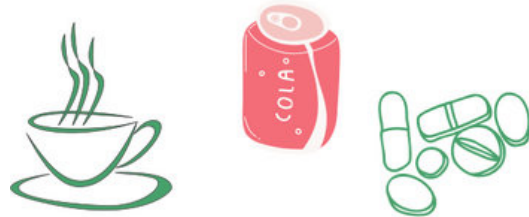
- Cannabis has 2 main parts: THC, which can make you feel 'high', and CBS, which can help you feel calm.
- It can make people feel hungry, sleepy, or sick to their stomach.
- Using cannabis can sometimes make people more worried or scared and can affect their mental health.
- Using cannabis long-term can make it hard to stop, even if you want to.

### Staying Safer:

- Waiting until you are of legal age to use cannabis is a safer decision.
- It is illegal to use cannabis in public spaces or drive after use.
- Avoid using cannabis with alcohol or other substances.

# FACT SHEET: CAFFEINE

## Station 3



### Category:

- Caffeine is a legal, non-medical drug.
- It is legal for everyone but is not recommended for use by children.

### How is it consumed?

- Caffeine is mostly consumed in coffee, tea, soft drinks, energy drinks, chocolates, or in a pill.

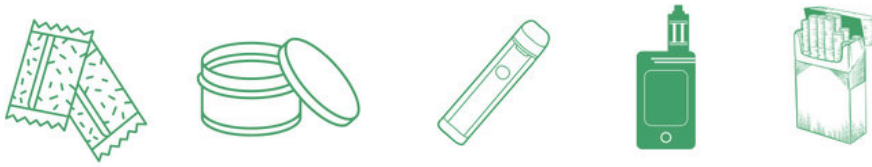
### What are the effects of caffeine on the body?

- Caffeine is a stimulant. This means it can make you feel very awake, but it might also cause you to feel nervous or shaky.
- Using caffeine can give you an upset stomach and make you pee more often.

### Staying Safer:

- If possible, wait until you are a bit older to use caffeine.
- If you use caffeine, don't have too much at one time.
- Avoid mixing caffeine with alcohol or other drugs.

# FACT SHEET: NICOTINE



## Station 3

### Category:

- Nicotine is a legal drug that does not have any uses as medication.
- The legal age to use nicotine is 19 and above in NL.

### How is it consumed?

- Nicotine can be vaped, smoked, or absorbed through pouches in the mouth.
- It can also come as a gum, a spray, a patch or lozenges.

### What are the effects of nicotine on the body?

- Nicotine is a stimulant, which means it increases how active your body and mind are.
- It can cause headaches, make you feel dizzy, and even make you feel nervous or worried.
- Using nicotine long-term can harm your heart and lungs, and irritate your mouth.
- Using nicotine often can make it hard to stop, even if you want to.

### Staying Safer:

- Waiting until you are of legal age (19 or above) to use nicotine is a safer decision.
- Avoid using nicotine with medications or combining with other substances.

# FACT SHEET: ALCOHOL

## Station 3



### Category:

- Alcohol is both a non-medical drug and a legal drug.
- It is not used to treat any illnesses, but it can be legally purchased by anyone 19 years old and older in NL.

### How is it consumed?

- Alcohol is consumed as a liquid. It can be mixed into different drinks.
- Alcohol is often consumed at parties and other social situations.

### What are the effects of alcohol on the body?

- Alcohol is a depressant. This means it slows down messages sent from the brain to the body.
- It can make you feel angry, sad, or happy.
- Drinking alcohol can cause you to make decisions you may not normally make.
- Long-term alcohol use can lead to memory loss and increase risks of cancer and heart-disease.

### Staying Safer:

- Waiting until you are of legal age to drink alcohol is a safer decision.
- Do not get into a vehicle if the driver has been drinking.

# FACT SHEET: FENTANYL



## Station 4

### Category:

- Fentanyl is an illegal drug, but can sometimes be used legally. It cannot be bought or owned legally, unless a doctor prescribes it for pain.

### How is it consumed?

- Fentanyl can be swallowed, snorted, smoked, or injected. Doctors may give it as an injection, a patch, or a lozenge.

### What are the effects of fentanyl on the body?

- Fentanyl is a depressant, which means it slows down the body, including breathing and heart rate.
- Fentanyl is very potent, which makes it very dangerous and can easily lead to overdose or death.
- It can also make you feel sleepy, dizzy, and confused.
- Fentanyl is very addictive and can cause withdrawal if stopped suddenly.

### Staying Safer:

- Only using fentanyl if prescribed by a doctor.
- If using fentanyl, have someone with you and a naloxone kit for emergencies.
- Other drugs may have fentanyl mixed in, so have a naloxone kit available.

# FACT SHEET:

# COCAINE

## Station 4



### Category:

- Cocaine is an illegal drug at all ages.

### How is it consumed?

- Cocaine can be injected, smoked or snorted through the nose.

### What are the effects of cocaine on the body?

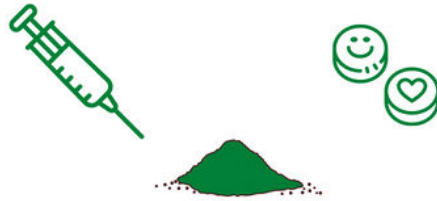
- Cocaine is a powerful stimulant. This means it can make you feel awake, restless, upset, or even angry.
- It can also make your heart beat faster and unevenly, which can cause a heart attack.
- Cocaine use can increase the chance of getting infections and harming your lungs.
- Snorting cocaine can cause nosebleeds.

### Staying Safer:

- It's safest to avoid using cocaine as it is illegal.
- If using cocaine, have a naloxone kit available in case fentanyl is mixed with it.

# FACT SHEET: ECSTASY (MDMA)

## Station 4



### Category:

- Ecstasy is an illegal drug.

### How is it consumed?

- Ecstasy can be swallowed as pills, injected, or snorted through the nose.
- It is often used at parties because it makes people feel very happy and excited.

### What are the effects of ecstasy on the body?

- Ecstasy is a psychoactive or mind-altering drug. This means it can change how feel, think, act and can make you take risks you would not normally take.
- It might cause your heart to beat faster, raise your blood pressure, and make your body too hot, which can lead to dehydration.
- After using it, you might feel confused, sad, forgetful, or worried.

### Staying Safer:

- It's safest to avoid using ecstasy as it is illegal.
- Avoid mixing ecstasy with other stimulants like cocaine.
- Have a naloxone kit available in case fentanyl is mixed with it.

# FACT SHEET: PSILOCYBIN (MAGIC MUSHROOMS)



## Station 4

### Category:

- Psilocybin is a substance found in magic mushrooms, which is an illegal drug.

### How is it consumed?

- They can be eaten as dried mushrooms or taken as a powder, which some people inhale.

### What are the effects of Psilocybin on the body?

- Psilocybin is a drug that can change how you see, hear, or feel things, making it hard to tell what's real.
- It might also make some people feel more creative. However, it can also make you feel scared, nervous, or sick to your stomach.
- Other effects include a faster heartbeat, higher blood pressure, and trouble controlling when you go to the bathroom.

### Staying Safer:

- It is safest to avoid using Psilocybin (magic mushrooms) as it is illegal.

Student Name: \_\_\_\_\_

## Exploration: Time Machine Scenarios

### Scenario 1: The Teen Drinking Crisis

Instructions: Discuss the following scenario as a group. You may choose to act out the scenario or present your discussion to the class. Use your resources from previous activities (including the [Health and Wellness](#), [Substance Use Spectrum](#), and [Factors Influencing Intoxication](#) Infographics) to help inform your scenarios.

It is 10 years in the future. You're standing in the middle of your town, once a vibrant place full of youth sports, weekend festivals, and packed high school graduation ceremonies. But something changed over the past decade that has changed the way your town feels.

Ten years ago, underage drinking became really common. It was easy to get alcohol, and no one talked about it. Teachers looked the other way, parents didn't want to upset their kids, and stores sold alcohol without checking the age of people. Social media showed parties as fun and exciting. In reality, it caused a lot of strain on teens and the town.

More teens began to show up at the hospital. School attendance dropped. Some students stopped going to school. Family relationships became strained. Emergency services were stretched thin, and youth support programs ran out of funding. Now, in the aftermath, the community is trying to pick up the pieces.

Your group, made up of parents, youth, health workers, and local leaders, has come together to figure out what went wrong and how to build a safer, healthier future.

Consider the following questions as you prepare your scenario:

- How did this drinking culture affect young people, families, schools, and the wider community?
- What signs were ignored, and what earlier actions could have helped?
- What ideas do you have now to prevent this from happening again?

Consider all five dimensions of Health and Wellness in your answers (**Physical**, **Mental**, **Emotional**, **Spiritual**, and **Social**).

Student Name: \_\_\_\_\_

## Scenario 2: The Youth-Led Wellness Campaign

Instructions: Discuss the following scenario as a group. You may choose to act out the scenario or present your discussion to the class. Use your resources from previous activities (including the [Health and Wellness](#), [Substance Use Spectrum](#), and [Factors Influencing Intoxication](#) Infographics) to help inform your scenarios.

You step into a school 20 years into the future, and it's not like anything you've ever seen. The halls are calm, bright, and filled with laughter. Students feel supported and connected. Mental health is openly talked about, and everyone knows where to go for help. Substance use is rare because most youth are aware of the risks and feel confident in making healthy choices.

This world wasn't built overnight. Twenty years ago, young people just like you started a movement. They were tired of feeling alone, stressed out, and unheard. So they launched a wellness campaign focused on real talk—about mental health, peer pressure, safe partying, substance use, and supporting each other. They used social media, art, music, and school events to spread their message. Slowly, things changed.

Adults began to listen. Policies improved. More mental health resources appeared in schools. Safer spaces were created for teens to hang out. Students felt empowered. It worked.

Now, your group, a group of young leaders, is meeting to plan the next big campaign to keep this momentum going.

Consider the following questions as you prepare your scenario:

- What made the original campaign so powerful and effective?
- How did it change the school, community, and how people feel?
- What message do you want to send now to keep building a healthier world?

Consider all five dimensions of Health and Wellness in your answers (**Physical, Mental, Emotional, Spiritual, and Social**).

Student Name: \_\_\_\_\_

### Scenario 3: The City that Never Changed Its Smoking Laws

Instructions: Discuss the following scenario as a group. You may choose to act out the scenario or present your discussion to the class. Use your resources from previous activities (including the [Health and Wellness](#), [Substance Use Spectrum](#), and [Factors Influencing Intoxication](#) Infographics) to help inform your scenarios.

Your time machine lands 10 years in the future. You notice there has been a big change: the government in this city got rid of laws limiting smoking and tobacco marketing 10 years ago. They also got rid of any laws prohibiting where people could smoke or vape. Cigarette ads play during cartoons, tobacco companies sponsor sports teams and music festivals, and there are no age restrictions for buying cigarettes.

Smoking is everywhere. People smoke in schools, restaurants, cars, and even hospitals. But as you explore this world, you start to see the hidden costs. Many people are sick with lung disease, heart problems, and cancer. Kids are starting to smoke earlier because they see it as normal. Few people know the risks, because no one ever researched the health impacts and public health campaigns were never funded.

You are a group of student leaders on a mission to investigate what life is like in a society where smoking is not restricted.

Consider the following questions as you prepare your scenario:

- How does smoking affect youth, families, schools, and workplaces.
- What new laws and public health campaigns could help this world become a healthier version of itself?
- What challenges might you face when trying to change people's attitudes and behaviors about smoking in a world where it's been normalized for 10 years?

Consider all five dimensions of Health and Wellness in your answers (**Physical, Mental, Emotional, Spiritual, and Social**).

Student Name: \_\_\_\_\_

### Scenario 4: Jay's Two Futures – Finding Support and Confidence

Instructions: Discuss the following scenario as a group. You may choose to act out the scenario or present your discussion to the class. Use your resources from previous activities (including the [Health and Wellness](#), [Substance Use Spectrum](#), and [Factors Influencing Intoxication](#) Infographics) to help inform your scenarios.

Your time machine takes you to two parallel futures of one person: Jay, a construction worker, who has ADHD.

Back in grade 6, Jay had trouble focusing and felt overwhelmed. Instead of trying to handle it alone, Jay talked to a parent and a counselor. They were diagnosed with ADHD and got support, including therapy and medication, which helped a lot with their focus.

But things could've been different.

Jay remembers someone in school offering them nicotine and cannabis to help “calm down”. While it might've helped for a bit, Jay knows that over time, it could have made school harder, led to anxiety, affected their friendships, and affected his ability to keep a steady job. Jay is glad that they reached out for help when they did.

Your group, made up of Jay's friends, teachers, parents/guardians, and healthcare providers, are here to explore these two versions of Jay's life.

Consider the following questions as you prepare your scenario:

- What were the consequences of self-medicating with cannabis or nicotine vs. getting help?
- What could Jay's friends or teachers have done to support the healthier path?
- Create a list of supports and choices that help people like Jay thrive.

Consider all five dimensions of Health and Wellness in your answers (**Physical, Mental, Emotional, Spiritual, and Social**).

Student Name: \_\_\_\_\_

## Time Capsule



### Create a time capsule!

In this capsule, you can write down (or draw) your vision for your future. Make sure to include how you will make your decisions and the key people who will support you in these decisions. You can also include specific health and wellness goals or practices that will help you to reach your vision.

Date: \_\_\_\_\_

