



Canadian Centre
on **Substance Use**
and **Addiction**



DDSB
Ignite Learning

Empowering Educators:

BUILDING CAPACITY TO ADDRESS VAPING IN K-12

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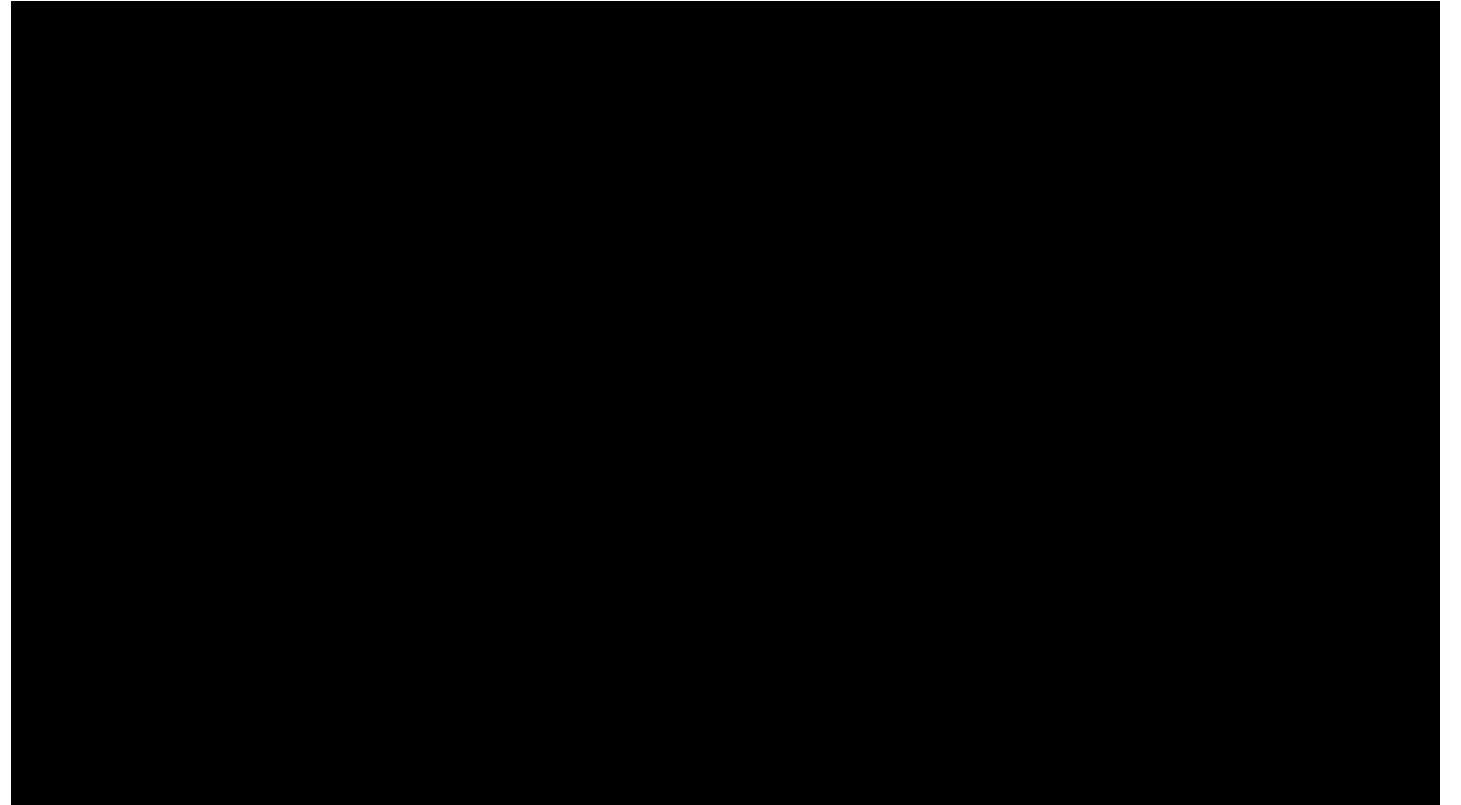
DYDAC & Racing To a Healthy Life

- Engage students in meaningful prevention efforts
- Foster leadership and peer-to-peer education
- Connect classroom learning to real-world health challenges
- Reduce the harms and incidents of vaping through evidence-informed strategies

Racing To a Healthy Life (RTAHL)

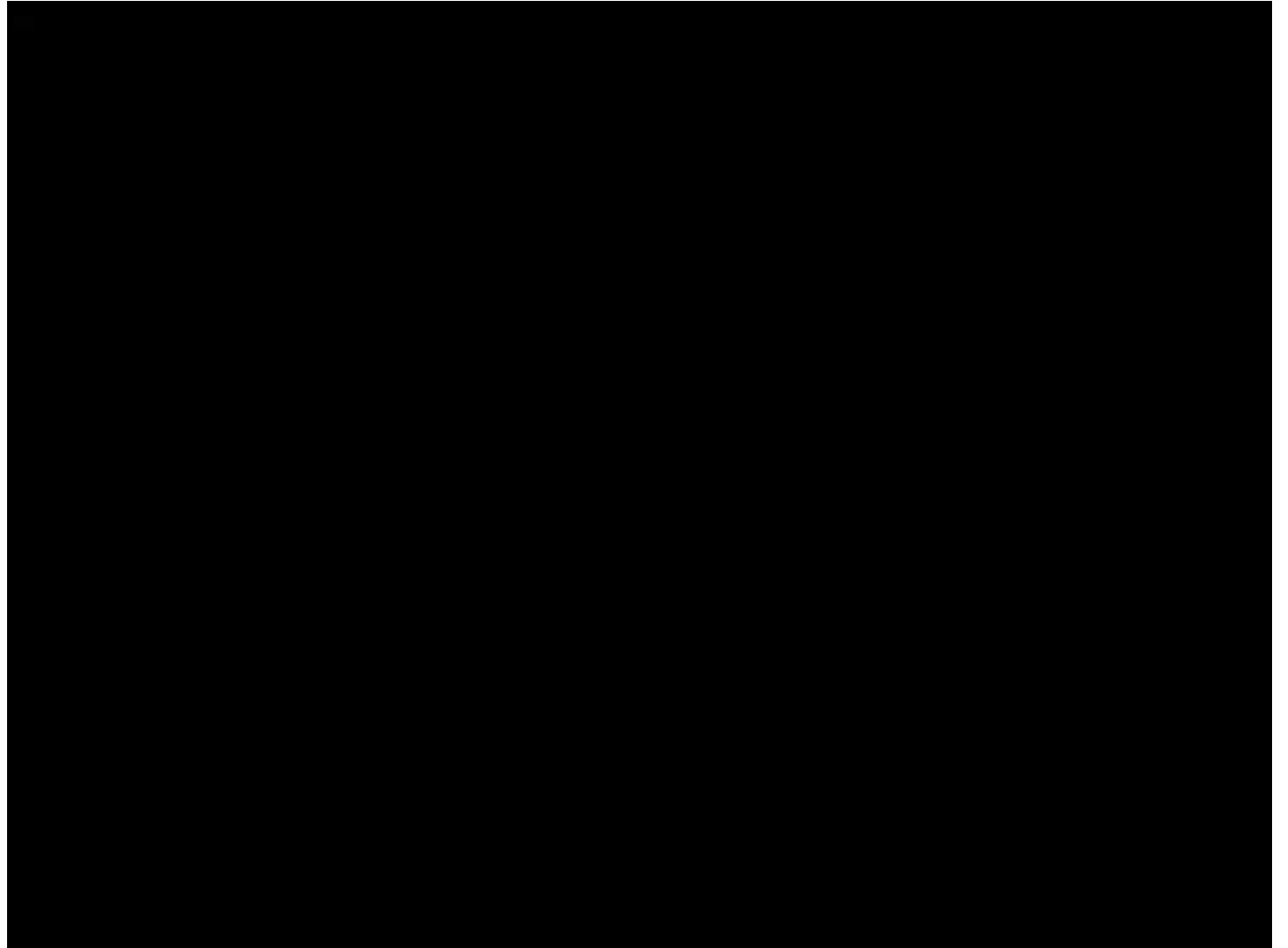
Student-led events,

- Empower youth through interactive learning, Leadership opportunities,
- Wellness-focused activities.
- Integrates curriculum connections
- Community partnerships
- Addresses current issues like vaping, mental health, and healthy decision-making



DYDAC (Durham Youth Drug Awareness Committee)

- A collaborative initiative that brings together:
 - educators, public health professionals, law enforcement, and community organizations
 - promoting substance use awareness and prevention among youth.
 - Supports schools through:
 - resources, events, and professional development.
 - Focus on student leadership, engagement and harm reduction.





Canadian Centre
on Substance Use
and Addiction

Evidence. Engagement. Impact.

Centre canadien sur
les dépendances et
l'usage de substances

Données. Engagement. Résultats.

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Did You Know...? Understanding Cannabis & Vaping

The Leader in Me Conference Keynote

Shea Wood & Jennifer Reynolds

February 8th, 2023

Mobilizing youth-friendly, evidence-based information

- Add bullets here
- Re. CCSA mobilizing knowledge to support informed decision-making among youth
- e.g., Cannabis & vaping keynote in 2023

Understanding Substance Use: Educator Guide & Video Series

These resources aim to:

Increase educators' **confidence and knowledge** when discussing substance use with youth.

Provide **self-reflection exercises, group discussion prompts, and further reading materials.**

Support **independent or small-group learning** among school staff.

Five short modules:

Understanding Substance Use

Explores the spectrum of use, harm reduction, resilience, and links to ACEs.

Understanding Stigma

Defines stigma, its impact, and strategies to reduce it in school settings.

Understanding Cannabis Vaping

Covers youth vaping trends, risks, and harm reduction strategies.

Understanding Alcohol

Discusses alcohol products, health risks, and safer use practices.

Understanding Impaired Driving

Explains how substances affect driving and outlines legal consequences.

CANNABIS VAPING PRODUCTS

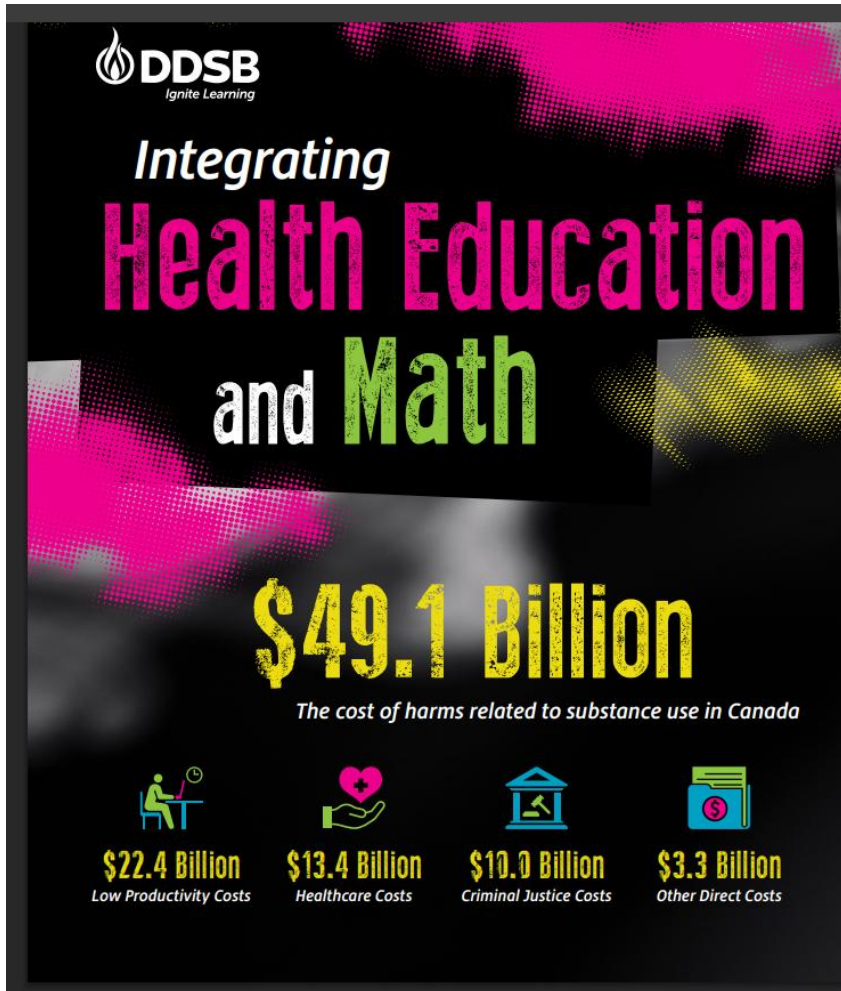


THC / CBD / BOTH
LIQUID / OIL / SOLID
(wax or dried cannabis flower)

DIFFERENT FLAVOURS
candy or dessert flavours



Understanding Substance Use: Educator Guide & Video Series



Integrating Health Education and Mathematics:

- Uses real-world data to explore the **financial costs of substance use** over time.
- Encourages students to apply **multiplication, division, and proportional reasoning**.
- Includes scenarios comparing vaping expenses to **healthy alternatives** (e.g., gym memberships, sports equipment).
- Promotes **critical thinking** about personal choices and long-term consequences.
- Aligns with **Ontario Math Curriculum** expectations for Grades 5–9.
- Supports cross-curricular learning by linking **health education and financial literacy**.
- Offers opportunities for **student reflection** and classroom discussion.
- Designed to be flexible and adaptable for various classroom contexts



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W Article Cannabis-Talk-Kit_E... Cannabis education... Talking Pot with You... canadas-lower-risk-... MyCannabisQ: EPI... Forms Cannabis Stats Hub is-cannabis-safe-us... evidence-brief-you... Prevention relationship_mappi... All Bookma

CSUCH Canadian Substance Use Costs and Harms

Home Substance Use Costs Use the Data Tool Resources About Français

(Latest available data: 2020)

LOST PRODUCTIVITY COSTS

- \$22.4 billion
- Includes:
 - Lost value of work due to premature deaths
 - Long- and short-term disability

[Learn More](#)

HEALTHCARE COSTS

- \$13.4 billion
- Includes:
 - Hospitalizations
 - Emergency visits
 - Prescription drugs

[Learn More](#)

CRIMINAL JUSTICE COSTS

- \$10.0 billion
- Includes:
 - Policing
 - Courts
 - Correctional services

[Learn More](#)

OTHER DIRECT COSTS

- \$3.3 billion
- Includes:
 - Research and prevention
 - Motor vehicle collision damage
 - Workers' compensation

[Learn More](#)

Data Visualization Tool

Explore the data about the costs and harms related to substance use in Canada from 2007 to 2020.

Year	Total Cost (\$ billion)	Percentage (%)
2007	\$19.67	40.09%
2010	\$11.15	22.74%
2013	\$7.07	14.42%
2016	\$4.16	8.48%
2020	\$3.03	

Legend: Healthcare (red), Criminal Justice (blue), Lost Productivity (orange), Other Direct (green)

National, Provincial and Territorial Costs

Find the cost and harms related to substance use [nationally](#) and for your [province or territory](#).

CCSA Resources and Materials

- Cannabis Vaping Videos
- How to Prevent and Reduce Substance Use Harms for Youth: What Youth Say Works
- Substance Use Conversations with Youth: Tips for Adult Allies — A Communication Guide
- Talking Pot with Youth: A Cannabis Communication Guide for Youth Allies
- Understanding Substance Use: Educator's Guide
- ...And more!

Are there risks to vaping cannabis?:

This video outlines the different mental and physical risks that are associated with vaping cannabis.

[Play video >](#)



How to Reduce the Risks of Vaping Cannabis:

This video provides recommendations on how to lower the risks associated with vaping cannabis.

[Play video >](#)

Vaping Prevention Bingo

B	I	N	G	O
Math: Calculate cost of vaping over a year	Hosted a student-led campaign	Used anonymous reporting tools	Created visual awareness posters	Partnered with community organizations
Science: Effects of nicotine on the brain	Facilitated a vaping prevention workshop	Used restorative practices	Drama: Role-play peer pressure scenarios	Presented at a school assembly
English: Write a persuasive essay on vaping	Used social media for awareness	FREE SPACE	Technology: Create a digital PSA on vaping	Health: Discuss coping strategies for stress
Media Literacy: Evaluate vaping ads critically	Engaged student council in prevention	Conducted student surveys	Physical Education: Promote healthy alternatives	Facilitated parent information night
Social Studies: Research vaping laws in Canada	Used real-life testimonials	Collaborated with public health	Art: Design an anti-vaping campaign logo	Facilitated teacher PD on vaping

Q&A



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