



BEYOND HEALTH EDUCATION...

PREVENTING PROBLEMATIC SUBSTANCE USE BY ENHANCING STUDENTS' WELL-BEING

WHAT CAN TEACHERS DO?

Universal strategies for ALL students!

PROMOTE WELL-BEING

Protective factors promote overall health and well-being and counterbalance risk factors that can lead to problematic substance use.



PROVIDE OPPORTUNITIES FOR YOUTH TO ENGAGE IN PROSOCIAL BEHAVIOUR (HELPING, SHARING, DONATING, AND VOLUNTEERING)



PROVIDE OPPORTUNITIES FOR SKILL-BUILDING



ENCOURAGE STUDENTS' SENSE OF HOPE

CREATE WELCOMING ENVIRONMENTS

Teachers can enhance students' well-being by creating welcoming environments that reflect the diversity of youths' lives.



CREATE SAFE, INCLUSIVE, AND WELCOMING LEARNING ENVIRONMENTS



DEVELOP HEALTHY RELATIONSHIPS WITH STUDENTS & FACILITATE RELATIONSHIP BUILDING BETWEEN STUDENTS



RECOGNIZE AND AFFIRM YOUTHS' DIVERSE IDENTITIES AND EXPERIENCES

INTEGRATE EFFECTIVE PROGRAMS

There are effective programs that are universal, school-based, and focus on promoting positive youth development.



CONNECT WITH ORGANIZATIONS AND INITIATIVES AIMED AT PROMOTING WELL-BEING



BECOME INVOLVED IN RESEARCH AND KNOWLEDGE MOBILIZATION OPPORTUNITIES



CHECK OUT AVAILABLE RESOURCES AND TRY A STRATEGY IN YOUR CLASSROOM



For more information and additional resources, please visit:
https://www.csmh.uwo.ca/research_cannabis-education.html



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