



SUBSTANCE USE & WELLNESS GR. 7-12

Youth-led interactive assembly will help students understand the effects of substance use, addiction and wellness. Youth speakers will share personal stories about their challenges with being accepted for who they are and share a message of empowerment and hope. Students will leave with a greater understanding of what they can do to step up in their community and actively create a more understanding environment with their peers.

ASSEMBLY FORMAT:

- INTERACTIVE INTRO / WARM UP
- SPEAKER ONE
- RISK FACTORS
- HARM REDUCTION
- SPEAKER TWO
- SAFE PARTYING PRACTICES
- WHAT IS ADDICTION?
- STRESS AND THE BRAIN
- COMMON EXCESSIVE HABITS
- COPING TOOLS
- Q&A / RESOURCES

*Includes Printable Resources Material



Just finished a presentation with my Grade 8 students from Adam and Emma. Wanted to say thank you to both of them for sharing their stories. My students witnessed your bravery and courage and resonated with them. The students are still chatting about it.

Derek Butler, Elementary
Virtual School, YRDSB

YOUTHSPEAK PERFORMANCE CHARITY
SPEAK. INSPIRE. CHANGE.

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

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(905) 967 - 0604

office@youthspeak.ca



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