

# SUBSTANCE USE AND THE BRAIN

GR. 7-12



This youth-led interactive assembly will help students understand substance Use, addiction and wellness. Youth speakers will share personal stories about their challenges with substance use, overcoming unhealthy habits, and messages of hope and empowerment. Students will leave with a greater understanding of the relationship between substances and the brain as well as healthy coping mechanisms.

## ASSEMBLY FORMAT:

- INTERACTIVE INTRO / WARM UP
- WHAT IS ADDICTION?
- WHO MAY BE AT RISK
- SPEAKER ONE: PERSONAL STORY
- DRUG/ALCOHOL CONTINUUM
- SPEAKER TWO: PERSONAL STORY
- MYTH VS. FACT
- ADDICTION, STRESS AND THE BRAIN
- COMMON EXCESSIVE HABITS
- COPING TOOLS
- CALL TO ACTION
- Q&A / RESOURCES

\*Includes Printable Resources Material



*Thank you YouthSpeak for helping our students explore and understand the topic of Substance Use and Addiction, in a way that was approachable, informative and engaging. The personal stories shared helped bring to life the real challenges and risks associated with substance use, while also providing hope, healthy coping strategies and supportive resources to those who may be venturing down a similar*

Caitlin Parsons, School Social Worker

YOUTHSPEAK PERFORMANCE CHARITY  
**SPEAK. INSPIRE. CHANGE.**

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



@YouthSpeakCan

www.youthspeak.ca

(905) 967 - 0604

office@youthspeak.ca