

# Substance Use

## Addiction & Wellness



## Program Outline

This **youth-led interactive session** 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.*

### YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



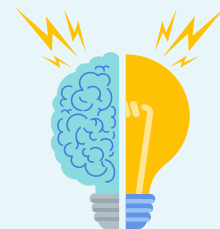
#### Prioritizing Safety

Youth Speakers will share various ways in which students keep themselves safer within the context of substance use. Some topics include: **Substance Use Continuum, risk factors, and harm reduction.**



#### Understanding Harm Reduction

Helps students understand harm reduction and ways to practice it. Youth Speakers will share **harm reduction strategies and tips on setting healthy boundaries.**



#### Strengthen Critical Thinking

Focuses on the relationship between substance use, addiction, and the brain. These conversations will encourage students to reflect on their own experiences, **strengthening their critical thinking and decision making skills.**

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



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