

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.

- **Substance Use, Effect on the Brain & Coping Tools**
- **Group Discussion on Harm Reduction & Drug/ Alcohol Continuum**

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.



Connect with us: www.youthspeak.ca

BOOK US TODAY!

