



Online Resources & Information to get you started...

Substances, Society, and Interactive Resources:

- www.xperiment.ca – interactive games, videos and info from Canadian Centre on Substance Abuse
- www.camh.ca – Centre for Addiction & Mental Health. Evidence-based resources and information, quizzes and articles on both mental health and substance use. Check out “evaluate your drinking” quiz
- www.drugcocktails.ca – the 200 most commonly prescribed medications for youth and risks associated with alcohol, cannabis and other drug combinations
- www.carbc.ca Centre for Addiction Research BC (CARBC) at University of Victoria
- <http://www.druged.ednet.ns.ca/> *A Question of Influence*; grade 7 – 9 drug education curriculum
- CBC: David Suzuki’s The Nature of Things: The Downside of High

www.cbc.ca/player/Shows/Shows/The+Nature+of+Things/2009-10/ID/139851175/ or www.youtube.com/watch?v=yAYvaWO8rg4

Online Safety, Gaming, Social Media, and Resources:

- www.cybertip.ca includes a guide on Self/Peer Exploitation for Families developed the Canadian Centre for Child Protection https://www.cybertip.ca/app/en/internet_safety-self_peer_exploitation
- www.bcreponsiblegambling.ca Prevention and education around gambling and online gaming
- www.thedoorthatsnotlocked.ca quizzes, games, guidelines for families
- www.knowdice.ca Gambling prevention: educational information for parents, youth and adults
- www.netsmartz.org safety, online friends, what your profile says about you, friend or fake, etc.
- http://www.ted.com/talks/sherry_turkle_alone_together.html TED Talk by Sherry Turkle

Mental health resources and supports:

- www.teenmentalhealth.org teen brain, development, sleep, behaviour, mental health supports
- www.heretohelp.bc.ca – mental health, substance fact sheets, tips & links to excellent Canadian sites
- www.mindcheck.ca – practical activities and articles for youth and adults.
- www.camh.ca – Centre for Addiction & Mental Health. Evidence-based resources and information, quizzes and articles on both mental health and substance use. Check out “evaluate your drinking” quiz
- www.keltymentalhealth.ca – BC’s Mental Health Resource Centre offering support from professionals, parent peer support, educational events, resources and information & links to excellent Canadian sites

More resources and support through your school’s SACY worker:

www.vsb.bc.ca/SACY/contacts