
Drug Literacy Toolkit

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Introduction

- This toolkit is for the use of instructors and coaches within the school system. The purpose of the information, activities and resources are for implementing teaching and awareness about vape/tobacco use in high school aged students.
- This project was developed by two third year bachelor of nursing students with direction from the SD20 Healthy Schools Coordinator.
- Please utilize the activities and links within the powerpoint however you see fit and adjust accordingly to class size, age and ability.

Relevance

- The Interior Health region has the highest rates of adolescence vape use in B.C.
- The rate of vape use amongst adolescents is on the rise, making it an important topic to address with students in high school.
- Findings from the BC Adolescent Health Survey, presents data around the rate of adolescent vape use, and various factors which impact the likelihood of teens using vape products.

Here is a link to an accessible poster which outlines the key points from the BC Adolescent Health Survey around tobacco and vape use in adolescents.

https://mcs.bc.ca/pdf/tobacco_and_vaping_interior.pdf

(Smith et al., 2020).

Please refer to the speaker's notes for a link to the McCreary Centre Society Report: Understanding tobacco use and vaping among BC youth: Findings from the BC adolescent health survey.

Our Process

This project was developed by facilitating three focus groups with high school students.

- Group One was 21 grade 8 students.
- Group Two was 26 grade 8 students.
- Group Three was 9 students.
(Aged 16-18)

The information was collected through discussion, questions and the activities listed in this toolkit. There was no identity attached to the information collected, however the responses that were shared will be used for educational purposes. The students were informed of this prior to the session.

Expectations/ Goals/ Objectives

Student Objectives and Expectations:

1. Gain an understanding for the available resources and supports around mental health and vape cessation.
2. Increased awareness of the health impacts of using vape products.
3. Contribute to discussions and activities with respect for all students and teachers.

Facilitator Goals and Expectations:

1. Ensure confidentiality and safe space discussion prior to the teaching session.
2. Enter a discussion with the students about vape/ tobacco from a non judgemental/bias perspective.
3. Allow students to ask questions.

Curriculum

- The lessons outlined within this Tool Kit, are suited to the B.C Curriculum for Physical and Health Education in Grade 8.
- Within the Mental Well Being Curricular Competency, these lessons supports students to:
 - Describe and assess strategies for managing problems related to mental well-being and substance use
- Within the Healthy and Active Living Curricular Competency, these lessons supports students to:
 - Assess factors that influence healthy choices and their potential health effects
- The content within these lessons supports students in understanding:
 - media and social influences related to psychoactive substance use and potentially addictive behaviours

(Government of B.C, n.d.)

Drug Literacy

- A Drug Literacy approach, supports learners in building the skills and knowledge they may need to navigate experiences surrounding drug use.
- This approach engages students in discussions and activities which support them in expressing and thinking critically about values, choices and approaches related to drug use.
- The Drug Literacy approach supports the development of both autonomy and social belonging, which back the adolescent in thinking critically and make informed decisions around drug use.

(Helping Schools, 2015)

Please refer to the links in the speaker's notes for more information about the Drug Literacy Approach.

Trauma Informed Approach

- Using a trauma informed lens can help students to feel safe and express their concerns without fear of being judged.
- It is important to understand the past lived experiences of the group and work to not re-traumatize them within this teaching session.
- Approach the concept from a non bias and non judgmental perspective to allow the students a positive experience.

These four guiding principles can help you to implement this approach.

- Realization: being aware of the trauma
- Recognition: ability to identify the trauma
- Response: your reaction to the trauma of the student
- Resist: causing more trauma and avoid re- traumatization

(Cochran, 2019)

Please refer to the links in the speaker's notes for more information about this approach.

Effects of Vape Use

- Inhaling the chemicals contained in vapour causes damage to lung tissue increasing the risk of lung diseases.
- Vaping increases blood pressure and heart rate, causing stress on the cardiovascular system and increasing the risk of cardiovascular diseases.
- Most vape products contain nicotine which is highly addictive.
- Nicotine use during adolescence can:
 - alter brain development
 - impact mood
 - Increase stress and anxiety

(British Columbia Lung Association, 2020)

Please refer to the links in the speaker's notes for more information about the health impacts of vape use.

Activities

Smaller Group Activities: (5-10 people)

- Wheel Game
- Poster Boards
- Small Group Discussion



Larger Group Activities: (10-30)

- River Crossing: In the speaker's notes is an instructional video to this activity. Please watch before reading considerations.
- Video: (followed by smaller group debrief)

Students preferred having a guest speaker, conversation or activities over a traditional teaching session.

Questions to stimulate conversation

- What are some things that make you feel stressed?
- What activities help reduce your stress?
- Why does someone start vaping?
- Why does someone stop vaping?
- Why do you think people your age use vape/tobacco products?
- Are vape products easily accessible?
- How do you think using vape products impacts your health?
- What resources do you know of that support mental health?
- What resources do you know of that support people to quit using vape products?

Kahoot Consolidation for Learners

Below is a link to a 10 question Kahoot Quiz, consisting of true and false and multiple choice questions. The quiz is intended to consolidate learners understanding around:

- Health impacts of vape use
- Healthy lifestyle
- Mental health resources
- Supports for tobacco cessation

<https://create.kahoot.it/details/70db5193-94cb-4bcd-a566-acce4ef55f86>

The teacher opens the quiz and learners participate using their own device. The questions may also be used as teaching points or to facilitate group discussions.

Resources

Child and Youth Mental Health Castlegar

124 - 845 Columbia Avenue, Castlegar, BC

(250) 365-4470

Office: Monday to Friday 8:30am - 12 (noon) and 1 - 4:30pm

Walk-in Intake Clinic: Wednesdays: 9 to 11:30am

<https://kb.fetchbc.ca/service.html?i=303>

Child and Youth Mental Health Trail

278 - 1051 Farwell Street, Trail, BC

(250) 364-0540

Office: Monday to Friday

8:30am - 12pm; 1pm - 4:30pm

Walk-in Intake Clinic: Thursdays: 1 to 3pm

<https://kb.fetchbc.ca/service.html?i=308>

Interior Health's Tobacco Reduction Program

<https://www.interiorhealth.ca/YourHealth/HealthyLiving/TobaccoReduction/Pages/default.aspx>

British Columbia Lung Association

Education, prevention toolkit and resources

<https://bc.lung.ca/how-we-can-help/vaping>

Interior Health's Healthier Schools, Healthier Students Project

Supporting health promotion in schools

<https://www.interiorhealth.ca/sites/Partners/SchoolDistricts/Pages/HSProject.aspx>

BC Smoking Cessation Program

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program#:~:text=The%20BC%20Smoking%20Cessation%20Program,specific%20smoking%20cessation%20prescription%20drugs>

Parent Resources

There is a two page printable document from Interior Health for parents to access for information about vaping and youth.

- Myths and Facts
- What you can do as a parent or guardian

Consider printing this for students to take home or emailing out to your parent list.

Document Link:

<https://www.interiorhealth.ca/sites/Partners/SchoolDistricts/Pages/HealthPromotionResources.aspx>

Conclusion

- This tool kit was intended to support coaches and instructors in implementing teaching and awareness around vape/tobacco use with students in high school.
- The trauma informed approach which was introduced in this presentation, was included to facilitate the creation of a safe, non judgmental space for learners to explore this topic.
- The activities and information contained in this tool kit are meant be adapted to suit the size, age or ability of the learners.
- We hope this toolkit supported you in facilitating a positive teaching session around vape use for your learners!

References

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