

Mental Health and Substance Use -Tips for Educators by Youth

Tool

Resource: Vaping Education Resources

Grade(s): 4 5 6 7 8

Division(s): Junior Intermediate

Recognize the Connection Between Mental Health and Substance Use

- Acknowledge that sometimes substances are used to cope with mental health concerns.-
- There is a need for open and honest education about mental health and substance use.-

Just Listen

- Understand that there is a likelihood that students have a lot going on, and everyone struggles sometimes. Create a judgment-free zone. There is value in just listening.-
- Create a safe space for students- to have conversations and keep open lines of communication. Rigid barriers will shut them down.-

Help Find Safer Experiences

- If you can't make school tolerable, help find safer experiences for students that need them. Help students explore their interests and learn new skills to get a sense of control in their life.-

- School can be overwhelming. Using a variety of strategies like role-playing can help build skills to cope and gain a sense of control over various situations.–

Ask Why

- Think about substance use from a student's headspace. Ask why. Why might youth be using substances?–
- There is a multitude of reasons: the stress of achievement, coping, or trying to escape can all be linked to substance use.–

Avoid Power Struggles

- Adults have much less control than they might think when it comes to youth and substance use.—
- Autonomy for students- is important. You don't always need to try to fix the problem.–