

# Health Canada virtual learning experience

This free educational program for grades 4 to 6 provides students with important information about alcohol, cannabis, tobacco and vaping products.

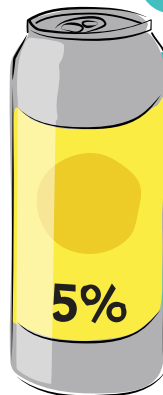


# Get the Facts

Alcohol, cannabis, tobacco, and vaping products can have especially harmful impacts on young people because these substances can affect the way brains develop and bodies work. This is why it's important for students to *Get the Facts* on these substances and to know the risks.

*Get the Facts* is an interactive, free, virtual program presented by two trained facilitators who will engage students with interactive activities and live Q&A sessions.

This foundational information will help younger youth build a mindset centred around healthy choices and encourage lower risk behaviors later in life.



Throughout the session, we will cover:

- What are alcohol, cannabis, tobacco, and vaping products.
- Short and long-term effects of these substances.
- Mental health impacts of substance use & addiction.
- Tips on dealing with peer pressure.
- Available resources.



The session is:

- For grades 4 to 6.
- 45 to 60 minutes in duration.
- Available in English or French.
- Suitable for groups of up to 50 students.

**Detailed instructions and resources will be provided to teachers upon booking.**

## Technical details:

- Sessions will be hosted on the preferred platform of your school (e.g., Zoom, MS Teams, Webinar).
- Ideally, students will have access to computers, tablets, or mobile phones for each participant.
  - A variety of accommodations are available to adapt the virtual program to fit the technology available to your school and students (contact us to discuss if accommodations are needed).
- The classroom will need access to a digital screen/smartboard/projector to display the live virtual moderator (including audio) to students.



**Sign up your class now or call 647-228-6379 to learn more**



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