

Discovery Youth and Family Substance Use Services

Community Substance Use Workshops

- **Beliefs and Values Workshop**- This workshop helps students to understand their own beliefs and values about substances, and that knowing this can help them to make healthier decisions.
- **Drug and Alcohol Trivia Part 1**– Teachers receive a package of Rack cards on different substances with instructions to lead a class discussion using small group work on staying safer with substance use.
- **Drug and Alcohol Trivia Part 2**– Discovery staff lead a Jeopardy game or Kahoot game based on trivia from the Rack Cards and provide important information regarding local resources.
- **Continuum of Substance Use**– Students learn about the vast continuum of substance use and how to recognize when problematic use is a risk and what supports to access.
- **Protective Factors and Risk Factors Workshop**-Students learn more about the protective factors that help us to develop good health and the risk Factors that can lead to poor health. A focus is put on the control students have over developing their protective factors and coping strategies.
- **Safer Party Planning Workshop**– Students take part in small group work focusing on typical scenarios they might come across in social situations involving substances. The focus is on refusal skills, healthy decision making and harm reduction.
- **Parent Workshop– The Drug Talk**– Parents learn skills to broach the subject of substances with their youth in a helpful straight forward way. A focus is put on local statistics and local resources that parents can access.

All workshops can be facilitated online or in person. In order for Discovery to offer the best quality presentations, particularly online, we would require support from teachers and support staff in the class room. This will include but is not limited to a conversation regarding your class's unique needs and requests prior to the presentation as well as in person support to help us facilitate learning in your environment.

To book a workshop, please call 250- 947-8242 x38187



Discovery acknowledges the Coast Salish, Kwakwaka'wakw, and Nuuchahnulth families and their lands on which we live, learn, and play. Art by W. Joel Good

