

CYCLES

Facilitator Guide Insert

The **CYCLES** facilitator guide and videos were originally developed in British Columbia in 2014, some of the links and resources may be specific to the province of B.C. and the content on legalization is out of date. The information included in this insert is specific to Ontario and was last updated on 2019/01/24.

Ontario Health and Physical Education (H&PE) Curriculum – Grade Level Recommendations

CYCLES was designed for grades 8 to 12. The majority of research suggests that prevention education is most effective prior to initial use as well as around the time of first exposure, which is most common at 15 years of age. Harm reduction strategies in education are most effective with youth in the senior grades of high school and older and with youth who may be using cannabis.

Critical Thinking

Ask students what they liked and what they thought could be improved about the film and the activities. To promote ongoing dialogue, encourage students to elaborate on the film's shortcomings and to propose alternatives to the plot or script. This may include student suggestions on the appropriate target grade for this lesson and open discussion on whether the film portrayed authentic, relatable, and diverse content. Consider expanding upon critical thinking by discussing media literacy in future lessons. Ask students to identify and challenge misleading media messages about substances, like cannabis, and help youth to recognize the power of advertising.

Harm Reduction

Ask senior students and students who may be using cannabis about the safer ways that cannabis can be used if someone is using cannabis, to lower the risks to health. Draw from the [Canada's Lower-Risk Cannabis Use Guidelines](#) and the [Blunt Truth](#).

Cannabis Laws and Regulation

For information and updates on the laws and regulations that apply to non-medical and medical cannabis in Ontario and Canada, please consult with your school's public health nurse. You can also access the following links for more information:

- [Ontario Educator's Page](#)
- [Canada](#)

Connecting School to Home

You may decide to notify parents and families of the upcoming **CYCLES** lesson and to provide them with resources on how they can talk to their teen about substance use, including cannabis use.

- [Cannabis Talk Kit](#)
- [You, Your Teen and Substance Use](#)
- [Triple P Parenting](#)
- [Information for Parents on the Legalization of Non-Medical Cannabis](#)

For more information:

See the [Cannabis Communication Guide for Youth Allies](#) and visit the health unit educators page for more resources on [substance use, addictions, and related behaviours](#).