

# Alcohol: *The whole truth*

GRADE 5

## Alcohol toolkit



## Outline

Discussing alcohol in Grade 5 may seem early, but engaging children before they are exposed to alcohol and other drugs is crucial for prevention.

The goal of the Grade 5 Alcohol: The Whole Truth Toolkit is to help educate students in Grade 5 on how to make healthy lifestyle decisions and choices about alcohol and to avoid misusing substances like alcohol. The toolkit was developed with the help of various teachers, and we are grateful for their input and support throughout the process.

The toolkit includes hands on activities to supplement curriculum requirements as well as support information. It is divided into four sections:

### Section 1 Introduction

This section provides welcome letters to principals/teachers and parents/guardians.

### Section 2 Curriculum Support Activities

This section contains classroom activities that align with the Ontario Curriculum expectations. Developed in collaboration with teachers, these classroom activities aim to educate students about alcohol, enhancing awareness and knowledge of the topic.

### Section 3 More Fun Activities

This section offers a range of fun activities for teachers to integrate into their classrooms, further enriching students' learning experiences in a dynamic and enjoyable manner.

### Section 4 Support Materials

This section contains various support materials, including supplementary information for teachers and additional resources for conducting the activities.

#### Additional resources on this topic include:

- Ontario Physical and Health Education Association (OPHEA): Ideas for Action ([bit.ly/ophea\\_ideas](http://bit.ly/ophea_ideas)).
- Centre for Addiction and Mental Health (CAMH) curriculum support materials ([bit.ly/camh\\_ed](http://bit.ly/camh_ed)).

Together we can create a healthy supportive environment for students to become informed and make healthy lifestyle decisions as they face difficult choices in the coming years.

Thank you for using the **Alcohol: The Whole Truth Toolkit**.

