



## Pre-training activities - Session 2

Please watch the following videos prior to Session 2 (Thursday August 20, 2020). It should take about 25 minutes in total.

1. Our understanding of “addiction” (6 minutes)  
[youtube.com/watch?v=C8AHODc6phg](https://youtube.com/watch?v=C8AHODc6phg)
2. How do drugs affect the brain? (5 minutes)  
[youtu.be/8qK0hxuXOC8](https://youtu.be/8qK0hxuXOC8)
3. Taking Care of Each Other: Indigenizing Harm Reduction (8 minutes)  
[youtu.be/pA3PyaksBYo](https://youtu.be/pA3PyaksBYo)
4. CATIE: Connecting with Care in Toronto: Keith's story (3 minutes)  
[youtu.be/yoCGDQHmVJU](https://youtu.be/yoCGDQHmVJU)
5. #PeerLife - A Day in the Life of a Peer - short version (3 minutes)  
[youtu.be/Ed\\_5QRYXTSc](https://youtu.be/Ed_5QRYXTSc)

### Optional:

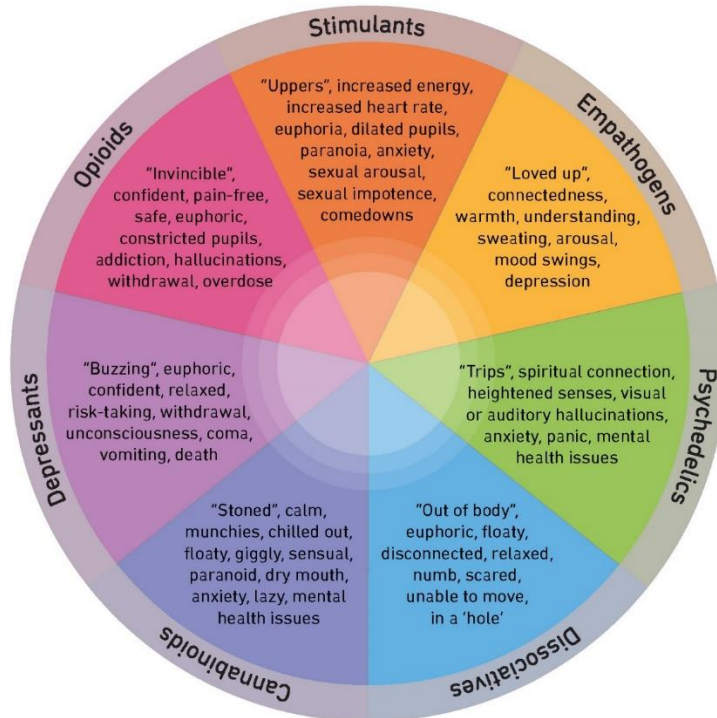
- Jay Z - The War on Drugs: From Prohibition to Gold Rush (4 minutes)  
<https://youtu.be/HSozqaVcOU8>
- #PeerLife-A Day in the Life of a Peer - long version (10 minutes)  
<https://youtu.be/XcMBpGJqwGU>
- Overdose 101 & naloxone (10 minutes)  
[www.ohrn.org/naloxone](https://www.ohrn.org/naloxone)



Below, we have also included “*The Drugs Wheel*”, a newer way of classifying different drugs and their effects. Take a look here or [at their site](#) for an interactive view or more accessible list option. We will not be covering this in too much detail, but some participants have asked for this information.

# The Drugs Wheel

## A new model for substance awareness



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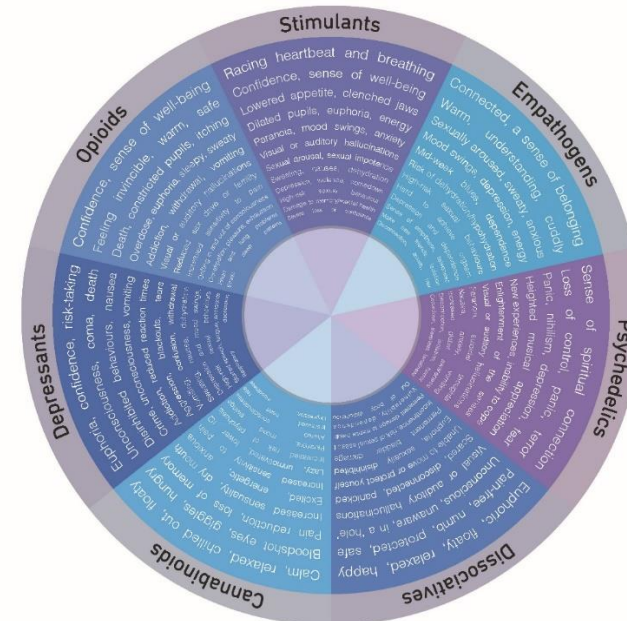


The Drugs Wheel by Mark Adley is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 Unported License. Permissions beyond the scope of this license may be available by contacting [mark@thedrugswheel.com](mailto:mark@thedrugswheel.com).

Designed in collaboration with DrugWatch: an informal association of charities, organisations and individuals who share an interest in establishing a robust early warning system in the UK for all types of drugs.



## The Effects Wheel



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