

# Student Learning Resources

## Ontario Health and Physical Education Curriculum

The [Ontario Curriculum, Grade 1-8 Health and Physical Education](#) and [Ontario Curriculum, Grades 9-12 Health and Physical Education](#) include mandatory learning about concussions as a component of:

- Safety in the Active Living strand across Grades 1 – 8 and Grades 9 – 12
- Personal Safety and Injury Prevention in the Healthy Living strand in Grades 3, 8, and 11
- Promoting Healthy Living strand in the Grade 11 Health for Life course

## Ophea Student Learning Resources

Two [Ophea student learning resources](#) are available through the Ministry of Education's Virtual Learning Environment (VLE). These include:

- Learning About Concussions: Teacher Guide and Lesson for Grade 6
- Learning More About Concussions: Teacher Guide and Lesson for Grade 9

## Rowan's Law Day Toolkit for Schools

The [Rowan's Law Day Toolkit](#) is intended to support Rowan's Law Day in schools by sparking conversation among students, staff, and community about concussion awareness. The toolkit contains:

- Information about Rowan Stringer and Rowan's Law Day
- A list of concussion awareness activities for schools
- Printable posters
- Ready-to-go social media posts
- Additional resources

## Youth Concussion Awareness Network (You-CAN) Resources

The **Youth Concussion Awareness Network (You-CAN)** is a peer-led initiative created by Holland Bloorview Rehabilitation Institute, the University of Toronto and Parachute. Through You-CAN, secondary school students work together with their peers to share concussion knowledge and resources to help make a difference in their community.