Game

# Healthy Heroes




**Evidence ratings:**

This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:** Year 3–4, Year 5–6

**Targeted Drugs:** Alcohol, Cannabis, Electronic Cigarettes/Vaping, Tobacco

**Tags:**

**Time Allocated:** Partial lesson (under 45mins)

**Origin:** International

**Cost:**
Free

## Available

Healthy Heroes is available via the Health Canada Experiences website.

Access Healthy Heroes

## Developers

Health Canada Experiences, Government of Canada.

## Summary

Healthy Heroes is an interactive comic book with mini games. Superhero characters are exposed to substances like nicotine, alcohol, and cannabis. Players learn about common health effects and work to identify the substances.

Whilst developed for a Canadian audience, Healthy Heroes is still highly applicable to Australian students in years 4-6.

## Format

The game includes a standard version and a fast-track version to meet different needs. There are 11 chapters with 3 mini games for students to work through. There is an accompanying worksheet to consolidate understanding of the health effects of e-cigarettes, alcohol and cannabis. The game and worksheet are available in English and French.

## Expected Benefits

- Increased knowledge and understanding of the effects of e-cigarettes, alcohol, and cannabis.

## Evidence Base

The benefits of this game have not been evaluated in a research study. Healthy Heroes has been developed by Health Canada Experiences, a government organisation. The content is factual and appropriate for students in years 4-6. However, the game has limited interactivity and does not focus on skill development. It should be used together with more comprehensive drug education programs. See our full list of evidence-based recommended programs.

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