

TOBACCO & VAPING CURRICULUM SUPPORT HEALTH RESOURCES FOR SECONDARY SCHOOLS 2022-2023

York Region Public Health's Tobacco-Free Living Program and the Tobacco & Electronic Cigarette Control Program provides comprehensive education supports based on the goals of tobacco protection, prevention, and cessation. Preventing youth from starting to smoke, vape or use other tobacco products is our priority.

GRADES 9-12: ONTARIO PHYSICAL AND HEALTH EDUCATION ASSOCIATION (OPHEA)

- Grade by grade curriculum support resources for the Health and Physical Education curriculum.
- [English-OPHEA](#) and [French-OPHEA](#)

GRADES 9-12: TALKING ABOUT SERIES — LUNG HEALTH FOUNDATION

- An online learning module that addresses cannabis, tobacco, vaping and water-pipe use to help facilitate critical discussion in a fun and informative manner.
- [The Lung Foundation-Talk About Series](#) and [Ontario Curriculum Links](#)

GRADES 9-12: DIGITAL LEARNING FOR YOUTH ADVOCATES — LUNG HEALTH FOUNDATION

- This training will introduce basic steps to creating effective health promotion campaigns. Topics include: "What the Vape", "Learn How to Push Back Against an Industry that Kills", "Create Your Own Awesome Campaign" & more!
- [Digital Learning Series - Lung Health Foundation](#)

GRADES 9-12: CONSIDER THE CONSEQUENCES OF VAPING — HEALTH CANADA

- Interactive games and educational videos providing information about nicotine, the hidden dangers of vaping and the cost of vaping.
- [Health Canada - Vaping Campaigns](#)

YORK REGION PUBLIC HEALTH

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GRADES 9-12: NOT AN EXPERIMENT

- A digital toolkit to educate and build capacity among educators and youth champions about e-cigarettes and vaping, including an interactive and educational Escape Room-style activity.
- [Not an Experiment \(English\)](#) and [Pas une expérience \(French\)](#)

GRADES 9-12: ITHINK: A CRITICAL THINKING AND MEDIA LITERACY MANUAL

- A summary of the learning outcomes in the Ontario curriculum by grade level for the Arts, Language, Health and Physical Education with examples of critical thinking questions to provide inspiration for lesson plans and discussion questions.
- [iTHINK Manual](#)

GRADES 9-12: QUASH – LUNG HEALTH FOUNDATION

- Co-designed with youth and available across Canada in English and French, Quash is a behaviour change website and app resource designed to help youth quit or cut-down their tobacco or vaping use. The program also includes adult ally training for teachers, health care providers, counsellors or other adults/peer leaders who want to support youth in quitting.
- [QUASH \(English\)](#) and [QUASH \(French\)](#)

GRADES 9-12: CENTRE OF ADDICTION AND MENTAL HEALTH – SECONDARY SCHOOL EDUCATOR RESOURCE

- General information about vaping, associated risks, resources to support educators in having informed conversations with students and direct links to the Ontario Physical and Health Education Curriculum.
- [Vaping: What secondary school educators need to know](#)

Websites/Relevant Organizations

- [Health Canada - Quit4life](#)
- [Health Canada – Youth Zone](#)
- [Kids Help Phone - Vaping is on the rise. Here's what you need to know](#)
- [Lung Health Foundation – Cannabis and Tobacco](#)
- [Ontario Ministry of Education – Legalization of Recreational Cannabis](#)
- [Rescue Social Change - Campaigns that drive health behavior change](#)
- [The Nemours Foundation – Kids Health in the Classroom](#)
- [Truth Initiative – Inspiring Lives free from Smoking, Vaping & Nicotine](#)
- [The Truth: Breath of Stress Air - Vaping Campaign](#)
- [Youth Now – Teacher Resources](#)

Additional Information

For more information about these resources or other resources, contact Tobacco-Free Living Services at tobaccofreeliving@york.ca or visit [York Region Public Health - Tobacco, Vaping and Youth](#)