

TOBACCO & VAPING CURRICULUM SUPPORTS FOR SECONDARY SCHOOLS 2023-2024

York Region Public Health's Tobacco-Free Living Program provides comprehensive education supports based on the goals of tobacco and vaping protection, prevention, and cessation. Our priority is providing education and awareness so that youth can make informed decisions about tobacco products and nicotine.

GRADES 9-12: VAPING EDUCATION RESOURCE

- Curriculum supported resources and lesson plans related to vaping and tobacco education. Includes capacity building tools, conversation starter prompts and videos to support students in developing the knowledge and skills needed to make informed decisions about vaping.
- [Ophea.ca - Vaping Education Resources \(English\)](#) and [\(French\)](#)

GRADES 9-12: TALKING ABOUT SERIES

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

GRADES 9-12: DIGITAL LEARNING FOR YOUTH ADVOCATES

- Introduction to basic steps to creating effective health promotion campaigns. Fifteen-to-thirty-minute modules on Industry denormalization, creating social change, and influencing policy.
- [LungHealth.ca - Youth Digital Learning Centre](#)

GRADES 9-12: CONSIDER THE CONSEQUENCES OF VAPING

- Interactive games, self-led modules and educational videos on nicotine. Includes topics such as the hidden dangers of vaping, the cost of vaping, mental health, and stress as well as the impact of nicotine on the developing brain.
- [HealthCanadaExperience.ca – Consider the Consequences \(English\)](#) and [\(French\)](#)

GRADES 9-12: NOT AN EXPERIMENT

- A digital toolkit to educate and build capacity among educators and youth about vaping. This toolkit includes an escape room-style activity. The in-person escape room can be run independently by teachers, with School Services Public Health Nurses and/or with the Tobacco-free Living program staff.
- [NotAnExperiment.ca - Educators \(English\)](#) and [\(French\)](#)

YORK REGION PUBLIC HEALTH

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york.ca/youthvaping

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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.
- [QuashApp.com \(English\)](#) and [\(French\)](#)

GRADES 9-12: WHAT SECONDARY SCHOOL EDUCATORS NEED TO KNOW

- General information about vaping, associated risks, resources to support educators in having informed conversations with students and direct links to the curriculum.
- [Camh.ca - What secondary school educators need to know \(English\)](#) and [\(French\)](#)

GRADES 9-12: TRUTH INITIATIVE

- Continuously evolving information about smoking, vaping and nicotine related to topics such as mental health, social justice, the Industry and the environment. Fact sheets, videos, youth-focused campaigns, and emerging news.
- [TruthInitiative.org - Inspiring lives free from smoking, vaping, and nicotine](#)

HELPFUL RESOURCES FOR EDUCATORS

- [Canada.ca \(Health Canada\)](#) – About Vaping
- [York.ca \(York Region Public Health\)](#) – Tobacco, Vaping and Youth
- [KidsHelpPhone.ca \(Kids Help Phone\)](#) – Vaping is on the rise. Here's what you need to know
- [YouthNow.me \(Prevent Coalition\)](#) – Teacher Resources
- [TrueNorthON.ca \(Smart Shift Communications\)](#) – Campaign about vaping and tobacco
- [TheTruth.ca \(The Truth Initiative\)](#) - Campaign about vaping and mental health
- [BehindTheHaze.com \(Rescue Agency\)](#) – Campaign about vaping
- [DownAndDirtyLife.com \(Rescue Agency\)](#) – Campaign about vaping and tobacco
- [ExpandProject.ca \(Expand Project\)](#) – Initiative to start a dialog within queer and trans communities
- [UnfilteredFacts.ca \(Hamilton Public Health\)](#) – Know the unfiltered facts, use your instincts about vaping, tobacco and cannabis

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](#)