



## Healthy Schools – Tobacco Use Prevention Sample Action Plan Activities

Quality Instruction & Programs	Healthy Physical Environment	Supportive Social Environment	Community Partnerships
<p><b>Education for students:</b></p> <ul style="list-style-type: none"> <li>○ Educating Students about Substance Use and Mental Health: Grades 3-8</li> <li>○ Lungs are for Life</li> <li>○ OPHEA Curriculum Support: Grades K-10</li> <li>○ Action: Grades K-8</li> </ul> <p><b>Education for teachers:</b></p> <ul style="list-style-type: none"> <li>○ Elementary <i>School Health Connection</i> newsletter</li> <li>○ Collaborate with School Boards to participate in teacher trainer workshops</li> <li>○ Resources on Smoke-Free Ontario Act</li> <li>○ Resources on reducing youth access to tobacco products from all sources</li> </ul>	<p><b>Compliance with the Smoke-Free Ontario Act, 2005</b></p> <ul style="list-style-type: none"> <li>○ York Region Tobacco Enforcement officers conduct on-site enforcement visits to monitor compliance</li> <li>○ The school has a written smoke-free policy</li> <li>○ To report a complaint contact York Region Health Services <i>Health Connection</i> at 1-800-361-5653</li> </ul>	<p><b>Resources for parents:</b></p> <ul style="list-style-type: none"> <li>○ Tobacco Cessation Education and Support (for new immigrants to Canada with school-aged children)</li> <li>○ Parent newsletter inserts</li> <li>○ How to talk to your kids about tobacco</li> <li>○ Smoke-Free Ontario Act fact sheet for parents (covering no smoking on school property)</li> <li>○ Reducing youth access to tobacco</li> </ul> <p><b>Consultation and support</b> by YRHS staff for schools implementing a comprehensive approach to tobacco use prevention in your school. Includes prevention, cessation and law/repercussions (i.e., parent-teacher night, Health Fair, assemblies, etc.) (YRHS)</p> <p>Link with a Secondary School that is participating in the High School Grant program</p>	<p><b>York Region Health Services:</b></p> <ul style="list-style-type: none"> <li>○ Tobacco Enforcement Officers</li> <li>○ Smoke-Free Ontario Team</li> <li>○ School Services team</li> </ul> <p><b>Not-for Profit groups</b></p> <ul style="list-style-type: none"> <li>○ Canadian Cancer Society</li> <li>○ Centre for Addiction and Mental Health</li> <li>○ Heart and Stroke Foundation</li> <li>○ Lung Association</li> <li>○ Parent Action on Drugs</li> </ul>