

Tobacco-Free Living

The Tobacco-Free Living and Tobacco Education and Control teams (York Region Community & Health Services) focus on providing comprehensive tobacco education supports based on the goals of protection, prevention, cessation and denormalization strategies. Youth prevention is a priority as studies indicate that 80-90 per cent of smokers started smoking when they were under the age of 18 years.

These resources and services are available from York Region Community and Health Services or directly from the source listed. A listing here does not necessarily constitute a full endorsement of the resources and/or their contents.

Manuals and Curriculum Resources

Grades K-10

- **OPHEA** (Ontario Physical and Health Education Association). Grade by grade curriculum support resources for Health and Physical Education curriculum. www.ophea.net.
- **Action** (Ontario Physical Health and Education Association) Action is a practical and easy-to-use resource for everyone who works with youth in a school or community setting. Has complete Curriculum matched lesson plans activity sheets and guidelines for effective prevention programs. www.ophea.net.

Grades K-12

- **School-based Health Promotion to Reduce Tobacco Use** (Canadian Association for School Health) A set of 4 guides: School Principal's Action Guide, Teaching Strategies and Resources, Informing-Education-Involving and Empowering Parents Through Schools, Schools-Tobacco % Health: A Guide to the Internet. www.safehealthyschools.org.

Grades 1-8

- **Lungs are for Life** (The Lung Association). Free teacher and student tested program matched to Ontario's Health and Physical Education Curriculum with a focus on tobacco use prevention and cessation. www.lungsareforlife.ca

Grades 3-8

- **Educating Students about Substance Use and Mental Health** (Centre for Addiction and Mental Health [CAMH]). Free, ready to use lesson plans matched to *Ontario's Health and Physical Education Curriculum*. Topics include: effects of nicotine on the body to identifying influences of tobacco use. www.camh.net.

Grades 5-8

- **Improving the Odds** (Health Canada). Free educators resource designed to complement existing tobacco prevention and cessation programming. Includes info on recent tobacco trends and guidelines on expanding current programs. www.hc-sc.gc.ca.

Grades 8-9

- **Challenges; Beliefs and Changes** (Parent Action on Drugs, Prevention, Education Support). An innovative *Peer Education Program on Alcohol, Tobacco, Cannabis and other Drugs*. Training provided for senior high school students to lead a program to address substance use. Addresses Healthy Living strand of the curriculum (Gr. 1-8). www.parentactionondrugs.org/index.php.

Smokers Help Line (A service provided by the Canadian Cancer Society 1-877-513-5333). Phone counseling service to assist smokers in the quitting process. Smokers helpline online is an interactive web-based service available 24 hours a day 7 days a week that offers additional support to people wanting to quit or needing help to stay smoke-free. www.cancer.ca/smokershelpline

Websites

Smoking Zine

www.smokingzine.org

Teen Net, University of Toronto. Interactive games and quizzes help youth understand why they smoke and why they would want to stop. "For teens by teens."

Smoke-FX

www.smoke-fx.com

An interactive site targeted toward youth to provide information on smoking, smoking-related laws and links to other health units who have youth action alliance programs and events.

Tobacco Facts

www.tobaccofacts.org

From BC, a site featuring facts and the poster child for smoking.

Not to Kids!

www.ntk.ca

The Coalition works toward reducing the number of students who use tobacco and reduce youth access to tobacco products.

Lost Jaw

www.lostjaw.ca

Created by Not To Kids! Coalition to educate youth and raise awareness of smokeless tobacco.

Quit4Life (Health Canada)

www.quit4life.com

Information about quitting smoking for ages 12-18. French and English.

Be Drug wise (Health Canada)

www.drugwise.ca

This web site contains tobacco use information and provides a chance to test yourself and have your say.

Stupid.ca (Ministry of Health Promotion)

www.stupid.ca

Interactive, youth oriented site for students to discover information about tobacco use.

Relevant Organizations

- York Region (www.york.ca). Information on tobacco prevention, cessation and protection.
- Go Smoke-Free Health Canada (www.hc-sc.gc.ca/hecs-sesc/tobacco/index.html). Facts on smoking and quitting resources.
- The Ontario Lung Association (www.lung.ca/smoking). Facts on smoking and quitting resources.
- National Clearinghouse on Tobacco and Health (www.ncth.ca). Facts on tobacco, tobacco policy and the tobacco industry.
- Canadian Cancer Society (www.cancer.ca). Information on risk factors, health information, statistics and quitting smoking.
- Centre for Addiction and Mental Health (www.camh.net). Information on addictions, health information, risk factors, statistics and quitting smoking.

Staff are available for consultation and support on issues related to tobacco-free living and the Smoke-Free Ontario Act. For more information, call York Region *Health Connection* at 1-800-361-5653 or visit www.york.ca