

Tobacco-Free Living

The **Tobacco-Free Living and Tobacco Education and Control** teams (York Region Community & Health Services) provide 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 start smoking before the age of 18 years.

Manuals and Curriculum Resources

Grades K-10

- **Ontario Physical and Health Education Association (OPHEA)**. Grade by grade curriculum support resources for Health and Physical Education curriculum. www.ophea.net
- **Take Action** (Ontario Physical Health and Education Association). Free downloadable resource that provides a foundation of support for young people to make healthy lifestyle choices and develop problem-solving and decision-making skills. The resource consists of cross-curricular components, which include easy-to-use lesson plans, rubrics, and black line masters. www.ophea.net

Grades K-12

- **School-based Health Promotion to Reduce Tobacco Use** (Canadian Association for School Health). Provides links to research, reports, how-to manuals, planning & assessment tools, lesson plans and student webquests. www.safehealthyschools.org

Grades 1-8

- **Lungs are for Life** (The Lung Association). Free teacher and student tested programs that are 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 and ready to use lesson plans matched to Ontario's Health and Physical Education Curriculum. www.camh.net

Grades 5-8

- **Improving the Odds** (Health Canada). Free educators resource designed to complement existing tobacco prevention and cessation programming. Includes information 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). 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 with younger peers. www.parentactionondrugs.org/index.php

Smokers' Helpline (Canadian Cancer Society). 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.smokershelpline.ca

Websites

Not to Kids!

Coalition works towards reducing the number of students who use tobacco and reduce youth access to tobacco products. www.ntk.ca

Quit4Life

Information about quitting smoking for ages 12-18. Available in English and French. www.quit4life.com

Smoke-FX

An interactive site for youth to provide information on smoking, smoking-related laws and links to other programs and events. www.smoke-fx.com

Stupid.ca

An interactive site for youth to discover information about tobacco use. www.stupid.ca

Youth Advocacy Training Institute –YATI

Information on health advocacy training, guidebooks for peer health training and information on tobacco marketing and media literacy. www.yationlung.ca

Relevant Organizations

- York Region (www.york.ca/tobacco). Information on tobacco prevention, cessation and protection.
- Go Smoke-Free Health Canada (www.hc-sc.gc.ca). Facts on smoking and quitting resources.
- The Ontario Lung Association (www.lung.ca/smoking). Facts on smoking and quitting resources.
- Canadian Council for Tobacco Control (www.cctc.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, TTY 1-866-252-9933 or visit www.york.ca.