

**Comprehensive Tobacco Prevention Cessation and Protection
Teacher Resource List**



Curriculum Modules	Contact Information	Details
<i>Lungs are for Life</i> Grades 1-8	The Lung Association www.lungsareforlife.ca	Free teacher and student tested program matched to Ontario's Health and Physical Education Curriculum with a focus on: tobacco use prevention and cessation.
<i>Educating Students about Substance Use and Mental Health</i> Grades 3-8	Centre for Addiction and Mental Health (CAMH) www.camh.net	Free, ready to use lesson plans matched to <i>Ontario's Health and Physical Education Curriculum</i> . Topics include: effects of nicotine on the body to identifying influences of tobacco use.
<i>OPHEA Curriculum Support</i> Grades Kindergarten -10	Ontario Physical and Health Education Association www.ophea.net	Grade by grade curriculum support resources for Health and Physical Education curriculum.
<i>Action</i> Grades Kindergarten -8	Ontario Physical Health and Education Association www.ophea.net	<i>Action</i> 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.
<i>School-based Health Promotion to Reduce Tobacco Use</i> Grades Kindergarten -12	Canadian Association for School Health www.safehealthyschools.org	A set of 4 guides: <i>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</i>
<i>Challenges; Beliefs and Changes</i> Grade 8, 9	Parent Action on Drugs, Prevention, Education Support www.parentactionondrugs.org/index.php	An innovative <i>Peer Education Program on Alcohol, Tobacco, Cannabis and other Drugs</i> . 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).
General Websites	Contact Information	Details
York Region	www.york.ca or: York Region Health Connection: 1-800-361-5653	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.

Youth Focused Websites	Contact Information	Details
Smoking Zine Teen Net, University of Toronto	www.smokingzine.org	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 sites.
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	A website 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.
Resources to Order	Contact Information	Details
Various pamphlets, posters and brochures	Tobacco Education and Control Team, York Region Health Services. 905-762-1282 Ext. 4684	Pamphlets, brochures and posters on The Smoke-Free Ontario Act and second hand smoke. Please allow one month advance notice.
<i>Improving the Odds</i> Grades 5-8	Health Canada www.hc-sc.gc.ca	Free educators resource designed to complement existing tobacco prevention and cessation programming. Includes info on recent tobacco trends and guidelines on expanding current programs.
Consultation services	Contact Information	Details
Consultation and support and in school assemblies	Tobacco Education and Control Team, York Region Health Services. 905-762-1282 Ext. 4684	Consultation and support as it relates to the law and repercussions. Please allow one month advance notice.
Consultation and support to schools	Smoke-Free Ontario Team, York Region Health services, Health Connection 1-800-361-5653	Consultation services related to curriculum support and a comprehensive school wide approach to tobacco use including prevention and cessation
Cessation Support	Contact Information	Details
Smokers Help Line	Smokers Helpline, a service provided by the Canadian Cancer Society 1-877-513-5333 or visit Smokers' Helpline Online at www.cancer.ca/smokershelpline	Phone counselling 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.

**For further information on Tobacco Education and Control
call York Region Health Services *Health Connection*
1-800-361-5653 or visit www.york.ca**

