

# HEALTHY SCHOOLS SAMPLE ACTION PLAN ACTIVITIES (SAPA)

## Tobacco & Vaping Education and Awareness

### Secondary Schools 2022-2023

CURRICULUM, TEACHING & LEARNING	SCHOOL & CLASSROOM LEADERSHIP	STUDENT ENGAGEMENT	SOCIAL & PHYSICAL ENVIRONMENTS	HOME, SCHOOL & COMMUNITY PARTNERSHIPS
<p><b><u>Walking the Talk - A Toolkit for Engaging Youth with Mental Health</u></b>: How youth engagement can directly benefit youth and reduce substance use and smoking.</p> <p><b><u>Health Canada - Vaping and the Consequences</u></b>: Learn about hidden facts, health effects, cost, peer pressure and nicotine.</p> <p><b><u>Lung Foundation - Talking About Series</u></b>: Addresses cannabis, tobacco, vaping and water pipes to help facilitate critical discussion in a fun and informative manner.</p> <p><b><u>The Heart and Stroke Foundation of Canada</u></b>: Position Statement on E-Cigarettes in Canada</p>	<p><b>Contact your Healthy School Champion to request support with the following:</b></p> <p><b><u>Lung Health Foundation - Train the Trainer E-Modules on Health Promotion, Youth Advocacy and Vaping</u></b>: Supports older students in engaging their younger peers in understanding tobacco prevention through these easy interactive online e-modules.</p> <p><b><u>Campaign for Tobacco-Free Kids - Take Down Tobacco Day</u></b>: Students can collaborate with their teachers to organize a <b>Take Down Tobacco Day</b> to raise awareness of the problem of tobacco use in their community and speak out against the tobacco industry.</p>	<p><b><u>Simcoe Muskoka District Health Unit - Not an Experiment</u></b>: A digital toolkit to educate and build capacity among educators and youth champions about vaping. Champions will also be empowered to engage youth in an interactive and educational Escape Room-style activity. Available in <b><u>French</u></b>.</p> <p><b><u>Canada - National Non-Smoking Week (3<sup>rd</sup> week in January)</u></b>: Have students develop their own tobacco and vaping awareness campaigns during these national holidays. <b><u>World No Tobacco Day (May 31)</u></b>.</p> <p><b><u>Truth Initiative - The Truth Campaign</u></b>: Students can show their support for tobacco prevention through a variety of ways. Learn more about mental health, vaping, social</p>	<p><b><u>Smoke-Free Ontario Act, 2017</u></b>: York Region Tobacco &amp; Electronic Cigarette Control Officers conduct enforcement visits to monitor compliance under this act.</p> <p><b><u>Convictions and Smoking Laws</u></b>: Tobacco and Electronic Cigarette To report a complaint, contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or email: <b><u>health.inspectors@york.ca</u></b></p> <p><b><u>York Catholic District School Board</u></b>: Tobacco-Free and Electronic Cigarette Policy.</p> <p><b><u>York Region District School Board Policies</u></b>: Tobacco-Free and Electronic Cigarette Policy.</p> <p><b><u>World Health Organization - Environmental Impact of Tobacco</u></b>:</p>	<p><b><u>Health Canada - Talking with Your Teen About Vaping</u></b>: A tip sheet for parents by Health Canada.</p> <p><b><u>Centre for Addiction and Mental Health - What Parents Need to Know About Teen Risk Taking</u></b>: Strategies for reducing problems related to alcohol, other drugs, gambling and internet use.</p> <p><b><u>York Region Public Health - Vaping &amp; E-Cigarettes Resources</u></b>: Learn about what vaping is through this YRDSB &amp; YR Public Health <b><u>Educational Video</u></b> and the health concerns, regulation and control of these vaping products.</p> <p><b><u>York Region Public Health - Smoking and Youth Resources</u></b>:</p>

TOBACCO FREE LIVING PROGRAM (TFL)

eDocs #: 14154492

Last Updated: 8/23/2022

Contact: [tobaccofreeliving@york.ca](mailto:tobaccofreeliving@york.ca)

<p><b><u>Girls, Smoking and Stress:</u></b> A facilitator’s guide on girl’s empowerment, with topics on tobacco use, physical inactivity, links to stress and starting a conversation about smoking. Available in <b><u>French</u></b>.</p> <p><b><u>Ontario Physical Health and Education Association:</u></b> Grade by grade tobacco curriculum support resources for the Health and Physical Education curriculum. Available in <b><u>French</u></b>.</p> <p><b><u>Ontario Student Drug Use and Health Survey (OSDUHS):</u></b> A Canadian survey that demonstrates the trends in student substance use and mental and physical health.</p> <p><b><u>Centre for Addiction and Mental Health - Vaping: What secondary school educators need to know:</u></b> General information about vaping, associated risks, resources to support educators in having informed conversations with students and direct links to the Ontario Physical and Health Education Curriculum.</p>	<p><b><u>Health Canada - Youth Zone:</u></b> A website for youth on tobacco facts, marketing, and cessation.</p>	<p>justice, and tobacco and the environment.</p> <p><b><u>Youth Now - Prevention Coalition:</u></b> Youth led initiative that is guided by ongoing conversations with youth and community partners.</p> <p><b><u>Canadian Mental Health Association - Choices Program:</u></b> Encourages youth (12 to 17) to make informed decisions and to promote positive choices. Topics may include communication, decision making, goal setting, refusal skills, coping strategies, tobacco, and taking risks.</p> <p><b><u>Centre for Addiction and Mental health – Vaping: What you and your friends need to know:</u></b> Youth focused information about vaping, associated risks, and additional curriculum supported resources to assist youth in making informed decisions.</p>	<p>An overview of how tobacco threatens many of earth’s resources.</p> <p><b><u>Tobacco-Free Life – Smoking Environmental Risks:</u></b> explains the negative influence that these products have on our planet.</p>	<p>For parents and teachers to gain more information about the patterns of tobacco use among youth and how to address this issue.</p> <p><b><u>Lung Health Foundation - QUASH:</u></b> A free smoking and vaping cessation program for youth and emerging adults (ages 14-30), that makes it easy to build a custom plan for quitting. Co-designed with youth and available across Canada in English and French.</p>
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