

TOBACCO & VAPING CURRICULUM SUPPORTS FOR ELEMENTARY SCHOOLS: HEALTHY SCHOOLS RESOURCES 2021-2022

York Region Public Health's Tobacco-Free Living Program and the Tobacco & Electronic Cigarette Control Program provides comprehensive education supports based on the goals of tobacco protection, prevention, and cessation. Preventing youth from starting to smoke, vape or use other tobacco products is our priority.

GRADES K-8: ONTARIO PHYSICAL AND HEALTH EDUCATION ASSOCIATION (OPHEA)

- Grade-by-grade curriculum support resources for Health and Physical Education curriculum.
- [English-OPHEA](#) and [French-OPHEA](#)

GRADES 1-8: GENERAL LUNG HEALTH INFORMATION — LUNG HEALTH FOUNDATION

- Teacher and student tested programs matched to Ontario's Health and Physical Education Curriculum with a focus on tobacco use, prevention, and cessation
- [Lung Health Information](#)

GRADES 1-5: SMOKING AND QUITTING: CLEAN AIR FOR ALL — CENTRE FOR ADDICTION AND MENTAL HEALTH

- A storybook for students in grades one to five about smoking and second-hand smoke.
- [Story Book- Clean Air for All](#)

GRADES 4-6: ACADEMY FOR TOBACCO PREVENTION — ALBERTA HEALTH

- An interactive resource with lesson plans for teachers and a cooperative card game for students about the harms of tobacco use. To borrow a kit, connect with tobaccofreeliving@york.ca
- [Interactive Card Game-Academy for Tobacco Prevention](#)

GRADES 4-8: CONSIDER THE CONSEQUENCES OF VAPING — HEALTH CANADA

- Interactive games providing information on nicotine, the hidden dangers of vaping and the cost of vaping.
- [Health Canada- Vaping Campaigns](#)

PUBLIC HEALTH

1-877-4649675
TTY 1-866-512-6228
york.ca/tobacco



GRADES 5-8: TEACHER RESOURCES — MEDIA SMARTS

- Modules on media literacy and tobacco
- [Media Smarts-Media Literacy and Tobacco](#)

GRADES 5-8: CATCH MY BREATH - A U.S. NICOTINE VAPING PREVENTION PROGRAM

- Core educational objectives include Health Hazards & Dangers of vaping, Marketing Influences and Refusal skills.
- [Catch My Breath](#)

GRADES 7-8: TALKING ABOUT SERIES — LUNG HEALTH FOUNDATION

- An online learning module that addresses cannabis, tobacco, vaping and water-pipe use to help facilitate critical discussion in a fun and informative manner.
- [The Lung Foundation-Talk About Series](#)

GRADES 7-8: DIGITAL LEARNING FOR YOUTH ADVOCATES — LUNG HEALTH FOUNDATION

- This training will introduce basic steps to creating effective health promotion campaigns. Topics include “What the Vape”, “Learn How to Push Back Against an Industry that Kills”, “Create your Own Awesome Campaign” & more!
- [Lung Foundation- Youth Digital Learning Centre](#)

GRADES 7-8: NEW! — NOT AN EXPERIMENT

- A digital toolkit to educate and build capacity among educators and youth champions about e-cigarettes and vaping, including an interactive, yet educational Escape Room-style activity. This website also now has resources in French too.
- [Not An Experiment \(English & French\)](#)

Websites/Relevant Organizations

- [American Lung Association - Vaping Facts](#)
- [American Academy of Pediatrics - Healthy Children and Tobacco](#)
- [Health Canada - Quit4life](#)
- [Heart & Stroke Foundation of Canada - Vaping: What You Need to Know](#)

Additional Information

For more information about these resources contact Tobacco-Free Living Services at tobaccofreeliving@york.ca or visit york.ca/tobacco