

# TOBACCO & VAPING CURRICULUM SUPPORT HEALTH RESOURCES FOR ELEMENTARY SCHOOLS 2022-2023

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 the Health and Physical Education curriculum.
- [English-OPHEA](#) and [French-OPHEA](#)

## GRADES 1-8: I THINK: A CRITICAL THINKING AND MEDIA LITERACY MANUAL

- A summary of the learning outcomes in the Ontario curriculum by grade level for the Arts, Language, Health and Physical Education with examples of critical thinking questions to provide inspiration for lesson plans and discussion questions.
- [iTHINK Manual](#)

## GRADES 1 & 4-7: CENTRE FOR ADDICTION AND MENTAL HEALTH — ELEMENTARY SCHOOL EDUCATOR RESOURCE

- 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.
- [Vaping: What elementary school educators need to know](#)

## 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.
- [Clean Air for All \(English\)](#) and [Parlons du Tabac \(French\)](#)

### YORK REGION PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

[york.ca/tobacco](http://york.ca/tobacco)

Last Updated: 8/24/2022



## 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](mailto:tobaccofreeliving@york.ca)
- [Interactive Card Game-Academy for Tobacco Prevention](#)

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

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

## 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 — AN AMERICAN 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](#) and [Ontario Curriculum Links](#)

## 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: NOT AN EXPERIMENT

- A digital toolkit to educate and build capacity among educators and youth champions about e-cigarettes and vaping, including an interactive and educational Escape Room-style activity. This website has resources available in French as well.
- [Not An Experiment \(English\)](#) and [Pas une experience \(French\)](#)

## Websites/Relevant Organizations

- [Canadian Mental Health Association – York & South Simcoe](#)
- [Kids Help Phone - Vaping is on the rise. Here's what you need to know](#)
- [Health Canada - Quit4life](#)
- [Heart & Stroke Foundation of Canada - Risk and Prevention](#)
- [The Nemours Foundation – Kids Health in the Classroom](#)
- [Truth Initiative – Inspiring Lives free from Smoking, Vaping & Nicotine](#)
- [The Truth: Breathe of Stress Air - Vaping Campaign](#)

## Additional Information

For more information about these resources contact Tobacco-Free Living Services at [tobaccofreeliving@york.ca](mailto:tobaccofreeliving@york.ca) or visit [York Region Public Health - Tobacco, Vaping and Youth](#)