

# TOBACCO & VAPING CURRICULUM HEALTH RESOURCES FOR SECONDARY SCHOOLS 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 9-12: ONTARIO PHYSICAL AND HEALTH EDUCATION ASSOCIATION (OPHEA)

- Grade by grade curriculum support resources for Health and Physical Education curriculum.
- [ophea.net](http://ophea.net)
- *French:* [ophea.net/fr](http://ophea.net/fr)

## GRADES 9-12: TALKING ABOUT SERIES — LUNG HEALTH FOUNDATION

- An online learning module that looks at cannabis, tobacco, vaping and water-pipe use. This will aid in facilitating critical discussions in a fun and informative manner.
- [Talking About Series](#)

## GRADES 9-12: 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!
- [Digital Learning Series - Lung Health Foundation](#)

## GRADES 9-12: CONSIDER THE CONSEQUENCES OF VAPING — HEALTH CANADA

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

## GRADES 9-10: LUNGS ARE FOR LIFE — 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.
- [Lungs are for Life](#)

### PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

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



## GRADES 9-12: 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.
- \*New - Resources are now available in French
- [Not an Experiment](#)

## GRADES 9-12: CONSIDER THE CONSEQUENCES OF VAPING NATIONAL TOUR

- The Consider the Consequences tour visits high schools and holds events across Canada to engage teens on the facts about vaping so they can make an informed choice. As of June 2020, the tour is now being offered virtually!
- [Health Canada Consider the Consequences Vaping Tour](#)

## GRADES 9-12: ITHINK: 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 9-12: QUASH – LUNG HEALTH FOUNDATION

- Co-designed with youth and available across Canada in English and French, Quash is a behaviour change website and app resource. The program also includes adult ally training for youth smoking and vaping cessation.
- [QUASH.](#)

## Websites/Relevant Organizations

- [Health Canada - Quit4life](#)
- [Health Canada – Vaping and Consequences Tour](#)
- [Health Canada – Youth Zone](#)
- [Lung Health Foundation – Cannabis and Tobacco](#)
- [Ontario Ministry of Education – Legalization of Recreational Cannabis](#)
- [The Nemours Foundation – Kids Health in the Classroom](#)
- [Youth Now – Teacher Resources](#)

## Additional Information

For more information about these resources or other resources, contact Tobacco-Free Living Services at [tobaccofreeliving@york.ca](mailto:tobaccofreeliving@york.ca) or visit [york.ca/tobacco](http://york.ca/tobacco)