

# HEALTHY SCHOOLS SAMPLE ACTION PLAN ACTIVITIES TO SUPPORT TOBACCO /VAPING EDUCATION & AWARENESS

## Secondary Schools 2021-2022

CURRICULUM, TEACHING & LEARNING	SCHOOL & CLASSROOM LEADERSHIP	STUDENT ENGAGEMENT	SOCIAL & PHYSICAL ENVIRONMENTS	HOME, SCHOOL & COMMUNITY PARTNERSHIPS
<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>Health Canada: Vaping and the Consequences</u></b> -learn about hidden facts, health effects, cost, peer pressure and nicotine.</p> <p><b><u>Position Statement on E-Cigarettes in Canada</u></b> from the Heart and Stroke Foundation of Canada.</p> <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</p>	<p><b>Contact your School Health Nurse to request support with the following:</b></p> <p><b>Connect with existing student clubs</b> and integrate vaping and tobacco resources into these clubs using the <b><u>Healthy Schools Student Club Activity Guide: Tobacco-Free Living</u></b> as a guide.</p> <p><b><u>Train the Trainer e-modules on Health Promotion, Youth Advocacy and Vaping</u></b> to support older students in engaging their younger peers in understanding tobacco prevention through these easy interactive online e-modules.</p> <p><b><u>Kick Butts Day</u></b>: Students can collaborate with their teachers to</p>	<p><b><u>Not An Experiment</u></b> (New-French): 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, yet educational Escape Room-style activity.</p> <p><b><u>National Non-Smoking Week</u></b> (3<sup>rd</sup> week in January) -Have students develop their own tobacco awareness campaigns during these national holidays. <b><u>World No Tobacco Day</u></b> (May 31).</p> <p><b><u>The Truth Campaign</u></b>: Students can show their support for tobacco prevention through a variety of ways. Learn more about mental health,</p>	<p><b><u>Smoke-Free Ontario Act, 2017</u></b> York Region Tobacco &amp; Electronic Cigarette Control Officers conduct on-site enforcement visits to monitor compliance under this act.</p> <p>Tobacco and Electronic Cigarette <b><u>Convictions and Smoking Laws</u></b></p> <p>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>YCDSB <u>Tobacco-Free and Electronic Cigarette Policy</u> – code of conduct for safe learning and teaching environment</b></p>	<p><b><u>What You Need to Know About How to Talk to Your Kids About Vaping</u></b> Partnership for Drug Free Kids.</p> <p><b><u>Health Canada</u></b>- Talking with Your Teen about Vaping: A Tip Sheet for Parents.</p> <p><b><u>CAMH - 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>Health Canada</u></b>- Help your child stay smoke-free a guide for parents.</p> <p><b><u>York Region Public Health</u></b> Vaping &amp; E-Cigarettes Resources &amp; link to Educational Video on bottom of site.</p>

### TOBACCO FREE LIVING PROGRAM (TFL)

Last Updated: 3/14/2022

eDocs #: 9932099

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



<p>to stress and starting a conversation about smoking.</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.</p> <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>Ontario Student Drug Use and Health Survey (OSDUHS):</u></b> A Canadian survey that shows trends in student substance use and mental and physical health.</p>	<p>organize a <i>Kick Butts Day</i> to raise awareness of the problem of tobacco use in their community.</p> <p><b><u>Health Canada: Youth Zone:</u></b> A website for youth on tobacco facts, marketing, and cessation.</p>	<p>vaping, social justice, and tobacco and the environment.</p> <p><b><u>Youth Now - Prevention Coalition</u></b> is a 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>-YRDSB Tobacco and Smoke-Free Environment Policy:</u></b> is in alignment with the Smoke Free Ontario Act.</p> <p><b><u>World Health Organization - Environmental Impact of Tobacco</u></b> An overview of how tobacco threatens many of earths resources.</p> <p><b><u>Smoking Environmental Risks - Tobacco-free Life</u></b> explains the negative influence that these products have on our planet.</p>	<p>Learn what <a href="#">vaping</a> is all about, the health concerns regarding their use, and the regulation and control of these products.</p> <p><b><u>York Region Public Health Smoking and Youth Resources</u></b> 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 Foundation - QUASH</u></b> is 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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