

HEALTHY SCHOOLS SAMPLE ACTION PLAN ACTIVITIES (SAPA) – SUPPORTING TOBACCO & VAPING EDUCATION AND AWARENESS

Elementary Schools 2021-2022

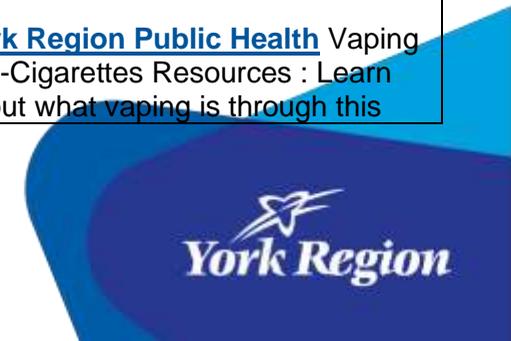
CURRICULUM, TEACHING & LEARNING	SCHOOL & CLASSROOM LEADERSHIP	STUDENT ENGAGEMENT	SOCIAL & PHYSICAL ENVIRONMENTS	HOME, SCHOOL & COMMUNITY PARTNERSHIPS
<p>Lung Foundation-Talk About Series - Addresses cannabis, tobacco, vaping and water pipes to help facilitate critical discussion in a fun and informative manner.</p> <p>Health Canada "Vaping and the Consequences" - take a tour, interactive games, and the health effects of vaping.</p> <p>Heart & Stroke Foundation of Canada: Position Statement on E-Cigarettes in Canada</p> <p>Girls, Smoking and Stress (Grade 8): A facilitator's guide to girl's empowerment, with topics on tobacco use, physical inactivity, links to stress and starting a conversation about smoking.</p>	<p>Healthy Schools Student Club Activity Guide: Tobacco-Free Living - Use a train-the-trainer model to support older students in engaging their younger peers in understanding tobacco use and vaping prevention through interactive tobacco use prevention displays.</p> <p>Academy for Tobacco Prevention (Grades 4-6): A toolkit to engage students about the harms of tobacco use and how to resist negative social influences. An interactive resource with lesson plans for teachers and cooperative card game for students. To borrow the game and toolkit connect with tobaccofreeliving@york.ca</p>	<p>Not An Experiment: A digital toolkit to educate and build capacity among educators and youth champions about e-cigarettes and vaping. Youth can engage in an interactive, yet educational Escape Room-style activity.</p> <p>National Tobacco Awareness Campaigns. Have students develop their own tobacco awareness campaigns during <i>National Non-Smoking Week</i> (3rd week in January) or <i>World No Tobacco Day</i> (May 31).</p> <p>Kick Butts Day: Students can collaborate with their teachers to organize a <i>Kick Butts Day</i> to raise</p>	<p>Smoke-Free Ontario Act, 2017 York Region Tobacco & Electronic Cigarette Control Officers conduct on-site enforcement visits to monitor compliance under this Act.</p> <p>Tobacco and Electronic Cigarette Convictions and Smoking Laws</p> <p>To report a complaint, contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or email: health.inspectors@york.ca</p> <p>York Catholic District School Board -Tobacco-Free and Electronic Cigarette Policy.</p> <p>York Region District School Board Policies-Tobacco-Free and Electronic Cigarette Policy.</p>	<p>How to talk to your kids about Vaping-run through partnership for Drug Free kids is a guide for parents and adult allies.</p> <p>Centre for Addiction and Mental Health: What Parents Need to Know About Teen Risk Taking Strategies for reducing problems related to alcohol, other drugs, gambling and internet use.</p> <p>Health Canada: Help your child stay smoke-free-Talking openly with your children about tobacco use will play an important role in keeping them tobacco-free.</p> <p>York Region Public Health Vaping & E-Cigarettes Resources : Learn about what vaping is through this</p>

TOBACCO FREE LIVING PROGRAM (TFL)

Last Updated: 3/16/2022

eDocs #: 9932054

Contact: tobaccofreeliving@york.ca



<p><u>Knowledge Institute on Child and Youth Mental Health & Addictions</u> “Walking the Talk: A Toolkit for Engaging Youth with Mental Health”: How youth engagement can directly benefit youth and reduce substance use and smoking.</p> <p><u>Lungs are for Life:</u> (Grades K-8): Free teacher and student tested programs matched to Ontario’s Health and Physical Education Curriculum with a focus on tobacco use, prevention and cessation.</p> <p><u>CAMH-Smoking and Quitting: Clean Air for All</u> (Grades 1-5): A storybook for students about smoking and second-hand smoke.</p> <p><u>Media Smarts-Media Literacy and Tobacco-</u> Curriculum based resources on movies, advertising, and marketing.</p> <p><u>American Lung Association-</u> Get the facts about vaping.</p>	<p><u>TRUTH youth campaigns and initiatives-</u> Legacy for Health: Information about vaping, cannabis, and tobacco & the environment.</p> <p><u>Mr. Gross Mouth</u> (Grades 1-8): An interactive display to demonstrate the negative effects of chew tobacco use. To borrow connect with tobaccofreeliving@york.ca</p> <p><u>Pigs Lungs</u> (Grades 1-8): Used to demonstrate the negative effects of smoking and exposure to second-hand smoke. To borrow these, connect with tobaccofreeliving@york.ca</p> <p><u>Campaign for Tobacco Free Kids:</u> Information about big tobacco and vaping. Marketing tactics of the tobacco industry. Black Lives Matter information, LGBTQQ+, and other groups.</p>	<p>awareness of the problem of tobacco use in their community.</p> <p><u>Creating Effective Health Promotion Campaigns-</u> This training looks at examples of existing tobacco prevention and health promotion campaigns and introduce basic steps to creating effective campaigns. Topics include: “What the Vape”, “Learn How to Push Back Against an Industry that Kills”, “Create Your Own Awesome Campaign” & more!</p>	<p><u>Government of Canada: Youth Zone:</u> A website for youth on tobacco facts, marketing, environment, and cessation.</p>	<p><u>Educational Video</u> and the health concerns, regulation and control of these vaping products.</p> <p><u>York Region Public Health Tobacco Resources-</u>Youth Resources: For parents and teachers to gain more information about the patterns of tobacco use among youth and how to address this issue.</p> <p><u>Canadian Mental Health Association: Choices Program</u> Encourages youth (12 to 17) to make informed decisions and to promote positive choices. Topics include communication, decision making, goal setting, refusal skills, coping strategies, tobacco, and taking risks.</p> <p><u>Health Canada:</u> Talking with Your Teen About Vaping: A tip sheet for parents.</p>
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