

HEALTHY SCHOOLS SAMPLE ACTION PLAN ACTIVITIES (SAPA)

Tobacco & Vaping Education and Awareness

Elementary Schools 2022-2023

CURRICULUM, TEACHING & LEARNING	SCHOOL & CLASSROOM LEADERSHIP	STUDENT ENGAGEMENT	SOCIAL & PHYSICAL ENVIRONMENTS	HOME, SCHOOL & COMMUNITY PARTNERSHIPS
<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>Media Smarts - Media Literacy and Tobacco</u>: Curriculum based resources on movies, advertising, and marketing.</p> <p><u>Lung Foundation - Talking About Series</u>: Addresses cannabis, tobacco, vaping and water pipes to help facilitate critical discussion in a fun and informative manner.</p> <p><u>Heart & Stroke Foundation of Canada</u>: Position Statement on E-Cigarettes in Canada.</p>	<p>Contact your Healthy School Champion to request support with the following:</p> <p><u>York Region Public Health - Healthy Schools Student Club Activity Guide: Tobacco-Free Living</u>: Use a train-the-trainer model to support student leaders to engage their peers in understanding tobacco and vape use and promote prevention through interactive displays, games and more.</p> <p><u>TRUTH Initiative - Youth Campaigns and Initiatives</u>: Information about vaping, cannabis, and tobacco & the environment.</p> <p><u>Alberta Health Services - Academy for Tobacco Prevention</u> (Grades 4-6): A toolkit to engage students about the harms of</p>	<p><u>Simcoe Muskoka District Health Unit - Not An Experiment</u>: A digital toolkit to educate and build capacity among educators and youth about e-cigarettes and vaping. Youth can engage in an interactive and educational Escape Room-style activity. Available in <u>French</u>.</p> <p><u>Canada - National Non-Smoking Week</u> Have students develop their own tobacco/vaping awareness campaigns during <i>National Non-Smoking Week</i> (3rd week in January) or <u>World No Tobacco Day</u> (May 31).</p> <p><u>Campaign For Tobacco-Free Kids - Take Down Tobacco Day</u>: Students can collaborate with their teachers to organize a <i>Take Down Tobacco Day</i> to raise</p>	<p><u>Smoke-Free Ontario Act, 2017</u>: York Region Tobacco & Electronic Cigarette Control Officers conduct enforcement visits to monitor compliance under this Act.</p> <p><u>Convictions and Smoking Laws</u>: Tobacco and Electronic Cigarettes. To report a complaint, contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or email: <u>health.inspectors@york.ca</u></p> <p><u>Government of Canada - Youth Zone</u>: A website for youth outlining tobacco facts, marketing, environment, and cessation.</p> <p><u>York Catholic District School Board</u>: Tobacco-Free and Electronic Cigarette Policy.</p>	<p><u>Health Canada - Talking with Your Teen About Vaping</u>: A tip sheet for parents by Health Canada.</p> <p><u>Partnership to End Addiction - How to Talk to Your Kids About Vaping</u>: a guide for parents and adult allies.</p> <p><u>Centre for Addiction and Mental Health - What Parents Need to Know About Teen Risk Taking</u>: Strategies for reducing problems related to alcohol, other drugs, gambling and internet use.</p> <p><u>Health Canada - Help Your Child Stay Smoke-Free</u>: Talking openly with your children about tobacco use will play an important role in keeping them tobacco-free.</p>

TOBACCO FREE LIVING PROGRAM (TFL)

eDocs #: 14154483

Last Updated: 8/23/2022

Contact: tobaccofreeliving@york.ca

<p><u>Girls, Smoking and Stress</u> (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. Available in <u>French</u>.</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. Available in <u>French</u>.</p> <p><u>Canadian Lung Association</u> : Information about how the lungs work, smoking, and vaping.</p> <p><u>American Lung Association</u>: Get the facts about vaping.</p> <p><u>Ontario Physical Health and Education Association</u>: Grade by grade tobacco curriculum support resources for the Health and Physical Education curriculum. Available in <u>French</u>.</p> <p><u>Centre for Addiction and Mental Health - Vaping: What elementary school educators need to know</u>: 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.</p>	<p>tobacco use and vaping 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 <u>tobaccofreeliving@york.ca</u></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><u>York Region Public Health - Mr. Gross Mouth</u> (Grades 1-8): An interactive display to demonstrate the negative effects of chew tobacco use on your oral health. To borrow connect with <u>tobaccofreeliving@york.ca</u></p> <p><u>York Region Public Health - 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 <u>tobaccofreeliving@york.ca</u></p> <p><u>Heart and Stroke Foundation - HeartSmart</u>: Explores healthy living topics including the harmful health effects of vaping and how to respond to peer-pressure.</p>	<p>awareness of the issues associated with tobacco/vaping in their community and to speak out against the tobacco industry.</p> <p><u>Lung Health Foundation - Creating Effective Health Promotion Campaigns</u>: Training exploring existing tobacco prevention and health promotion campaigns and the basic steps to creating effective campaigns.</p> <p><u>Canadian Mental Health Association - Choices Program</u>: Encourages youth (12-17) to make informed decisions and promotes positive choices. Topics include communication, decision making, goal setting, refusal skills, coping strategies, tobacco, and taking risks.</p> <p><u>Health Canada- Vaping Campaigns</u> (Grades 4-8): Interactive games and educational videos providing information on nicotine, the hidden dangers of vaping and the cost of vaping.</p> <p><u>Centre for Addiction and Mental health – Vaping: What you and your friends need to know</u>: Youth focused information about vaping, associated risks, and additional curriculum supported resources to assist youth in making informed decisions.</p>	<p><u>York Region District School Board Policies</u>: Tobacco-Free and Electronic Cigarette Policy.</p> <p><u>Tobacco-Free Life - Environmental Risks</u>: Explains the negative influence that these products have on our planet.</p>	<p><u>York Region Public Health - Vaping & E-Cigarettes Resources</u>: Learn about what vaping is through this YRDSB & YR Public Health <u>Educational Video</u> and the health concerns, regulation and control of these vaping products.</p> <p><u>York Region Public Health - Tobacco, Vaping and Youth 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>
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