

Secondary Schools

Curriculum, Teaching & Learning	School & Classroom Leadership	Student Engagement	Social & Physical Environments	Home, School & Community Partnerships
<p>Education for students:</p> <ul style="list-style-type: none"> • *NEW* Tobacco & Mental Health - Girls, Smoking and Stress. (Grade 9): A facilitator’s guide on girl’s tobacco use and links to stress and starting a conversation about smoking www.girlsactionfoundation.ca/files/smoking_1.pdf • iTHINK (Grades 9-12): iTHINK is a social marketing and media literacy campaign that is designed to denormalize big industries by showing youth the other side of using their products. The campaign encourages youth to be more aware of the world around them and to understand the link between the popular messages they receive and the health choices they make. www.knowwhatsinyourmouth.ca/files/documents/iTHINK-Manual-Final_Electronic.pdf 	<ul style="list-style-type: none"> • Identify opportunities to promote tobacco-free living in the school and/ or classroom: <ul style="list-style-type: none"> ○ Snowstorm Reflection and Brainstorm Activity to identify healthy school priorities by brainstorming actions to address tobacco-free living topics and issues. Speak to your School Health Nurse for a copy of this activity. ○ Connect with existing student clubs to identify common priorities and opportunities to work together. ○ Utilize sample activities from the Know What's in Your Mouth and iTHINK toolkits to promote tobacco-free living in your school. 	<ul style="list-style-type: none"> • Connect with your School Health Nurse to request support with the following campaigns: <ul style="list-style-type: none"> ○ Know What’s in Your Mouth (Grades 9-12): Information for youth about health risks associated with chewing tobacco. www.knowwhatsinyourmouth.ca ○ iTHINK (Grades 9-12): iTHINK is a social marketing and media literacy campaign that is designed to denormalize big industries by showing youth the other side of using their products. The campaign encourages youth to be more aware of the world around them and to understand the link between the popular messages they receive and the health choices they make. www.knowwhatsinyourmouth.ca/files/documents/iTHINK-Manual-Final_Electronic.pdf 	<p>Compliance with the Smoke-Free Ontario Act, 2006:</p> <ul style="list-style-type: none"> • York Region Tobacco Enforcement Officers conduct on-site enforcement visits to monitor compliance under the Smoke Free Ontario Act and Electronic Cigarettes Act. www.mhp.gov.on.ca/en/smoke-free/legislation/default.asp • To report a complaint, contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca <p>For YCDSB:</p> <ul style="list-style-type: none"> • The school board has a written tobacco-free and electronic cigarette policy. www.ycdsb.ca/trustees/documents/policies/Policy610-TobaccoFreeEnvironment.pdf • To report a complaint, contact York Region Health Connection at 1-800- 	<p>Resources for parents:</p> <ul style="list-style-type: none"> • *NEW* Tobacco & Mental Health Resource - What Parents Need to Know About Teen Risk Taking Strategies for Reducing Problems Related to Alcohol, Other Drugs, Gambling and Internet Use www.camhx.ca/Publications/CAMH_Publications/parent_teen_strategies.html • Help your Child Stay Smoke-Free (Health Canada) www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/kids-enfants/index-eng.php • *NEW* Tobacco & Mental Health Resource - Mental Illness and Smoking www.nicotinedependenceclinic.com/English/teach/SiteAssets/Pages/Smoking-Fact-Sheets2/Mental%20Illness%20and%20Smoking%20Fact%20Sheet%20for%20Healthcare%20Providers.pdf

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1-800-361-5653
TTY 1-866-252-9933



York Region Health Connection

Community and Health Services

Public Health

www.york.ca

<ul style="list-style-type: none"> • Know What's in Your Mouth (Grades 9-12): Information for youth about health risks associated with chewing tobacco. www.knowwhatsinyourmouth.ca • Lungs Are For Life (Grades 9-12): Free teacher and student tested programs matched to Ontario's Health and Physical Education Curriculum with a focus on tobacco use, prevention and cessation. www.lung.healthdiary.ca/Guest/SearchResults.aspx?C=23&M=0&K=&N=&S=1&P • Ontario Physical Health and Education Association (Grades 9-10): Grade by grade tobacco curriculum support resources for the Health and Physical Education curriculum. www.ophea.net • Mr. Gross Mouth (Grades 9-12): An interactive display to demonstrate the negative effects of chew tobacco use. Speak to your School Health Nurse for more information about this display. • Pigs Lungs (Grades 9-12): Used to demonstrate the negative effects of smoking and exposure to second hand smoke. Comes with 		<ul style="list-style-type: none"> ○ Ontario Coalition for Smoke-Free Movies: A campaign to protect children and youth from smoking in the movies. www.smokefreemovies.ca ○ Play Live Be Tobacco Free: Interactive activities and ideas to make your sport tobacco-free. www.playlivebetobaccofree.ca • Use a train-the-trainer model to support older students in engaging their younger peers in understanding tobacco use prevention through interactive tobacco use prevention displays (e.g. Pig Lungs and Mr. Gross Mouth) • Have students develop their own tobacco awareness campaigns during National Non-Smoking Week (3rd week in January) or World No Tobacco (May 31). For ideas of sample activities please refer to the Play Live Be Tobacco Free CD. Speak to your School Health Nurse for a copy of the CD resource. • *NEW* Tobacco & Mental Health Resource - Engage students in understanding the link between tobacco and mental health: 	<p>361-5653, TTY 1-866-252-9933 or visit www.york.ca</p> <ul style="list-style-type: none"> • Schools can take a pledge to be tobacco free – to show their on-going commitment to tobacco-free living. Sample pledge forms can be downloaded at www.playlivebetobaccofree.ca <p>For YRDSB:</p> <ul style="list-style-type: none"> • The school board has a written tobacco-free and electronic cigarette policy. www.yrdsb.ca/boarddocs/Documents/PP-smokefreeenvironment-461.0.pdf • Schools can take a pledge to be tobacco free – to show their on-going commitment to tobacco-free living. Sample pledge forms can be downloaded at www.playlivebetobaccofree.ca. 	<p>Relevant Organizations:</p> <ul style="list-style-type: none"> • *NEW* Tobacco & Mental Health Resource - Centre for Addiction and Mental Health <ul style="list-style-type: none"> ○ The Child, Youth and Family Program are committed to client-centred care, providing intensive and specialized services for young people with mental health and/or addiction problems. www.camh.net • *NEW* Tobacco & Mental Health Resource - Canadian Mental Health Association <ul style="list-style-type: none"> ○ Choices Program: This program encourages youth between the ages of 12 to 17 to make informed and relevant decisions and to promote positive choices in their lives. Weekly topics may include: communication, decision making, goal setting, drugs and alcohol, coping strategies, tobacco, marijuana, tasking risks, and social media. www.cmha-yr.on.ca/york-mental-health/youth-teens/choices-program/ • Parent Action on Drugs <ul style="list-style-type: none"> ○ Challenges, Beliefs, and Changes Program: a peer education program to assist the
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<p>two sets of lungs – a healthy and unhealthy set. Speak to your School Health Nurse for more information about this display.</p> <p>Education for teachers:</p> <ul style="list-style-type: none"> • Centre for Media Literacy- Educational organization that provides leadership, public education and professional development with the aim to help youth develop critical thinking skills to make healthy choices related to tobacco. www.medialit.org/reading-room/blowing-smoke-can-media-literacy-impact-youth-smokingw • Media Awareness Network- Comprehensive collections of digital and media literacy resources related to substance misuse and youth engagement. www.mediasmarts.ca/teacher-resources/find-lesson?field_grade_value_i18n=All&field_categories_tid_i18n%5B%5D=500 • Search Institute – An independent non-profit organization with a mission to provide leadership, knowledge, and tobacco resources to promote healthy, children, youth, and communities. 		<ul style="list-style-type: none"> ○ Bag of Tricks: Help students learn refusal skills to fight the pressures of trying tobacco. ○ Betcha Can't Eat Just One: Demonstrate what it might feel like to be addicted to tobacco. Follow up with a discussion on how daily tasks could be difficult when addicted (e.g. having to step outside to smoke during class or seeing somebody else smoke and then craving one, etc.).To access these two activities Speak to your School Health Nurse for a copy of the Play Live Be Tobacco Free CD. <ul style="list-style-type: none"> • *NEW* Tobacco & Mental Health Resource - Bounce Back Essay Competition: Provide students the opportunity to share their success stories on overcoming mental health and tobacco addiction through writing. • *NEW* Tobacco & Mental Health Resource – Show of Hands: Students write their reasons for being tobacco-free on larger poster paper to be displayed for the whole school. This activity also reinforces the benefits of a tobacco-free lifestyle. 		<p>transition to high school and address decisions about alcohol and other drugs. www.parentactionondrugs.org</p> <ul style="list-style-type: none"> • *NEW* Tobacco & Mental Health Resource - YouthSpeak: <ul style="list-style-type: none"> ○ Assemblies (Grades 9 – 12): One-hour interactive assembly includes youth speakers who share their personal stories about mental health, bullying and/or addictions. This 45-60 minute session includes a Q&A, as well as activities that build empathy and inclusivity. www.youthspeak.ca/services ○ Classroom Follow-Up Sessions (Grades 9-12): An interactive classroom session can be requested following the one hour assembly to increase awareness and understanding of the specific issues identified in the assembly specific tools and strategies that students can use to help them cope in various situations will be discussed. www.youthspeak.ca/services ○ Parent/Teacher Session: These sessions are designed to bring new awareness, understanding
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<p>www.search-institute.org/search/node/tobacco</p> <ul style="list-style-type: none"> • *NEW* Tobacco & Mental Health Resource - Walking the Talk: A Toolkit for Engaging Youth with Mental Health A toolkit for engaging youth in mental health will give you a better understanding of how youth engagement can directly benefit youth and reduce substance use and smoking. www.yetoolkit.ca/content/benefits-youth <p>Resources Websites:</p> <ul style="list-style-type: none"> • Break it Off www.breakitoff.ca • Campaign for Tobacco-Free Kids www.tobaccofreekids.org • Leave the Pack Behind www.leavethepackbehind.org • Legacy for Health www.rethinkbutts.org • The Lung Association www.on.lung.ca • Non-Smokers' Rights Association www.nsra-adnf.ca/cms • Not to Kids! www.ntk.ca • Ontario Coalition for Smoke-Free Movies www.smokefreemovies.ca 		<ul style="list-style-type: none"> • Students can collaborate with their teachers to organize a Kick Butts day at their school. Kick Butts day is an opportunity to raise awareness of the problem of tobacco use in their community. www.kickbuttsday.org/about • Students can participate in tobacco advocacy-related initiatives through the Youth Advocacy Training Institute - YATI. Contact your School Health Nurse and the Youth Engagement Coordinator from Tobacco-Free Living Services for more information. www.youthadvocacy.ca • Students can show their support for anti-tobacco causes by signing petitions, sending their ideas on how to end smoking, or creating a profile picture with the Truth campaign logo. www.thetruth.com 		<p>and appreciation for the challenges faced by today's youth. Parent and youth speakers with lived experience offer practical exchanges through their personal stories. Speakers share tips on how to best assist someone who is struggling with these challenges. www.youthspeak.ca/services</p> <ul style="list-style-type: none"> ○ Lunch N' Learn for school staff: An opportunity to hear personal stories and increase understanding of relevant youth issues such as depression, anxiety, self-harm, bullying and addiction. www.youthspeak.ca • *NEW* Tobacco & Mental Health Resource - Youth Advocacy Training Institute (YATI) <ul style="list-style-type: none"> ○ Advocacy for Health - Jump into Action: This training session explores how youth can affect real change by getting their voices heard by the right people. Participants will learn how advocacy can influence public policy as well as the basics of how to advocate in new and creative ways. www.youthadvocacy.ca/trainin
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<ul style="list-style-type: none"> • Quit4Life (Health Canada) www.quit4life.com • Tobacco-Free Sport and Recreation www.playlivebetobaccofree.ca • York Region Public Health -Tobacco www.york.ca/tobacco • YouthConnect www.youthconnect.ca/htdocs/english/getinvolved/stories/calvin.asp • Youth Zone www.hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/index-eng.php 				<ul style="list-style-type: none"> ○ g/youth-training Creating Effective Health Promotion Campaigns – I Set Up a Booth...Now What? This training will explore concepts such as health education, health promotion, denormalization, social marketing, and branding. This training will look at examples of existing effective tobacco prevention and health promotion campaigns and introduce basic steps to creating effective campaigns in participants’ communities. www.youthadvocacy.ca/training/youth-training ○ Creative Ways to Advocate: In this training, participants learn about the main ingredients and forms of creative advocacy. This is done by investigating tobacco control case studies. Participants will be exposed to a variety of different creative advocacy tactics and approaches. Through creative expression exercises, participants explore the benefits of using creative advocacy in their groups. www.youthadvocacy.ca/training/youth-training
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