



## Healthy Schools Sample Action Plan Activities for Tobacco Awareness in Schools

### Elementary Schools

Curriculum, Teaching & Learning	School & Classroom Leadership	Student Engagement	Social & Physical Environments	Home, School & Community Partnerships
<p><b>Education for students:</b></p> <ul style="list-style-type: none"> <li>• <b>*NEW* Tobacco &amp; Mental Health Resource - Girls, Smoking and Stress. (Grade 8):</b> A facilitator’s guide on girl’s tobacco use and links to stress and starting a conversation about smoking. <a href="http://girlsactionfoundation.ca/files/smoking_1.pdf">http://girlsactionfoundation.ca/files/smoking_1.pdf</a></li> <li>• <b>iTHINK (Grades 1-8):</b> 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. <a href="http://www.knowwhatsinyourmouth.ca/files/documents/iTHINK-Manual-Final_Electronic.pdf">www.knowwhatsinyourmouth.ca/files/documents/iTHINK-Manual-Final_Electronic.pdf</a></li> </ul>	<ul style="list-style-type: none"> <li>• Identify opportunities to promote tobacco-free living in the school and/ or classroom: <ul style="list-style-type: none"> <li>○ Use a sample student survey to identify healthy school priorities. Speak to your School Health Nurse for a copy of this survey.</li> <li>○ Connect with existing student clubs to identify common priorities and opportunities to work together.</li> <li>○ Utilize sample activities from the <a href="#">Know What's in Your Mouth</a> and <a href="#">iTHINK</a> toolkits to promote tobacco-free living in your school.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Connect with your School Health Nurse to request support with the following campaigns: <ul style="list-style-type: none"> <li>○ <b>Know What’s in Your Mouth (Grades 7-8):</b> Provides information to youth about health risks associated with chewing tobacco. <a href="http://www.knowwhatsinyourmouth.ca">www.knowwhatsinyourmouth.ca</a></li> <li>○ <b>iTHINK (Grades 1-8):</b> 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. <a href="http://www.knowwhatsinyourmouth.ca/files/documents/iTHINK-Manual-Final_Electronic.pdf">www.knowwhatsinyourmouth.ca/files/documents/iTHINK-Manual-Final_Electronic.pdf</a></li> </ul> </li> </ul>	<p><b>Compliance with the Smoke-Free Ontario Act, 2006:</b></p> <ul style="list-style-type: none"> <li>• York Region Tobacco Enforcement Officers conduct on-site enforcement visits to monitor compliance under the Smoke -Free Ontario Act and Electronic Cigarettes Act. <a href="http://www.mhp.gov.on.ca/en/smoke-free/legislation/default.asp">www.mhp.gov.on.ca/en/smoke-free/legislation/default.asp</a></li> <li>• To report a complaint, contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit <a href="http://www.york.ca">www.york.ca</a></li> </ul> <p><b>For YCDSB:</b></p> <ul style="list-style-type: none"> <li>• The school board has a written tobacco-free and electronic cigarette policy <a href="http://www.ycdsb.ca/trustees/documents/policies/Policy610-TobaccoFreeEnvironment.pdf">www.ycdsb.ca/trustees/documents/policies/Policy610-TobaccoFreeEnvironment.pdf</a></li> <li>• Schools can take a pledge to be tobacco-free to show their on-</li> </ul>	<p><b>Resources for parents:</b></p> <ul style="list-style-type: none"> <li>• Help your Child Stay Smoke-Free (Health Canada) <a href="http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/kids-enfants/index-eng.php">www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/kids-enfants/index-eng.php</a></li> </ul> <p><b>Relevant Organizations:</b></p> <ul style="list-style-type: none"> <li>• <b>Centre for Addiction and Mental Health</b> <ul style="list-style-type: none"> <li>○ The Child, Youth and Family Program is committed to client-centred care, providing intensive and specialized services for young people with mental health and/or addiction problems. <a href="http://www.camh.net">www.camh.net</a></li> </ul> </li> <li>• <b>*NEW* Tobacco &amp; Mental Health Resource - Canadian Mental Health Association</b> <ul style="list-style-type: none"> <li>○ <b>Choices Program:</b> This program encourages youth between the ages of 12 to 17 to make informed and relevant decisions and to promote positive choices</li> </ul> </li> </ul>

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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](http://www.york.ca)

<ul style="list-style-type: none"> <li>• <b>Know What's in Your Mouth</b> (Grades 7-8): Information for youth about health risks associated with chewing tobacco. <a href="http://www.knowwhatsinyourmouth.ca">www.knowwhatsinyourmouth.ca</a></li> <li>• <b>Lungs Are For Life</b> (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. <a href="https://lung.healthdiary.ca/Guest/SearchResults.aspx?C=23&amp;M=0&amp;K=&amp;N=&amp;S=1&amp;P">https://lung.healthdiary.ca/Guest/SearchResults.aspx?C=23&amp;M=0&amp;K=&amp;N=&amp;S=1&amp;P</a></li> <li>• <b>Ontario Physical Health and Education Association</b> (Grades K-8): Grade by grade tobacco curriculum support resources for the Health and Physical Education curriculum. <a href="http://www.ophea.net">www.ophea.net</a></li> <li>• <b>Mr. Gross Mouth</b> (Grades 1-8): An interactive display to demonstrate the negative effects of chew tobacco use. Speak to your School Health Nurse for more information about this display.</li> <li>• <b>Pigs Lungs</b> (Grades 1-8): Used to demonstrate the negative effects of smoking and exposure to second hand smoke. Comes with two sets of lungs – a healthy and</li> </ul>		<ul style="list-style-type: none"> <li>○ <b>Ontario Coalition for Smoke-Free Movies:</b> A campaign to protect children and youth from smoking in the movies. <a href="http://www.smokefreemovies.ca">www.smokefreemovies.ca</a></li> <li>○ <b>Play Live Be Tobacco Free:</b> Interactive activities and ideas to make your sport tobacco-free. <a href="http://www.playlivebetobaccofree.ca">www.playlivebetobaccofree.ca</a></li> <li>○ <b>Healthy Schools Student Club Activity Guide: Tobacco-Free Living:</b> Speak to your school health nurse for more information on this resource.</li> <li>• 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).</li> <li>• Have students develop their own tobacco awareness campaigns during National Non-Smoking Week (3<sup>rd</sup> week in January) or World No Tobacco (May 31). For ideas of sample activities use the Play Live Be Tobacco Free CD . Speak to your School Health Nurse for a copy of</li> </ul>	<p>going commitment to tobacco-free living. Sample pledge forms can be downloaded at <a href="http://www.playlivebetobaccofree.ca">www.playlivebetobaccofree.ca</a></p> <p><b>For YRDSB:</b></p> <ul style="list-style-type: none"> <li>• The school board has a written tobacco-free and electronic cigarette policy. <a href="http://www.yrdsb.ca/boarddocs/Documents/PP-smokefreeenvironment-461.0.pdf">www.yrdsb.ca/boarddocs/Documents/PP-smokefreeenvironment-461.0.pdf</a></li> <li>• 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 <a href="http://www.playlivebetobaccofree.ca">www.playlivebetobaccofree.ca</a></li> </ul>	<p>in their lives. Weekly topics may include: communication, decision making, goal setting, drugs and alcohol, coping strategies, tobacco, marijuana, tasking risks, and social media. <a href="http://www.cmha-yr.on.ca/york-mental-health/youth-teens/choices-program/">www.cmha-yr.on.ca/york-mental-health/youth-teens/choices-program/</a></p> <ul style="list-style-type: none"> <li>• <b>Heart and Stroke Foundation</b> <ul style="list-style-type: none"> <li>○ Heart &amp; Stroke Jump Rope for Heart encourages kids to get active by skipping rope while they collect pledges for heart disease and stroke research. <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a></li> </ul> </li> <li>• <b>Parent Action on Drugs</b> <ul style="list-style-type: none"> <li>○ Challenges, Beliefs, and Changes Program: a peer education program to assist the transition to high school and address decisions about alcohol and other drugs. <a href="http://www.parentactionondrugs.org">www.parentactionondrugs.org</a></li> </ul> </li> <li>• <b>*NEW* Tobacco &amp; Mental Health Resource - YouthSpeak</b> <ul style="list-style-type: none"> <li>○ <b>Assemblies (Grades 4 – 12):</b> One-hour interactive assembly includes youth speakers who share their personal stories about mental health, bullying and/or addictions. This 45-60</li> </ul> </li> </ul>
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<p>unhealthy set. Speak to your School Health Nurse for more information about this display.</p> <ul style="list-style-type: none"> <li>• <b>Smoking and Quitting: Clean Air for All</b> (Grades 1-5) – A storybook for students about smoking and second-hand smoke. <a href="http://www.camh.ca/en/education/about/camh_publications/Documents/eBook_PDFs/smoking_quitting_en.pdf">www.camh.ca/en/education/about/camh_publications/Documents/eBook_PDFs/smoking_quitting_en.pdf</a></li> </ul> <p><b>Education for teachers:</b></p> <ul style="list-style-type: none"> <li>• <b>Centre for Media Literacy-</b> 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. <a href="http://www.medialit.org/reading-room/blowing-smoke-can-media-literacy-impact-youth-smoking">www.medialit.org/reading-room/blowing-smoke-can-media-literacy-impact-youth-smoking</a></li> <li>• <b>Media Awareness Network-</b> Comprehensive collections of digital and media literacy resources related to substance misuse and youth engagement. <a href="http://mediasmarts.ca/teacher-resources/find-lesson?field_grade_value_i18n=All&amp;field_categories_tid_i18n%5B%5D=500">http://mediasmarts.ca/teacher-resources/find-lesson?field_grade_value_i18n=All&amp;field_categories_tid_i18n%5B%5D=500</a></li> </ul>		<p>the CD resource.</p> <ul style="list-style-type: none"> <li>• <b>*NEW* Tobacco &amp; Mental Health Resource</b> - Engage students in understanding the link between tobacco and mental health:             <ul style="list-style-type: none"> <li>○ <b>Bag of Tricks:</b> Help students learn refusal skills to fight the pressures of trying tobacco.</li> <li>○ <b>Betcha Can't Eat Just One:</b> 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.</li> </ul> </li> <li>• 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. <a href="http://www.kickbuttsday.org/about">www.kickbuttsday.org/about</a></li> </ul>		<p>minute session includes a Q&amp;A, as well as activities that build empathy and inclusivity. <a href="http://youthspeak.ca/services/">http://youthspeak.ca/services/</a></p> <ul style="list-style-type: none"> <li>○ <b>Classroom Follow-Up Sessions (Grades 7-12):</b> 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. <a href="http://youthspeak.ca/services/">http://youthspeak.ca/services/</a></li> <li>○ <b>Parent/Teacher Session:</b> These sessions are designed to bring new awareness, understanding 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. <a href="http://youthspeak.ca/services/">http://youthspeak.ca/services/</a></li> </ul>
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<ul style="list-style-type: none"> <li>• <b>Search Institute</b> – An independent non-profit organization with a mission to provide leadership, knowledge, and tobacco resources to promote healthy, children, youth, and communities. <a href="http://www.search-institute.org">www.search-institute.org</a></li> <li>• <b>*NEW* Tobacco &amp; Mental Health Resource - Walking the Talk: A Toolkit for Engaging Youth with Mental Health</b> - 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. <a href="http://www.yetoolkit.ca/content/benefits-youth">www.yetoolkit.ca/content/benefits-youth</a></li> </ul> <p><b>Resources</b> <b>Websites:</b></p> <ul style="list-style-type: none"> <li>• Break it Off <a href="http://www.breakitoff.ca">www.breakitoff.ca</a></li> <li>• Campaign for Tobacco-Free Kids <a href="http://www.tobaccofreekids.org">www.tobaccofreekids.org</a></li> <li>• Legacy for Health <a href="http://www.rethinkbutts.org">www.rethinkbutts.org</a></li> <li>• The Lung Association <a href="http://www.on.lung.ca">www.on.lung.ca</a></li> <li>• Non-Smokers' Rights Association <a href="http://www.nsra-adnf.ca/cms">www.nsra-adnf.ca/cms</a></li> </ul>				<ul style="list-style-type: none"> <li>○ <b>Lunch N' Learn for school staff:</b> An opportunity to increase personal stories and increase understanding of relevant youth issues such as depression, anxiety, self-harm, bullying and addiction. <a href="http://www.youthspeak.ca">www.youthspeak.ca</a></li> </ul>
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Healthy Schools Sample Action Plan Activities for Tobacco Awareness in Schools - Elementary

<ul style="list-style-type: none"><li>• Not to Kids! <a href="http://www.ntk.ca">www.ntk.ca</a></li><li>• Ontario Coalition for Smoke-Free Movies <a href="http://www.smokefreemovies.ca">www.smokefreemovies.ca</a></li><li>• Quit4Life (Health Canada) <a href="http://www.quit4life.com">www.quit4life.com</a></li><li>• Tobacco-Free Sport and Recreation <a href="http://www.playlivebetobaccofree.ca">www.playlivebetobaccofree.ca</a></li><li>• York Region Public Health – Tobacco <a href="http://www.york.ca/tobacco">www.york.ca/tobacco</a></li><li>• YouthConnect <a href="http://www.youthconnect.ca/htdocs/english/getinvolved/stories/calvin.asp">www.youthconnect.ca/htdocs/english/getinvolved/stories/calvin.asp</a></li><li>• Youth Zone <a href="http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/index-eng.php">www.hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/index-eng.php</a></li></ul>				
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