

TOBACCO AND VAPING CURRICULUM SUPPORT HEALTH RESOURCES FOR ELEMENTARY SCHOOLS 2019-2020

The York Region Public Health Tobacco-Free Living and Tobacco & Electronic Cigarette Control team provides comprehensive education supports based on the goals of protection, prevention, and cessation strategies. Preventing youth from starting to smoke, vape or use other tobacco products is our priority.

MANUALS AND CURRICULUM RESOURCES/ AUDIOVISUAL RESOURCES/ PAMPHLETS/ POSTERS/ HANDOUTS/ WORKSHOPS/ DISPLAYS/ STUDENT CLUB TRAINING AND SUPPORT

Grades K-8:

Ontario Physical and Health Education Association (OPHEA)

- Grade by grade curriculum support resources for Health and Physical Education curriculum.
- Website: www.ophea.net
- French Website: www.ophea.net/fr

Grades 1-5:

Smoking and Quitting: Clean Air for All – Centre for Addiction and Mental Health

- A storybook for students in grades one to five about smoking and second-hand smoke.
- Website: www.camh.ca/-/media/files/guides-and-publications/smoking-and-quitting-en.pdf

Grades 4-6:

Academy for Tobacco Prevention

- An interactive resource with lesson plans for teachers and cooperative card game for students about the harms of tobacco use. To borrow a kit, connect with tobaccofreeliving@york.ca
- Website: <https://academy.albertaquits.ca/>

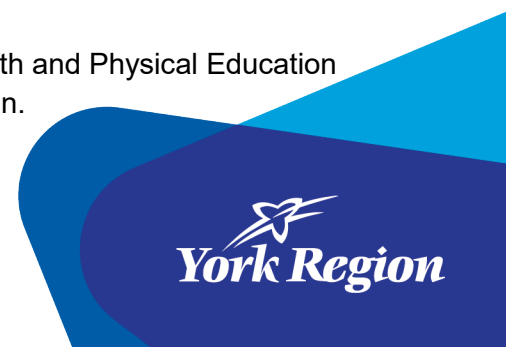
Grades 1-8:

Lungs are For Life-The Lung Association

- Teacher and student tested programs matched to Ontario's Health and Physical Education Curriculum with a focus on tobacco use, prevention and cessation.

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca/healthyschools



- *Website:* <https://lung.healthdiary.ca/Guest/SearchResults.aspx?C=23&M=0&K=&N=&S=1&P=>
- *French Website:*
<https://lung.healthdiary.ca/Guest/SearchResults.aspx?C=25&M=0&K=&N=&S=1&P=>

Grades 7-8:

NEW! Talk About Series-The Lung Association

- An online learning module that address cannabis, tobacco, vaping and water-pipe use to help facilitate critical discussion in a fun and informative manner.
- *Website:* <https://lungontario.ca/we-can-help/digital-learning-hub/talking-about-series>

Grades 7-8:

NEW! Digital Learning for Youth Advocates-The Lung Association

- This training will introduce basic steps to creating effective health promotion campaigns. Topics include: What the Vape, Learn How to Push Back Against an Industry that Kills, Create your Own Awesome Campaign & more!
- *Website:* <https://lungontario.ca/we-can-help/digital-learning-hub/digital-learning-for-youth-advocates>

Grades 7-8:

NEW! Coming Fall 2019-Not an Experiment

- A digital toolkit to educate and build capacity among educators and youth champions about e-cigarettes and vaping, including an interactive, yet educational Escape Room-style activity.
- *Website:* www.NotAnExperiment.ca

WEBSITES/RELEVANT ORGANIZATIONS

NEW! Health Canada Vaping and the Consequences

www.canada.ca/en/services/health/campaigns/vaping.html

NEW! Heart & Stroke Foundation of Canada, [Position Statement on E-Cigarettes in Canada](#)

[ITHINK: A Critical Thinking and Media Literacy Manual](#)

Know what's in Your Mouth

EN: www.knowwhatsinyourmouth.ca FR: www.knowwhatsinyourmouth.ca/fr

Quit4Life – Health Canada www.quit4life.com

Tobacco-Free Sport and Recreation www.playlivebetobaccofree.ca

For more information on these or other resources contact Tobacco-Free Living Services at tobaccofreeliving@york.ca or visit www.york.ca/tobacco