

# TOBACCO AND VAPING CURRICULUM SUPPORT HEALTH RESOURCES FOR SECONDARY 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 9-12:

### Ontario Physical and Health Education Association (OPHEA)

- Grade by grade curriculum support resources for Health and Physical Education curriculum.
- *Website:* [www.ophea.net](http://www.ophea.net)
- *French Website:* [www.ophea.net/fr](http://www.ophea.net/fr)

## Grades 9-12:

### 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 9-12:

### NEW! Digital Learning for Youth Advocates-The Lung Association

- This training will introduce basic steps to creating effective health promotions 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>

## Public Health

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/healthyschools](http://york.ca/healthyschools)



## Grades 9-10:

### 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.
- *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 9-12:

### 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](http://www.NotAnExperiment.ca)

## Grades 9-12:

### ITHINK: A Critical Thinking and Media Literacy Manual

- A summary of the learning outcomes in the Ontario curriculum by grade level for the Arts, Language, Health and Physical Education with examples of critical thinking questions to provide inspiration for lesson plans and discussion questions.
- *Website:* [www.knowwhatsinyourmouth.ca/files/documents/iTHINK-Manual-Final\\_Electronic.pdf](http://www.knowwhatsinyourmouth.ca/files/documents/iTHINK-Manual-Final_Electronic.pdf)

## WEBSITES/RELEVANT ORGANIZATIONS

### NEW! Health Canada Vaping and the Consequences

[www.canada.ca/en/services/health/campaigns/vaping.html](http://www.canada.ca/en/services/health/campaigns/vaping.html)

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

### Know what's in Your Mouth

*EN:* [www.knowwhatsinyourmouth.ca](http://www.knowwhatsinyourmouth.ca)

*FR:* [www.knowwhatsinyourmouth.ca/fr](http://www.knowwhatsinyourmouth.ca/fr)

Quit4Life – Health Canada [www.quit4life.com](http://www.quit4life.com)

### Youth Zone –Health Canada

[www.canada.ca/en/health-canada/services/health-concerns/tobacco/youth-zone.html](http://www.canada.ca/en/health-canada/services/health-concerns/tobacco/youth-zone.html)

Tobacco-Free Sport and Recreation [www.playlivebetobaccofree.ca](http://www.playlivebetobaccofree.ca)

For more information on these or other resources contact Tobacco-Free Living Services at [tobaccofreeliving@york.ca](mailto:tobaccofreeliving@york.ca) or visit [www.york.ca/tobacco](http://www.york.ca/tobacco)