

Tobacco Resources for Schools

Are you interested in engaging students in activities and discussion about tobacco and vapour products? Browse the links below for great ideas, lesson plans, printables and supporting resources.

Learn about our program: [Tobacco Reduction at Interior Health](#)

Promote tobacco free children and youth: [Tobacco Reduction in Schools](#):

Aboriginal Ceremonial Tobacco Use

[Ceremonial Use of Tobacco](#) Elder Leonard Ward of the Stelat'en First Nation
[First Nations Health Authority Respecting Tobacco](#)
[Youth Respecting Tobacco First Nations Health Authority](#)

BC School District Sites

[School District 22 Suspension Learning Assignment](#)

Grades K – 12

Lesson Plans & Activities

[Alberta Health School Resources](#) (K-3)
[Breath](#) Tobacco (K-3) Resource Guide
[Breath](#) Tobacco (6-8) Resource Guide
[Healthy Choices](#) (K-3) Activities and coloring pages included
[Heartsmart Kids](#) (K-6) Provides activities on smoke free living
[iMinds](#) Centre for Addictions Research BC
[Know Tobacco Teacher Resources](#) (K-8)
[Media Smarts – Tobacco Marketing](#)
[Smarter than Smoking Activity Sheets](#) Prevention Crossword, Maze, Word Sleuth
[Smoking Isn't Cool](#) (K-5) Smoking prevention
[Students Choice](#): Grade 9 tobacco education resource from the Newfoundland and Labrador.
[Teaming up for Tobacco Free Kids](#)
[The Academy for Tobacco Prevention](#)

Stories

[Smoking and Quitting: Clean Air for ALL Story book](#)

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Youth Resources

[Canadian Cancer Society Flavoured Tobacco Products](#)
[START](#) Decreasing Breast Cancer Risk
[Smoke Free Movies](#)
[Smoke Free Movies](#) Canada
[The Impact of Tobacco Advertising](#) Stanford University
[Truth](#): Successful youth advocacy organization
[Tobacco Body](#) See how tobacco changes your body
[Tobacco company marketing to kids](#) – Tobacco Free Kids

Reference

[CAN-ADAPTT Canadian Smoking Cessation Guidelines for Youth](#)
[Health Canada](#) Tobacco
[Health Promoting School Newsletters](#): Look for tobacco reduction news in each monthly newsletter
[Second Hand Smoke](#)
[Tobacco Atlas](#)
[Tobacco Laws in BC](#) Legislation and Enforcement
[Tobacco Use in Canada Report](#)

Statistics

[BC McCreary Adolescent Health Survey Report](#)
[Canadian Student Tobacco, Alcohol and Drugs Survey](#)
[Tobacco Use Statistics](#) Canadian Tobacco Use Monitoring Survey (CTUMS) and Youth Smoking Survey (YSS)

Supporting Youth to Quit

[BC Smoking Cessation Program](#) – free nicotine replacement therapy or coverage for prescription quit aids
[Break it Off](#) Canadian Cancer Society
[Dr. Mike Evans Animated Youtube video](#) – What is the Single Best Thing You Can Do to Quit Smoking
[Know Whats in Your Mouth](#) Smokeless Tobacco
[KILLTHECAN.ORG](#) Smokeless tobacco cessation website
[On the Road to Quitting](#): Guide to Becoming a non-smoker for young adults
[Youth Zone](#) Health Canada [Quit4Life](#) Handbook
[Quitnow.ca](#) – Free for all British Columbians Online, chat, text, phone or Facebook
[Quitnow Brief Interventions in Tobacco Online Training](#) (15 minutes) Teacher Education
[QUITRUNCHILL](#) A running program for youth smokers and ex-smokers who want to be healthier
[Youth Tobacco Cessation Kit](#) My Journey with Tobacco – Aboriginal toolkit

Vapour Products

[Health Canada](#) About Vaping
[BC Lung](#) Vapour Products Prevention Toolkit
[Interior Health Toolkit](#): Resources for teachers, school administrators and health professionals

Yearly Worldwide Events

[National Non Smoking Week](#) (Third week of January yearly)
[World No Tobacco Day](#) (May 31st)

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