

Toolkit - Vaping

School Properties

The purpose of this document is to provide tools and resources to school district staff and others who are working to address the use of vapour products among youth. Key audiences that can utilize the toolkit include superintendents, principals, teachers, health promoting school coordinators and public health nurses. The Integrated Tobacco Program (ITP) can assist with resources, consultation, staff training and enforcement activities to address tobacco and vapour product use at your school. For more information, contact the ITP at tobacco@interiorhealth.ca or call the ITP phone line at 1-855-744-6328 prompt # 5.

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Vaping and Youth

The issue

Vapour products, also referred to as e-cigarettes or electronic nicotine delivery devices (ENDS), emerged onto the Canadian market in 2009. These products continue to evolve and gain popularity. Most recently, a new generation (known as 4th generation) of cartridge or “pod” type devices entered the Canadian market in 2018. Promoted as discreet, compact, sleek and modern, these products deliver higher levels of nicotine than previous versions, putting youth at a greater risk of nicotine exposure and addiction.

Although vapour products are currently promoted as less harmful than cigarettes, they are not harmless; particularly for youth and non-smokers. Most vapour products contain nicotine, a highly addictive substance, which is also found in cigarettes. Nicotine is known to have long-lasting harmful effects on the developing adolescent brain, and the long term health impacts of vaping are unknown. Further, research is showing that vaping amongst youth increases the chances of progressing to smoking, or to using both cigarettes and vapour products (dual-use).

Key messages for youth

- Vaping can lead to nicotine addiction (Health Canada)
- If you don't vape, don't start ([Council of Medical Health Officers Canada](#))
- The long term impacts of vaping are unknown (Health Canada)
- Young people who vape have an increased risk of subsequent smoking and vice versa.^{i ii}

Statistics

Within the last few years, an alarming trend has emerged which shows an increase of seventy-four percent in youth vapingⁱⁱⁱ. The latest data from the 2016-17 Canadian Student Tobacco, Alcohol and Drugs Survey ([CSTADS](#)) shows:

- Twenty-three percent of students in grades 7-12 had tried a vapour product (referred to as an e-cigarette in the survey). Ten percent reported using them within the last 30 days.
- Most students who had tried a vapour product had also tried a cigarette.

In BC, the 2018 [McCreary BC Adolescent Survey](#) indicated that youth within the Interior Health region had the highest rates of vaping with nicotine in the province, at twenty-nine percent. The results of the survey sparked "[Clearing the Air](#)"; a report based on a youth-led research project about vaping. Youth came together to discuss their views on vaping, interpret data, and generate ideas on how to support youth who use vapour products.

Information for Superintendents and School Administrators



Here's what you can do

1. Address Student Vapour Use:

- Review and strengthen existing smoke and vapour free policies and code of conduct. Treat tobacco and vapour products the same as all other substances (drugs and alcohol).
- Ensure students are aware of the policies at regular intervals during the school year by providing reminders.
- Review the IH [school compliance](#) document for information about provincial legislation.
- Ensure smoke-free signs are visible on school property and that signage includes vaping. Add signage in areas where students congregate. Check with your local municipality to see if they have a smoke-free bylaw and if it specifies any requirements for schools.
- Designate staff to conduct regular walkabouts to maintain a visible presence and increase awareness and compliance.
- Contact the Integrated Tobacco Program (ITP) at tobacco@interiorhealth.ca or 1-855-744-6328 prompt # 5 to consult with an Enforcement Officer about options to address persistent smoking or vaping on school property.
- Consider installing vape detectors such as [FLYSENSE](#) (USA made), which are now available to use in places where you cannot install a camera.

2. Inform Staff:

- Vapour products are often not easily recognizable. Share the [BC Lung Vaping Handout for Teachers](#) with your staff.
- Information sessions may be requested from the Integrated Tobacco Program.
- Subscribe to the [Health Promoting School Newsletter](#), which includes up-to-date information on vaping under the “Tobacco and Vapour Products” heading.

3. Educate Parents:

- Send a newsletter/email home that talks about your school's policy and student expectations. Example: [SD 23 Letter to Parents](#)
- Parents/guardians play an important role in talking with their children. Share [BC Lung Association](#), [Health Canada](#), and [Interior Health](#) resources on your district website and through communication channels with parents.
- Work with community partners to host a public awareness event on vaping. Funding for awareness events can be accessed through [Health Canada Micro-Grants](#) or tobacco@interiorhealth.ca for information on other grant opportunities.

4. Support Cessation:

- Nicotine is addictive and it can be hard to stop. Inform students and staff about free cessation counselling through [QuitNow](#) and receive free quit aids (patch, gum, lozenges or inhaler) available at local pharmacies through the [B.C. Smoking Cessation Program](#).

Information for Teachers and Health Educators



Here's what you can do

1. Educate Yourself:


- The BC Lung Association provides a [Vaping Products Prevention Toolkit](#). The purpose of this toolkit is to raise awareness and increase the knowledge of educators, parents and healthcare providers on vaping products to help guide youth towards making an informed decision with respect to using vaping products.
- For a short introduction about Vaping view this [YouTube](#) from the UCLA School of Medicine.
- The JUUL device deserves special mention. It contains nicotine salts and a strong hit of nicotine can lead to youth addiction. Check out these sites for more information:
 - [Campaign for Tobacco Free Kids](#)
 - [You Tube - How JUUL made nicotine go viral](#)
 - [CDC - Infographic JUUL](#)
 - [You Tube - Truth Campaign JUUL](#)
- Subscribe to the [Health Promoting School Newsletters](#) which include up to date information on vaping under the “Tobacco and Vapour Products” heading.
- The [Ontario Tobacco Research Unit](#) hosts a free two hour online learning module on the e-cigarette.
- [Stanford Medicine](#) hosts a free online learning module on E-cigarettes and Vape Pens.
- The [Interior Health Partners](#) website has general resources on tobacco and vaping for schools.
- [Health Canada](#) provides comprehensive information and resources about youth and vaping.

2. Educate Students:

- Power Points for classroom use are available through the [BC Lung Association](#), [CATCH MY BREATH](#), the [Centre for Disease Control](#) (CDC), and [Stanford Medicine](#) (USA). [CATCH MY BREATH](#) (USA) is a JUUL and e-cigarette prevention education program specific to middle schools and high schools free of charge. While created for the U.S. audience, much of the content is applicable to Canadian schools. Enrollment in the program is required.
- [Youth Now](#) (USA) has multiple educator resources including materials from Scholastic (USA). Check out the interactive learning games!
- [Physician Advocacy Network](#) (USA) provides vaping and JUUL lesson plans and materials
- Health Canada launched a National awareness campaign called "[Consider the Consequences](#)", which provides information on the risks of vaping and youth. Part of the campaign includes a “*Consider the Consequences*” awareness tour that is in the process of touring Canadian middle and high schools. Schools interested in having a campaign visit their school can contact Health Canada [here](#).
- The Federal Drug Administration (FDA) is running a similar awareness campaign called "[The Real Cost](#)" with prevention [videos](#).
- [McCreary Youth Action Grant](#) provides BC youth (ages 12–19) from school districts that participated in the 2018 BC Adolescent Health Survey the opportunity to deliver a project to improve youth health in their school or community.

School Compliance

Under the [Tobacco and Vapour Products Control Act](#), tobacco and vapour products are prohibited for use in and on school grounds. See [2.2](#) of the act for details. Addressing student use of vapour products requires a multi-pronged approach. Education, awareness, and enforcement work best when combined. General details about compliance may be found in the ITP [School Compliance](#) document. For persistent non-compliance, ITP enforcement officers can offer additional support to school administrators. Progressive enforcement activities are undertaken by the ITP as a last resort, in cases where school prevention and disciplinary processes have been unsuccessful, and in conjunction with the school administration.

School Compliance Checklist	
How many of the below strategies has your school implemented?	
Updated school policies and code of conduct	
Visible smoke and vape-free signage present	
Identify problem areas	
Student/classroom vaping resources	
Parent/Guardian resources	
Staff training and vaping awareness resources	
Explore available grants	
Host a vapour awareness event for parents/students/community	
Provide support to quit	
Progressive discipline approach. Contact the Integrated Tobacco Program at: tobacco@interiorhealth.ca Or 1-855-744-6328 prompt # 5.	


Additional Resources

McCreary Survey: [2018 BC Adolescent Health Survey McCreary](#)

Canadian Student Tobacco and Alcohol Drug Survey BC E-cigarette Factsheet: [CSTADS](#)

British Medical Journal *BMJ* 2019; 365:l2219 <http://dx.doi.org/10.1136/bmj.l2219>

O'Connor S, Pelletier H, Bayoumy D, Schwartz R. Interventions to Prevent Harms from Vaping. Special Report. Toronto ON: Ontario Tobacco Research Unit; May 2019. See page 6 [School Interventions](#)

Signage		
<p>BC Lung Association download example</p>	<p>https://bc.lung.ca/no-smoking-signage</p> 	<p>To order printed signs, please contact Allan Tieszen at 604-613-5991 or allan.tieszen@horseshoepress.com.</p>
<p>Consider the Consequences</p>	<p>https://considertheconsequences.ca/resources</p>  <p>Vaping mirror clings and posters</p>	<p>To order visit: http://www.healthcanada.gc.ca/publication-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/7?ReadForm&cat=00118&lang=eng</p>

Appendix A: Policy Review

Policy Review Considerations	Yes/No
Meets minimum provincial standard – Tobacco and Vapour Products Control Act	
Treats <i>all</i> substances in the same manner: alcohol, tobacco, vaping, cannabis, and other drugs.	
Definition of smoking includes: to inhale, exhale, burn, or carry a lighted cigarette, cigar, pipe, hookah, activated electronic cigarette or other lighted or heated smoking equipment that burns or vaporizes tobacco, e-substances or cannabis.	
Creates smoke and vapour free areas specified by signage: entrances, washrooms, school property, and other identified areas.	
Prohibits vaping in vehicles with children.	
Establishes preventative programs that apply to all substances.	
Clearly states disciplinary actions for non-compliance.	
Includes events off school property (buses, field trips etc.).	

ⁱ Hammond D, Reid JL, Cole AG, Leatherdale ST. Electronic cigarette use and smoking initiation among youth: a longitudinal cohort study. *CMAJ* 2017;189:E1328-36. doi:10.1503/cmaj.161002

ⁱⁱ East K, Hitchman SC, Bakolis I, et al. The association between smoking and electronic cigarette use in a cohort of young people. *J Adolesc Health* 2018;62:539-47. doi:10.1016/j.jadohealth.2017.11.301

ⁱⁱⁱ Hammond D, Reid JL, Cole AG, Leatherdale ST. Electronic cigarette use and smoking initiation among youth: a longitudinal cohort study. *CMAJ* 2017;189:E1328-36. doi:10.1503/cmaj.161002