

## Tobacco & Vaping Resources for Schools

Schools play an important part in preventing youth tobacco and vapour product use, protecting youth from exposure, and providing reliable information and interventions when necessary. This is a list of resources related to the key areas of tobacco and vaping prevention. For more information and regular updates, you can also:

- ✓ Learn about our program: [Tobacco & Vapour Prevention & Control at Interior Health](#).
- ✓ Check our tobacco and vapour free children and youth resource: [Tobacco & Vaping in Schools](#).
- ✓ Keep an eye on the monthly [Health Promoting School Newsletters](#) for updates.

### General information & reference

[About Vaping](#) | Health Canada

[Ask an Expert: Vaping with Dr. Nicholas Chadi](#) (Video) | Government of Northwest Territory

[Fact Sheets](#) Tobacco & Vaping's Toll, Health Harms and Cost | Campaign for Tobacco-Free Kids

[Smoke Free Movies](#) | The Ontario Coalition for Smoke-Free Movies

[Smokefree Media](#) | UCAL San Francisco

Tobacco & Vaping [Fact sheets](#), [Videos](#), [Reports](#), [+more](#) | Truth Initiative

[Tobacco & Vapour Products Laws and Regulations in BC](#) | BC Ministry of Health

[Tobacco Atlas](#) | American cancer Society & Vital Strategies

[Vaping FAQs](#) | Canadian Lung Association

[What You Need to Know about Vaping: Facts, Risks, FAQs and More](#) | BC Lung Foundation

[What are Second & Third-hand Smoke & Vaping Aerosols?](#) | American Thoracic Society

### Statistics

[Canadian Student Tobacco, Alcohol and Drugs Survey](#) | Health Canada

[Canadian Student Tobacco, Alcohol and Drugs Survey- Reports & Results](#) | University of Waterloo

[Canadian Tobacco and Nicotine Survey \(CTNS\)](#) | Health Canada

[Survey and Reports on BC youth](#) | McCreary Centre Society

[Tobacco Use in Canada Report](#) | University of Waterloo

### School Districts' Policies & Resources

[Constructive Alternative to Teen Suspension Program \(CATS\)](#) | SD38 Richmond & RASS

[Tobacco Smoke and Vape Free Facilities](#) (school policy) | SD19 Revelstoke

[Vaping Suspension Assignment](#) | SD 22 Vernon

[Smoking vaping and the use of smokeless tobacco products](#) | SD58 Nicola-Similkameen

[Code of Conduct](#) Vernon Secondary School | SD 22 Vernon

[Cannabis, Vaping and Youth](#) Parent Information Session | SD 73 Kamloops

[Smudging Protocol](#) | SD73 Kamloops

## Aboriginal Ceremonial Tobacco Use

[Respecting Tobacco](#) | First Nations Health Authority

[Youth Respecting Tobacco](#) | First Nations Health Authority

[Smoking, Vaping and COVID-19: Do They Affect Each Other? \(Animation\)](#) | First Nations Health Authority

[Ceremonial Use of Tobacco](#) (video) | Elder Leonard Ward of the Stellat'en First Nation & QuitNow

## Educators' Learning & Development

[Addressing student use of e-cigarettes](#) Resource for schools | Pan-Canadian JCSH

[Blueprint for Action: Preventing substance-related harms among youth through a Comprehensive School Health approach](#) | Health Canada

[Comprehensive School Health](#) | HealthySchools BC

[First-of-its-kind CAMH study on why young people vape](#) | CAMH

[Resources for preventing substance use and related harms among youth](#) | Health Canada

[Talking with teens about vaping: Tip sheet for Teachers](#) | Health Canada

[Vaping eBook for School Professionals](#) | Partnership to End Addiction

[Vaping Products Information for Teachers](#) | Canadian Lung Association

[Vaping: What elementary school educators need to know](#) | CAMH

[Vaping: What secondary school educators need to know](#) | CAMH

[What can School Communities Do?](#) Infographic | Western University

Preventing Problematic Substance Use Through Positive Youth Development (whiteboard video series) | Western University:

[Effective Programming](#)

[Welcoming Environments](#)

[Promoting Well-Being](#)

Youth Engagement Toolkit | JCSH and The Students Commission of Canada

[Module 1: Introduction](#)

[Module 5: Youth Engagement in Action -](#)

[Module 2: What is Youth Engagement](#)

[Sustaining Youth Engagement](#)

[Module 3: Youth Engagement in Action -  
Initiating Youth Engagement](#)

[Module 6: Youth Engagement in Action -  
Challenges and Evaluation](#)

[Module 4: Youth Engagement in Action -](#)

[Module 7: Youth Who Thrive](#)

[Qualities of Youth Engagement](#)

[Module 8: Resources and Endnotes](#)

### **For those counselling or supporting youth to quit:**

[CAN-ADAPTT Canadian Smoking Cessation Guidelines for Youth](#) | CAMH

[My Journey With Tobacco: Youth Tobacco Cessation Toolkit, Facilitator's Guide](#) | National Association of Friendship Centres

[Quash Facilitator Training](#) free & online (cessation program for youth) | Lung Health Foundation

[Quit4Life Guide for Program Facilitators - Canada.ca](#)

[TEACH project](#) (tobacco cessation counselling) | CAMH

[Vaping Cessation Guidelines & Resources](#) | CAMH Nicotine Dependence Services

## Lesson Plans, Activities and Teaching Resources

[CATCH My Breath Canada](#) Vaping Prevention Program (Grades 6-9) | CATCH

[Consider the Consequences Interactive Activities](#) | Health Canada

[Consider the Consequences of Vaping Awareness Tour](#) | Health Canada

[Flavoured Vapes Hook Kids](#) (Commercial video) | Lung Association & Heart & Stroke

[Heartsmart Kids](#) Printable Activities (Grades K-6) | Heart & Stroke

[HS SOLVE - HeartSmart Kids™](#) Interactive activity (Grades 7-9) | Heart & Stroke

[iMinds](#) Lessons for substance use literacy (Grades K-12) | Canadian Institute for Substance Use Research

[Not An Experiment](#) Game and Resources | Ontario Central East Tobacco Control Area Network

[Principal for a Day Workshop](#) | The Students Commission of Canada, HC's Youth Leadership Team

[Smarter than Smoking Activity Sheets](#) | SDERA

[Smoking Isn't Cool](#) Smoking prevention toolkit (Grades K-5) | Region of Peel (ON)

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

[Stanford Research into the Impact of Tobacco Advertising](#) Ad repository | Stanford University

[Taking Down Tobacco](#) Tobacco & Vaping Training Program (Grades 6-12)| Tobacco Free Kids

[Talking about... Series](#) Educational Resources | Lung Health Foundation

[The Real Cost of Vaping](#) Miscellaneous resources (Grades 6-12) | Scholastic & FDA

[Tobacco Body](#) Interactive Website | Cancer Society of Finland

[Tobacco & Vapour Products Marketing](#) | Media Smarts

[Tobacco Education & Prevention Printing Resources \(American\)](#) | FDA

[Tobacco Prevention Toolkit](#) Lessons, Kahoots, Quizzes, Discussion sheets, + more | Stanford University

[Unfiltered Facts](#) Interactive Website | Ontario Central East Tobacco Control Area Network

[Vaping Health Education Toolkits](#) (Grades 5-10) | BC Lung Foundation

[Youth Advocacy e-Learning](#) | Lung Health Foundation

[Juulers Against Juul](#) Youth-produced video requesting flavor ban (USA) | Sam Friedman and Jack Waxman

## Youth Resources

[Clearing the Air Poster](#) | McCreary Centre Society

[Consider the Consequences of Vaping](#) | Health Canada

[E-Cigarettes: What You Need To Know To Stay Healthy](#) | FNHA

[Health info for youth - Province of British Columbia \(gov.bc.ca\)](#)

[Kids Help Phone Support](#) free & confidential e-mental health service | Kids Help Phone

[Learn About Tobacco](#) | Here to Help

[Smoking Information for Teens](#) | Nemours KidsHealth

[Teens Health Information \(includes tobacco and vaping\)](#) | Interior Health

[Tobacco](#) | Foundry

[Vaping](#) | Foundry

[Vaping: What you and your friends need to know](#) | CAMH

## Supporting Youth to Quit

[Are You Trying To Stop Smoking or Vaping?](#) | FNHA

[BC Smoking Cessation Program](#) Provincial coverage for quit aids (free) | Gov. of BC - Ministry of Health

[QuitNow](#) Provincial quitting and reducing program (free) | BC Lung Foundation & Government of BC

[Quitting Commercial Tobacco FAQ](#) | FNHA

[Quitting Tobacco or Vaping](#) | Interior Health

[Quitting Vaping: 7 Tips to Make it Happen](#) (video) | QuitNow

[Tobacco Timeout Challenge](#) | QuitNow & FNHA

[What is the Single Best Thing You Can Do to Quit Smoking?](#) (animated video) | Dr. Mike Evans

## Resources for Parents

[Preventing kids and teens from vaping](#) | Health Canada

[Vaping and Youth Factsheet](#) | Interior Health

[Smoking and your child or teen](#) | Caring for kids, Canadian paediatric Society

[Talking with your teen about vaping](#) | Caring for kids, Canadian paediatric Society

[Vaping Guide for Parents](#) | Partnership to End Addiction

[Vaping Products Information for Families](#) | Canadian Lung Association

## Commemoration dates

[National Non Smoking Week](#) (Third week of January yearly)

[World No Tobacco Day](#) (May 31<sup>st</sup>)