

TOBACCO & VAPING CURRICULUM SUPPORTS FOR ELEMENTARY SCHOOLS 2023-2024

York Region Public Health's Tobacco-Free Living Program provides comprehensive education supports based on the goals of tobacco and vaping protection, prevention, and cessation. Our priority is providing education and awareness so that youth can make informed decisions about tobacco products and nicotine.

GRADES K-8: VAPING EDUCATION RESOURCE

- Curriculum supported resources and lesson plans related to vaping and tobacco education. Includes capacity building tools, conversation starter prompts and videos to support students in developing the knowledge and skills needed to make informed decisions about vaping.
- [Ophea.ca - Vaping Education Resources \(English\)](#) and [\(French\)](#)

GRADES K-8: KIDS HEALTH IN THE CLASSROOM

- Detailed lesson plans and activities to help students understand why people begin smoking, what smoking does to the body, how to deal with peer pressure and how they can protect themselves from the effects of tobacco.
- [Kidshealth.org – Teacher's Guide: Smoking](#)

GRADES 1 & 4-7: WHAT ELEMENTARY SCHOOL EDUCATORS NEED TO KNOW

- General information about vaping, associated risks, resources to support educators in having informed conversations with students and direct links to the curriculum.
- [Camh.ca - What elementary school educators need to know \(English\)](#) and [\(French\)](#)

GRADES 1-5: SMOKING AND QUITTING: CLEAN AIR FOR ALL

- A storybook for students in grades one to five about smoking and second-hand smoke.
- [Camh.ca - Smoking and Quitting: Clean Air for All \(PDF\)](#)
- [Print copies](#) available to order in English and French.

GRADES 4-6: ACADEMY FOR TOBACCO PREVENTION

- An interactive resource with lesson plans, and a card game for students. Students learn about the harms of tobacco, other tobacco-products and the origin of sacred tobacco use among First Nations communities. To borrow this game kit, email tobaccofreeliving@york.ca
- [AlbertaHealthServices.ca – Academy for Tobacco Prevention](#)

YORK REGION PUBLIC HEALTH

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york.ca/youthvaping

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GRADES 4-8: CONSIDER THE CONSEQUENCES OF VAPING

- Interactive games, self-led modules and educational videos on nicotine. Includes topics such as the hidden dangers of vaping, the cost of vaping, mental health and stress as well as the impact of nicotine on the developing brain.
- [HealthCanadaExperience.ca – Consider the Consequences \(English\) and \(French\)](#)

GRADES 5-8: NICOTINE VAPING PREVENTION PROGRAM

- Youth gain skills to make informed decisions about the health hazards and dangers of vaping, marketing influences and refusal skills.
- [CatchMyBreath.org - Catch My Breath](#)

GRADES 7-8: MEDIA LITERACY AND TOBACCO MARKETING

- Lesson plans to teach youth about the tobacco industry related to marketing, consumerism and targeting the needs, wishes and desires of young people. Modules on media literacy, body image, gender, vaping and tobacco marketing.
- [MediaSmarts.ca - Media Literacy and Tobacco Marketing](#)

GRADES 7-8: TALKING ABOUT SERIES

- An online learning module that addresses cannabis, tobacco, vaping and water-pipe use to help facilitate critical discussions in a fun and informative manner.
- [LungHealth.ca - Talk About Series](#) and [Ontario Curriculum Links](#)

GRADES 7-8: DIGITAL LEARNING FOR YOUTH ADVOCATES

- Introduction to basic steps to creating effective health promotion campaigns. Fifteen-to-thirty-minute modules on Industry denormalization, creating social change, and influencing policy.
- [LungHealth.ca - Youth Digital Learning Centre](#)

GRADES 7-8: NOT AN EXPERIMENT

- A digital toolkit to educate and build capacity among educators and youth about e-cigarettes and vaping, including an escape room-style activity. This activity can be run independently by teachers, with the School Services Public Health Nurse and/or the Tobacco-free Living program.
- [NotAnExperiment.ca - Educators \(English\) and \(French\)](#)

Where can educators get more information?

- [Canada.ca \(Health Canada\)](#) – About Vaping
- [York.ca \(York Region Public Health\)](#) – Tobacco, Vaping and Youth
- [KidsHelpPhone.ca \(Kids Help Phone\)](#) – Vaping is on the rise. Here's what you need to know
- [YouthNow.me \(Prevent Coalition\)](#) – Teacher Resources

For more information about these resources contact Tobacco-Free Living Services at tobaccofreeliving@york.ca or visit [York Region Public Health - Tobacco, Vaping and Youth](#)