

# VAPING, COMMERCIAL TOBACCO AND OTHER NICOTINE PRODUCTS: CURRICULUM SUPPORT HEALTH RESOURCES FOR ELEMENTARY SCHOOLS 2024-2025

York Region Public Health provides comprehensive prevention and cessation resources on the topics of vaping, commercial tobacco and other nicotine products; for health educators to support youth in making informed decisions about these products.

## Toolkits - Lesson Plans, Activities, Videos and More

### ONTARIO

**York Region Public Health** - [Healthy Schools Student Club Vape and Tobacco-Free Activity Guide](#)

- Engage students in identifying strengths, needs and activities to promote health and increase awareness of potential risks related to vaping and commercial tobacco. **Over 20 activity ideas.**

**Grades 3-8: Niagara Health Unit Teaching Tools** - [NiagaraRegion.ca/health/schools/curriculum](https://NiagaraRegion.ca/health/schools/curriculum)

- Grade-specific teaching tools about the effects of nicotine located within the *Substance use, addictions and related behaviours* section heading. Engaging materials, instructions, and activities about the consequences of nicotine product use.

**Grades 4-6: Academy for Tobacco Prevention** - [AlbertaHealthServices.ca](https://AlbertaHealthServices.ca)

- An interactive resource adapted to link to the Ontario Curriculum. Includes lesson plans and a card game for students and covers the harms of tobacco, other tobacco-products, and the origin of sacred tobacco use. **\*\*GAME KIT** - Email [tobaccofreeliving@york.ca](mailto:tobaccofreeliving@york.ca) to borrow the Game Kit.

**Grades 4-8: Vaping Education Resource** - [Ophea.ca](https://Ophea.ca) ([English](#)) and ([French](#))

- 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.

**Grades 5-8: Resource Hub** - [UnfilteredFacts.ca](https://UnfilteredFacts.ca) - Use password: **UFFHAMONT24**

- Ready to implement grade-specific curriculum with a variety of activities for each grade. Additional resources including posters, parent resources and educational games.

**Grades 7-8: Not an Experiment** - [NotAnExperiment.ca](https://NotAnExperiment.ca) - [Educators \(English\)](#) and ([French](#)).

- A digital toolkit to educate and build capacity among educators, parents and youth about vaping. Includes a 3-part lesson plan series, escape room-style activity, refusal skill activities and more. **\*\*GAME KIT** - Email [tobaccofreeliving@york.ca](mailto:tobaccofreeliving@york.ca) to borrow the Game Kit to implement the Escape Room.

### YORK REGION PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

[york.ca/VapeFacts](https://york.ca/VapeFacts)

Last Updated: 9/4/2024



## **Grades 7-8: Talking About Series - [LungHealth.ca](http://LungHealth.ca)**

- Lesson plans and a set of activities that addresses cannabis, tobacco, vaping and water-pipe use to help facilitate critical discussions in a fun and informative manner.

## **CANADA**

### **Grades K-3: Be Tobacco Smart - [AlbertaHealthServices.ca](http://AlbertaHealthServices.ca)**

- A booklet with a story focused on learning about how commercial tobacco can harm health, the environment, pets, and differentiation of sacred tobacco. Activities include word searches, crossword puzzles, as well as colouring pages to begin the discussion with younger grades.

### **Grades 1-5: Smoking and Quitting: Clean Air for All - [Camh.myshopify.com](http://Camh.myshopify.com) (Print) and (PDF)**

- A storybook for students about smoking and second-hand smoke. Produced by the *Centre for Addictions and Mental Health*.

### **Grades 4-6: Vaping: The Ex-Files - [TruthAboutVaping.ca/Educator](http://TruthAboutVaping.ca/Educator)**

- Vaping education resources created by Newfoundland and Labrador Alliance for Tobacco Control that align with grade specific outcomes. Includes detailed lesson plans accompanied by speakers notes, worksheets and answer keys.

### **Grades 4-8: Consider the Consequences of Vaping - [HealthCanadaExperience.ca](http://HealthCanadaExperience.ca) (English) and (French)**

- 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.

### **Grades 5-8: Nicotine Vaping Prevention Program - [CatchMyBreath.org](http://CatchMyBreath.org)**

- Youth gain skills to make informed decisions about the health hazards and dangers of vaping, marketing influences and refusal skills. Adapted by University of Waterloo. This is a paid program including grade-specific lesson plans.

### **Grades 7-8: Youth Digital Learning Centre - [LungHealth.ca](http://LungHealth.ca)**

- Introduction to basic steps to creating effective health promotion campaigns. 15 to 30-minute modules on Industry denormalization, creating social change, and influencing policy.

### **Grades 7-8: Media Literacy and Tobacco Marketing - [MediaSmarts.ca](http://MediaSmarts.ca)**

- 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.

## **UNITED STATES**

### **Stanford University: Tobacco Prevention Toolkit - [med.stanford.edu/TobaccoPreventionToolkit](http://med.stanford.edu/TobaccoPreventionToolkit)**

- An evidence-based set of curricula including *You and Me, Together Vape-Free curriculum* for elementary and middle-school students. It includes lessons, activities, online quiz games, and worksheets in addition to presentations, resources, and more.

## Difference Between Traditional and Commercial Tobacco

Traditional tobacco is a sacred plant and has been used in Indigenous culture for many years and is different than commercial tobacco products, such as cigarettes. Commercial tobacco has been genetically modified, chemically processed and known to cause multiple health problems. It is important to honour the role traditional tobacco plays in many Indigenous cultures and support youth in the prevention of commercial tobacco and other nicotine product use.

### **Ontario – Indigenous Tobacco Program - [TobaccoWise.CancerCareOntario.ca](https://www.tobacrowise.ca/)**

- Spreading tobacco-wise messaging to First Nations, Inuit and Métis youth. Someone who is “tobacco-wise” is defined as someone who can differentiate between traditional and commercial tobacco. Includes *Be Tobacco-Wise Brochures* for [First Nations](#), [Inuit](#) and [Metis](#).

### **British Columbia – First Nations Health Authority - [FNHA.ca/RespectingTobacco](https://fnha.ca/respectingtobacco)**

- Posters, videos and more about the difference between traditional and commercial tobacco. Used in ritual, ceremony and prayer, tobacco is considered a sacred plant with immense healing and spiritual benefits within Indigenous culture.

### **Alberta – Keep Tobacco Sacred Collaboration – [KeepTobaccoSacred.ca](https://www.keeptobaccosacred.ca)**

- Resources, videos and tools to support First Nations youth in learning about the cultural meaning and traditional use of sacred tobacco.

For more information, download the York Region Public Health [Traditional Tobacco Use in Indigenous Culture: Curriculum Support Health Resources For Schools 2024-2025](#) resource document.

## Trainings, Presentations and Supports

York Region Public Health offers training, presentations and support resources for students-leaders, educators, and parents/caregivers on the topics of commercial tobacco, vaping and other nicotine product.

**For more information and availability**, please contact your school's assigned Public Health Nurse or [tobaccofreeliving@york.ca](mailto:tobaccofreeliving@york.ca).

## Additional Resources for Educators

### CANADA

- [York.ca](http://York.ca) – York Region Public Health - Tobacco, Vaping and Youth for Educators, Parents & Allies
- [York.ca/VapeFacts](http://York.ca/VapeFacts) – York Region Public Health – **\*NEW\*** Vaping prevention campaign for youth
- [Canada.ca](http://Canada.ca) – Health Canada - About vaping
- [Camh.ca](http://Camh.ca) – Centre for Addictions and Mental Health - What elementary educators need to know
- [QuashApp.com/Conversations](http://QuashApp.com/Conversations) – Lung Health Foundation – Talking with youth about vaping
- [Building a Vape-Free September \(youtube.com\)](https://www.youtube.com/watch?v=...) – **\*NEW\*** Lung Health Foundation
- [KidsHelpPhone.ca](http://KidsHelpPhone.ca) – Kids Help Phone - Vaping is on the rise. Here's what you need to know.
- [Lung.ca/smoking-vaping](http://Lung.ca/smoking-vaping) – Canadian Lung Association – Smoking and vaping
- [Lung.ca/nicotine-pouches-new-kid-block](http://Lung.ca/nicotine-pouches-new-kid-block) – Canadian Lung Association – **\*NEW\*** Nicotine Pouches  
\*Note- As of **August 28, 2024**, Health Canada imposed [new restrictions](#) protecting youth from the use these products.

### UNITED STATES

- [YouthNow.me](http://YouthNow.me) – Prevent Coalition - Teacher Resources
- [Kidshealth.org](http://Kidshealth.org) – Nemours Children's Health - Teacher's Guide: Smoking
- [TheTruth.ca](http://TheTruth.ca) – The Truth Initiative – Campaign about vaping and mental health
- [TruthInitiative.org](http://TruthInitiative.org) – The Truth Initiative - Nicotine use and stress
- [TruthInitiative.org](http://TruthInitiative.org) – **\*NEW\*** What is Zyn and what are oral nicotine pouches?
- [TheRealCost.gov](http://TheRealCost.gov) – US Department of Health and Human Services – Campaign about smoking, vaping and chew tobacco. Including [“My Vaping Mistake”](#) video series.

For more information contact the Tobacco-free Living Program at [tobaccofreeliving@york.ca](mailto:tobaccofreeliving@york.ca), visit [York.ca/health/substance-use/tobacco-vaping-and-youth](http://York.ca/health/substance-use/tobacco-vaping-and-youth) or [York.ca/VapeFacts](http://York.ca/VapeFacts).