

# VAPING, COMMERCIAL TOBACCO AND OTHER NICOTINE PRODUCTS: CURRICULUM SUPPORT HEALTH RESOURCES FOR SECONDARY 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.

## Lesson Plans, Activities and Toolkits ONTARIO

**(VIBED) Vaping Information and Better-Educated Decisions** - [StopVapingChallenge.ca](https://stopvapingchallenge.ca) (English) and (French)

- An interactive vaping education workshop designed to resonate with youth by using a nonjudgmental approach to encourage self-reflection and empowered decision making related to vaping. Ready to use presentations and activities including Nod 2050 where students write notes of gratitude to their future selves for quitting or staying free of vaping products.

**Not An Experiment** - [NotAnExperiment.ca/Educators](https://notanexperiment.ca/educators) (English) and (French)

- A digital toolkit to educate and build capacity among educators, parents and youth about vaping. Includes a 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.

**QUASH – Lung Health Foundation** - [QuashApp.com](https://quashapp.com) (English) and (French)

- Co-designed with youth and available across Canada, Quash is a behaviour change website and app resource designed to help youth quit or cut-down their tobacco or vaping product use. The program also includes adult ally training for teachers, health care providers, counsellors or other adults/peer leaders to learn how to support youth.

**Vape Facts Campaign – York Region Public Health** - [York.ca/VapeFacts](https://york.ca/VapeFacts)

- A local vaping prevention campaign webpage with videos for youth to learn more about the harms of vaping, addiction, nicotine and mental health, as well as where to find quit supports.

**Talking About Series – Lung Health Foundation** - [LungHealth.ca](https://lunghealth.ca)

- An online learning module that addresses cannabis, tobacco, vaping and water-pipe use to help facilitate critical discussions in a fun and informative manner.

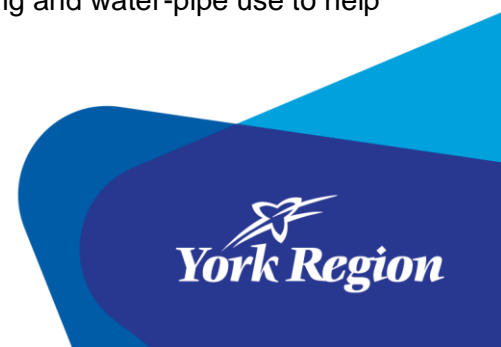
## YORK REGION PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

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

Last Updated: 9/4/2024



### **Unfiltered Facts – Hamilton Public Health - [UnfilteredFacts.ca](https://unfilteredfacts.ca)**

- A youth health advocacy group using creative engagement strategies to provide peers with the unfiltered facts about health issues related to vaping and tobacco that affect them. Information for youth within an interactive webpage, videos, posters, quizzes, activities and more. Educator Resource Hub password: **UFFHAMONT24**

## **CANADA**

### **Consider the Consequences of Vaping - [HealthCanadaExperience.ca](https://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.

### **Youth Digital Learning Centre - Lung Health Foundation - [LungHealth.ca](https://lunghealth.ca)**

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

### **Behind the Haze - Alberta Health Services - [BehindTheHaze.ca](https://behindthehaze.ca)**

- An evidence-based vaping prevention campaign webpage for youth to learn more about the harms of vaping as well as where to find quit supports.

### **Nicotine Vaping Prevention Program (Grade 9) - [CatchMyBreath.org](https://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.

## **UNITED STATES**

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

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

### **The Real Cost - US Department of Health and Human Services – [TheRealCost.gov](https://therealcost.gov)**

- A campaign about smoking, vaping and chew tobacco including the “[My Vaping Mistake](#)” video series to spark discussion. The series includes 8 videos where youth share their experiences about how vaping affected their mental health, sport performance, friendships and more.

### **Know Vape: Be Smart. Don’t Start – PBS Learning Media - [idahoPTV.org/KnowVape](https://idahoPTV.org/KnowVape)**

- Lessons, videos to spark conversation and interactive classroom activities for educators on the topic of youth vaping. Centered on the personal stories featured in the Idaho Public Television documentary “[Nic Sick: The Dangers of Youth Vaping](#)” documentary.

## 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://tobacbowise.cancercaresontario.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://keep-tobacco-sacred.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 vaping, commercial tobacco and other nicotine products.

**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](#) – York Region Public Health - Tobacco, Vaping and Youth for Educators, Parents & Allies
  - [York.ca/VapeFacts](#) – York Region Public Health – Vaping prevention campaign for youth
  - [Ophea.ca](#) – Vaping Education Resources – Educator guide to vaping education
  - [Canada.ca](#) – Health Canada - About vaping
  - [Camh.ca](#) – Centre for Addictions and Mental Health - What secondary educators need to know
  - [QuashApp.com/Conversations](#) – Lung Health Foundation – Talking with youth about vaping
  - [Building a Vape-Free September \(youtube.com\)](#) – **\*NEW\*** Lung Health Foundation
  - [KidsHelpPhone.ca](#) – Kids Help Phone - Vaping is on the rise. Here's what you need to know.
  - [Lung.ca/smoking-vaping](#) – Canadian Lung Association – Smoking and vaping
  - [Lung.ca/nicotine-pouches-new-kid-block](#) – Canadian Lung Association – **\*NEW\*** Nicotine Pouches
  - [ExpandProject.ca](#) – Expand Project - Initiative to start a dialog within queer and trans communities
- \*Note- As of **August 28, 2024**, Health Canada imposed [new restrictions](#) protecting youth from the use these products.*

### UNITED STATES

- [YouthNow.me](#) – Prevent Coalition - Teacher Resources
- [Kidshealth.org](#) – Nemours Children's Health - Teacher's Guide: Smoking
- [TheTruth.ca](#) – The Truth Initiative – Campaign about vaping and mental health
- [TruthInitiative.org](#) – The Truth Initiative - Nicotine use and stress
- [TruthInitiative.org](#) – The Truth Initiative - **\*NEW\*** What is Zyn and what are oral nicotine pouches?
- [DownAndDirtyLife.com](#) – Rescue Agency - Campaign about vaping and tobacco

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](#).