



Grey Bruce  
Public Health

# Educator Resources for the Prevention of Nicotine Vaping, Commercial Tobacco Products and Cannabis use



## **What's inside?**

**Page 2: Educator Resources (Lesson Plans, activities and campaigns)**

**Page 5: Training Resources for Educators & Adult Allies**

**Page 6: Video Resources**

**Page 7 Cessation Supports**

Updated November 2024

An electronic version of this document is available at  
[www.publichealthgreybruce.on.ca/Your-Environment/Healthy-Schools/Educator-Resources](http://www.publichealthgreybruce.on.ca/Your-Environment/Healthy-Schools/Educator-Resources)

# Curriculum Supports for Vaping and Smoking

As an Educator or Youth Ally, you play an important role in engaging with young people around the topic of vaping and commercial tobacco products. The 7th and 8th grade are especially a critical time for youth to gain understanding and skills to make informed decisions about a variety of substances they may encounter. When education is aligned with

parental and community support, mental health services, protective community policies and social mass marketing strategies, youth substance use and resulting harms can be drastically reduced. This resource is designed to support you with available education resources, curriculum supports, as well as supports for students who may vape or smoke and are ready to quit.



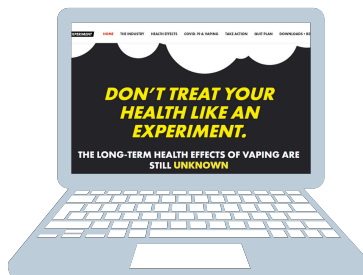
## [OPHEA Vaping Education Resources](#)

Vaping Education Resources have been developed by OPHEA to provide educators with capacity building tools and conversation starter prompts to support students in developing the knowledge and skills needed to make informed decisions to support their health and well-being.

- [Educator Guide and instructional Moments videos](#)
- [Conversation Videos](#)
- **Note:** There is one video titled, "VIDEO 1: MAKING SAFER INFORMED DECISIONS ABOUT VAPING" for grades 4/5. This video gives a strong message that vaping is an approved cessation aid for adults who are wanting to quit smoking. There are currently NO vaping products approved as health products or cessation aids in Canada. Public Health recommends Nicotine Replacement Therapy that is approved by Health Canada as a regulated health product. Also, NRT does not require heating of nicotine for product use).

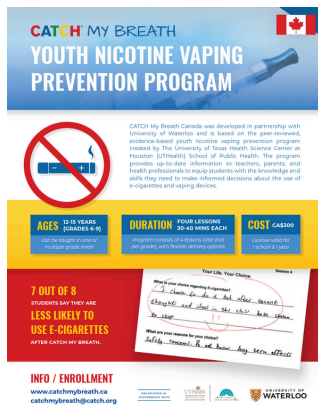
Check out the webinars about connections to curriculum.

<https://ophea.net/vaping-education-resources/additional-vaping-resources>



The [Not An Experiment](#) platform has everything a school needs to tackle the issue of vaping.

- Lesson set for 7/8th grades of 3 lessons that includes the Escape the Experiment game. GBPH recommends the in-person version of the game. **A limited supply of reusable game sets are available for booking through your School Health Nurse or paper copies can be supplied.** We also have a limited supply of branded colour changing pencils for your class!
- *Coming soon!* Lessons for 6th grade and 9th grade.
- The [Adult E-Learning Module](#) is an interactive learning module to learn more about the current issue of youth and vaping.
- Posters, announcements, parent newsletter blurbs and more. **For a full list of what is included, reach out to your School Health Nurse.**
- Platform includes information, posters and resources that connect the issue of vaping to mental health concerns.
- Visit [www.NotAnExperiment.ca](http://www.NotAnExperiment.ca)



**Catch My Breath** has been adapted to include Canadian information and statistics. It includes a training video, 4 lessons with powerpoint or google slides, as well as the option to involve student peer leaders from the classroom. Lessons can be taught from grades 6 to 9 ideally one lesson per week. A yearly licence per school is required. Sixth Grade teachers are encouraged to reach out to their School Health Nurse for in classroom support.

Canadian Lung Association  
 B R E A T H E

**Lungs are for Life!** is an engaging, evidence-based resource for Ontario educators to help students learn more about about the dangers of smoking and vaping so they can make healthy and informed decisions.

<https://www.lung.ca/lungs-are-for-life>

**Note:** many lesson resources include an activity to deconstruct advertisements which is a valuable way to discuss marketing. It is recommended to avoid use of the MacDonalds ad to avoid stigmatizing language around food and body size. To learn more about weight bias and healthy eating, visit

<https://www.odph.ca/addressing-weight-bias-resources> including the PDF on *Weight Bias and Mental Health in Elementary School*, and the PDF on *Nurturing Healthy Eaters in Elementary Schools*.



The **Consider the Consequences of Vaping** self-led module aims to provide youth aged 13-18 with information about vaping to help them make informed decisions about their health. It also helps and supports educators in engaging with youth on the issue. This module includes activities, videos and informative content that covers multiple topics related to vaping, including the risks and harms of youth vaping, adolescence, legislation and regulations in Canada, the cost of vaping and tips to deal with peer pressure.

The self-led module is intended to be delivered by adults such as teachers, coaches, youth workers in community settings, health professionals, etc. **Note:** The module has not been designed to replace school curriculum on the topics.

[Consider the Consequences of Vaping: Teen Awareness Program](https://healthcanadaexperiences.ca/consider-the-consequences-of-vaping-teen-awareness-program)  
[\(healthcanadaexperiences.ca\)](https://healthcanadaexperiences.ca/)

We encourage you to take the time to explore each part and to assess if the content is age-appropriate for sharing with your audience. <https://healthcanadaexperiences.ca/>





## Stanford Prevention Toolkits

[The Tobacco Prevention Toolkit](https://med.stanford.edu/tobaccopreventiontoolkit.html) from Stanford University is theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing middle and high school students' use of tobacco and nicotine. It includes modules and resources for vaping as well as commercial tobacco projects.

<https://med.stanford.edu/tobaccopreventiontoolkit.html>

The [Cannabis Prevention Toolkit](https://med.stanford.edu/cannabispreventiontoolkit.html) is a set of educator resources and lessons to engage with students about Cannabis. This includes the vaping of Cannabis oils. This toolkit is also from Stanford University. Visit

<https://med.stanford.edu/cannabispreventiontoolkit.html>

## iMinds - A Health Literacy Resource

<https://www.uvic.ca/research/centres/cisur/publications/helping-schools/iminds/>



The University of Victoria has created the educational model, iMinds. This model is a way of thinking about teaching and learning based on a solid philosophy of education. It encourages young people to develop health literacy—the ability to live in the world in a way that promotes well-being."

### [iMinds - A Health Literacy Resource](https://www.uvic.ca/research/centres/cisur/publications/helping-schools/iminds/)

For Grades 4 to 12. This free health education resource aims to help students maximize their drug literacy, by building knowledge and skills needed to survive and thrive in a world where drug use is common. The resource has been designed to support BC Ministry of Education curricula, but is adaptable and available for use in Canadian schools. (Canadian Institute for Substance Use Research)



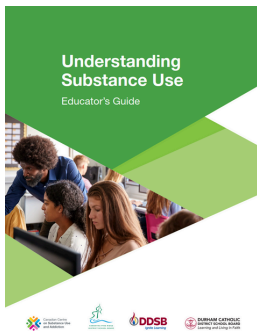
*"To be educated in such a world means to be able to come upon drugs and gambling and understand them in their cultural relevance. It is to be equipped to engage with others about their meaning and value, to make choices that support one's personal and collective well-being and to be ready and able to address the current problems related to both drugs and gambling in our world." from iMinds website*

# Training and Resources for Educators & Youth Allies



**Why do some teens start smoking and vaping others do not?** There are some factors associated with initiation of these products. Check out a quick summary of the factors that are associated with youth tobacco use. Many of these factors may also influence the use of vaping products by youth as well.

## Canadian Centre on Substance Use and Addiction



The Educators Guide and the accompanying video modules have been developed for education professionals working with youth from Grades 6 to 12. This includes teachers, guidance counsellors, social workers, coaches, administrators and other staff who may benefit from these resources.

Educator Guide and Videos: [www.ccsa.ca/educators-guide](http://www.ccsa.ca/educators-guide)

Is it okay to use Cannabis During Pregnancy? Get the facts here: <https://www.ccsa.ca/sites/default/files/2022-02/CCSA-Cannabis-During-Pregnancy-and-while-Breastfeeding-poster-2022-en.pdf>

## Drug Free Kids Canada - Substance resources for families



The *resources for parents* section features:

Talk guides on various substances by visiting [www.DrugFreeKidsCanada.org](http://www.DrugFreeKidsCanada.org)



**Parent Support Hub** 24/7 support for parents, guardians and families to get guidance and support. Phone 1 866 381-1511 or visit the website for live chat service.

## Lung Health Foundation - Training modules for adult allies



What the Vape?! Get to know the e-cigarette issue and other advocacy online modules

Helping young people quit smoking: A training module

<https://lunghealth.ca/support-resources/digital-learning-centre/>

## Quash Adult Allies - Facilitator Training and Brief Conversation toolkit



Even if you don't plan on facilitating groups, you will gain a much deeper understanding of the issues around youth vaping by taking the self-directed facilitator training. The Brief Conversations toolkit provides support to educators, school staff, coaches, youth workers, and parents alike to have conversations with young people about quitting.

[www.quashapp.com/adult-allies](http://www.quashapp.com/adult-allies)

[www.quashapp.com/conversations](http://www.quashapp.com/conversations)

# Video Resources for Students



<https://youtu.be/vbNrlsR-pnl>

What are E-cigarettes or Vapes, how do they work and what is in the e-liquids.



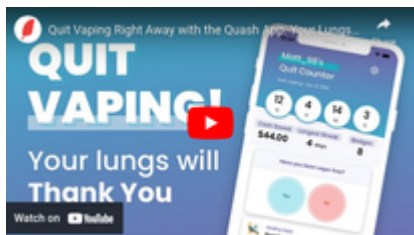
<https://www.youtube.com/watch?v=XDYPaEiDUJ0>

Learn about the health risks of teen vaping and nicotine. You can find more information about vaping at <https://bit.ly/2UIDEZZ>.



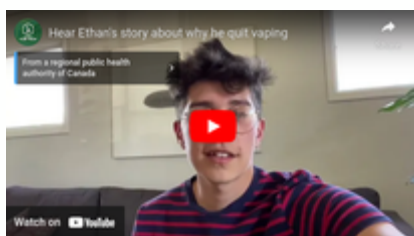
[https://youtu.be/s0bqT\\_hxMwI](https://youtu.be/s0bqT_hxMwI)

This animated video explains how repeated substance use can hijack brain function, and the importance of delaying use until the brain has fully developed.



<https://youtu.be/qBEXUlf5sgs>

Quash App promo video for those who want to quit vaping or smoking



<https://youtu.be/-pVxDEMyLfs>

Ethan's quit story: Hear why he quit vaping after he started noticed his mental health was being affected.

## Student Health Centres in Grey Bruce Schools Secondary Schools



**STUDENT HEALTH CENTRE**

**BOOK AN APPOINTMENT!**

schools@publichealthgreybruce.on.ca  
519 376-9420 / 800-263-3456 x 3110  
TEXT: 519 375-2006

- Health promotion & education
- Healthy lifestyles
- Healthy relationships
- Tobacco & vaping support
- Harm reduction education & supplies

Book an appointment with a School Health Nurse at your school.

Nurses from the Grey Bruce Health Unit will be available in schools to provide quit support for vaping, smoking, or chewing tobacco, including where appropriate, Nicotine Replacement Therapy products such as patches, lozenges, or gum.

To book an appointment at your school, send a message with your name, school and contact number to:

- email schools@publichealthgreybruce.on.ca
- text 519-375-2006 or
- call 519 376-9420 ext 3110



### CHOICES Drug and Alcohol Counselling Program in Grey Bruce

- The CHOICES program is for youth under 20 and their families who are affected by substance use.
- Counsellors can meet students at school or in the community.
- Call at 519-371-5487 or 1-800-265-3133 for appointment.



**Download Quash!**

A judgement-free app to help you quit smoking or vaping.

**Quash.**  
SMOKE HEALTH FOUNDATION

Available on the App Store | GET IT ON Google Play

quashapp.com

**Quash** is a free app to help teens and young adults quit smoking or vaping.

[www.quashapp.com](http://www.quashapp.com)



Apple Apps Google Play



### Stop Vaping Challenge

It's very simple:

1. Start the Challenge Timer.
2. Go for as long as you can without vaping.
3. Check in regularly by entering mood and cravings.



Apple Apps Google Play

**NOT AN EXPERIMENT  
PLAN YOUR QUIT!**

**Not An Experiment Quit Plan** Fill in your plan and then download or email to yourself. <https://NotAnExperiment.ca/your-quit-plan>

**smokers' helpline**

**Smokers' Helpline** is a free, confidential service operated by the Canadian Cancer Society offering support and information about quitting smoking and vaping. In Ontario, a free phone helpline is run by Health Connect Ontario. Care Coach Assistants are available 24/7 at **1-866-797-0000** or by chat at [www.smokershelpline.ca](http://www.smokershelpline.ca)



**Talk Tobacco** is a free confidential program offering culturally appropriate support and information about quitting smoking, vaping and commercial tobacco use to First Nations, Inuit, Métis and urban Indigenous communities **1-833-998-8255** **Free live chat at:** [www.talktobacco.ca](http://www.talktobacco.ca)



**The Lung Health Line** is available Monday to Friday 8:30 to 4:30 p.m. **1-888-344-5864** **Free Live chat at:**

<https://lunghealth.ca/support-resources/helpline/>

