



# **Curriculum Supports for Vaping and Commercial Tobacco - Training Resources and Lessons -**



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Updated November 2023

## Empower students to think critically about substance use, question the role of substances in the real world and make their best choices.

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](https://ophea.net/vaping-education-resources)

Check out the webinars about connections to curriculum.

<https://ophea.net/vaping-education-resources/additional-vaping-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. The evidence is still emerging on the use of electronic cigarettes as an effective tobacco cessation aid. 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).

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

<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/)

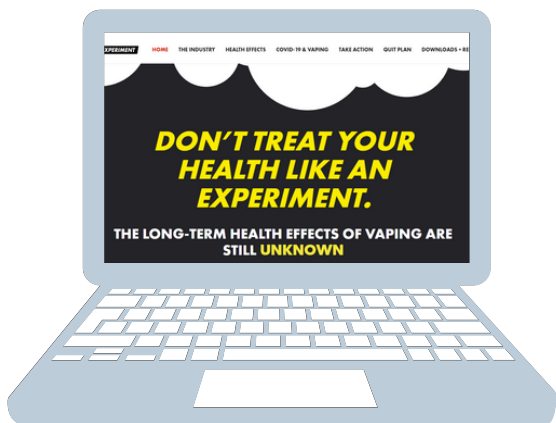
For Grades 4 to 12. This free health education resource aims to help students maximize their drug literacy, by building knowledge and skills needed to survive and thrive in a world where drug use is common. The resource has been designed to support BC Ministry of Education curricula, but is adaptable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

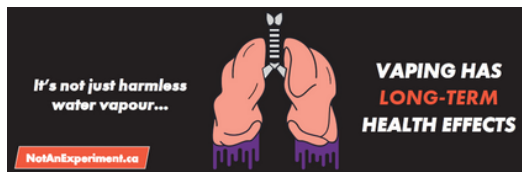
# Curriculum Supports for Vaping and Smoking

In Ontario, available curriculum supports have been reviewed and assessed by the Ontario Tobacco Research Unit. Due to the need to address the issue of vaping Public health and school board partners in Ontario have developed the Not an Experiment platform. Also below are also some of the other interventions that have been reviewed based on best practices.



The [Not An Experiment](#) platform has information and resources to support students in learning about the health effects, industry influences, impact on mental health and more. Designed for delivery in 7th and 8th grades the educator section includes a set of 3 lessons (linked below) that includes the *Not an Experiment* game with options of an in person activity or can be played online using laptops.

Teachers can request the online game answer key to support students as they play online. The teacher section also includes announcements, parent newsletter blurbs and more. For a full list of what is included, reach out to your school health nurse from Grey Bruce Public Health.



[Lesson Plans](#) for Grades 7/8 has been developed to pair with the Not an Experiment website and classroom activities.

Curriculum Connections	Grade 7 and 8 Curriculum Connections
<b>Health and Physical Education</b> The following curriculum connections are addressed during the delivery of these lessons and can be used for assessment purposes. <b>Health and Physical Education</b> The following curriculum connections are addressed during the delivery of these lessons and can be used for assessment purposes. <b>Health and Physical Education</b> The following curriculum connections are addressed during the delivery of these lessons and can be used for assessment purposes.	<b>Health and Physical Education</b> The following curriculum connections are addressed during the delivery of these lessons and can be used for assessment purposes. <b>Health and Physical Education</b> The following curriculum connections are addressed during the delivery of these lessons and can be used for assessment purposes. <b>Health and Physical Education</b> The following curriculum connections are addressed during the delivery of these lessons and can be used for assessment purposes.



[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. Funds may be available at your school board. Speak with your administrator about accessing this program. Funds may also be available through your local public health unit. Visit [www.letsgo.catch.org/bundles/52392](http://www.letsgo.catch.org/bundles/52392)



[The Tobacco Prevention Toolkit](#) 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](#) 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>

## Training Resources for Educators & Adult 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.

Learn the basics about vaping of nicotine and cannabis (and more) at the following free resources and training modules:

### Grey Bruce Health Unit - Vaping Prevention Information



Grey Bruce  
Public Health

[www.publichealthgreybruce.on.ca/Your-Health/Smoke-Vape-Free-Living/Youth](http://www.publichealthgreybruce.on.ca/Your-Health/Smoke-Vape-Free-Living/Youth)

### Drug Free Kids Canada - Substance resources for families

Download the [Youth and Vaping Guide](#)

<https://www.drugfreekidscanada.org/issues/vaping/>



Download the [Cannabis Talk Kit](#)

<https://www.drugfreekidscanada.org/drug-spotlights/cannabis/>



The resources for parents section features [Talk guides on various substances](#)



[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



lung health  
starts  
now

[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

Quash.

Powered by  
LUNG HEALTH FOUNDATION

Even if you don't plan on facilitating groups, you will gain a much deeper understanding of the issues around youth vaping.

<https://www.quashapp.com/adult-allies>

# Video Resources



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

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



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

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



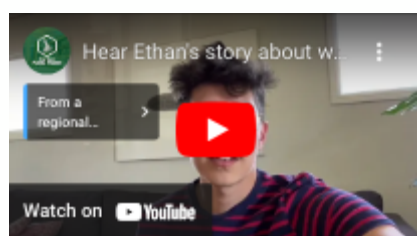
[https://youtu.be/s0bqT\\_hxMwl](https://youtu.be/s0bqT_hxMwl)

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.

In person support in Grey Bruce




**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



Canadian Mental Health Association  
Grey Bruce  
Mental Health and Addiction Services

## Student Health Centres in Grey Bruce Schools

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 chew
- health promotion and education
- resources related to healthy relationships
- harm reduction education, ... and more.

To book an appointment at your school:

- 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.

Free APPS




**Download Quash!**

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

Quash.  
MIND HEALTH FOUNDATION

Available on the App Store | GET IT ON Google Play

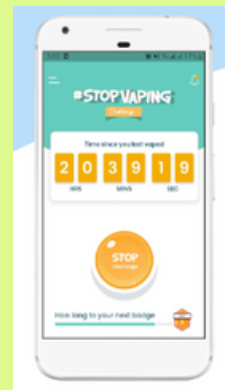
quashapp.com

**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

Phone, chat, text & online self help



**NOT AN EXPERIMENT  
PLAN YOUR QUIT!**

**Not An Experiment [Quit Plan](https://NotAnExperiment.ca/your-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**  
Indigenous Quit Smoking and Vaping Support

**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)



lung health starts now  
**lung health foundation**

**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/>