

# Vaping and Smoking Resources for Schools

Free vaping and tobacco resources for educators, parents & youth

Classroom Resources – Activities, Lesson Plans & Videos	
<a href="#">BC Lung Vaping Prevention Toolkits</a> (Gr 4-7 and 8-10)	Powerpoints, student activities & information for teachers. <i>Clearing the Air</i> (Gr 4-7) and <i>Exploring the Cloud</i> (Gr 8-10).
<a href="#">Canadian Lung Association</a>	Thought-provoking about candy and dessert flavoured products to increase the appeal <a href="#">Flavoured Vapes Hook Kids - YouTube</a> (Gr 4-7; 2min).
<a href="#">Health Canada Youth Vaping Prevention Resources</a>	Videos, tip sheets for teachers, including <a href="#">Consequences of Vaping</a> interactive learning activities for middle and high-school students.
<b>Indigenous Resources</b> (Middle/High Grades)	<a href="#">Respecting Tobacco</a> Videos, posters & more   FNHA <a href="#">Youth Respecting Tobacco</a> Videos, questions for classroom discussion   FNHA <a href="#">Smoking, Vaping and COVID-19</a> Animated video (5min)   FNHA <a href="#">Ceremonial Use of Tobacco</a> Video (2min)   QuitNow
<a href="#">Lung Health Foundation</a> (Gr 7-12)	<a href="#">What the Vape?!?!?</a> Free interactive online course with short video modules that explore why vaping is not harmless, what youth can do and how to take action.
<a href="#">HeartSmart™ SOLVE</a> (Gr 7-9)	Interactive online or offline activity in which students investigate evidence files, test their knowledge, and solve a mystery and learn about health and vaping. From Heart & Stroke Foundation <a href="#">hskids.ca</a>
<a href="#">Health Canada/Answer in Progress</a> (Grade 8-12)	YouTube influencer Answer in Progress explores the world of e-cigarettes and the simple law that derailed its original purpose: the law of unintended consequences (video 10min).
<a href="#">iMinds Tobacco &amp; Vaping Lessons</a> (Gr 7-12)	Lesson plans on cannabis and tobacco from the Canadian Institute of Substance Use Research, including <a href="#">Selling Tobacco to Women</a> (Gr 10) and <a href="#">Smokes for Soldiers</a> (Gr 9).
<a href="#">Media Smarts Tobacco &amp; Vaping Lessons</a> (Gr 7-12)	Includes lesson plans such as <i>Thinking like a Tobacco Company</i> (Gr 7-9) and <i>Selling Tobacco</i> (Gr 7-10), <i>Gender &amp; Tobacco</i> (Gr 7-9) and more.
<a href="#">Stanford Vaping Prevention Toolkit</a> (Middle/High Grades)	Lessons, kahoots, quizzes, discussion sheets and more.
Youth Statistics (great for student led inquiry)	
<a href="#">McCreary Centre Society</a>	Youth led research projects and statistics including: Youth vaping during COVID-19. <i>Clearing the Air</i> . <a href="#">Youth actions grants</a> are available for students age 12-19.
<a href="#">Tobacco Use in Canada</a>	Includes data on youth tobacco and vaping use.

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Resources to Support Reduction & Cessation	
<a href="#">BC Smoking Cessation Program</a>	Free nicotine replacement therapy products (i.e. Nicotine patch, gum or lozenge) or subsidized stop smoking medications for BC residents.
<a href="#">Discovery Youth and Family Substance Use</a> (Island Health)	Free community-based counselling services, access to residential care and treatment for youth struggling with substance use.
<a href="#">FoundryBC</a> (Age 12-24 years)	Health and wellness services and supports for people age 12-24, online and through integrated service centres in communities across BC.
Legacy for Airway Health	<a href="#">Youth Vaping Support Pathways Infographic - Legacy for Airway Health</a>
<a href="#">Quit Now</a>	A free BC program offering tobacco and e-cigarette reduction and quit support including over the phone coaching, support tools, and cessation planning.
Free Quit/Reduction Apps for Youth	
Crush the Crave - Vape Edition	Tailored supportive messages and inspirational photos for quitting vaping including a personalized plan, graphic performance feedback, awards for achieving milestones, dealing with cravings, and more. <a href="#">Android devices</a>   <a href="#">Apple iOS devices</a>
Stop Vaping Challenge	Enables youth to reflect on their vaping behaviours and patterns in a fun, social way that encourages quitting with friends. Includes tabs for tracking mood and cravings, recording photo and video memories, and finding local resources on quitting vaping. (Canadian) <a href="#">Apple iOS devices</a>   <a href="#">Android devices</a>
<a href="#">Quash – Quit Vaping</a>	Uses science and proven theories to help youth reduce, quit and stay smoke-free or vape-free! (Canadian content).
Additional Resources for Educators & Parents	
<a href="#">BC Lung Association Vaping Education</a>	General youth education resources on vaping specifically for parents and educators. Includes vaping information sheets, infographics, FAQs.
<a href="#">Interior Health Vaping Resources for Schools</a>	Comprehensive resource list.
<a href="#">Talking With Your Teen About Vaping</a>	A Health Canada resource for parents with information about vaping, ways to talk with teenagers about vaping, and how to get support.

## Looking for more support or resources?

Contact your local health unit and ask to speak with a school team member [www.islandhealth.ca/our-locations/health-unit-locations](http://www.islandhealth.ca/our-locations/health-unit-locations) or the [Tobacco & Vapour Prevention and Control Team](#) 250-755-6285

