

Vaping and Smoking Resources for Schools

A variety of vaping (primarily) and tobacco resources to raise awareness and increase the knowledge of educators, and parents and help guide youth towards making informed decisions. Resources include links to free classroom lesson plans, workshops, fact sheets, youth-led research, information for parents and cessation resources/supports.

Classroom Lesson Plans	
BC Lung Association Vaping Toolkit	Includes ready to go student PowerPoint presentations - <i>Clearing the Air</i> (Gr 4-7) and <i>Exploring the Cloud</i> (Gr 8-10) - with activities, and information for teachers.
Lung Health Foundation	What the Vape?!?!? Free online course with modules that explore topics such as - why vaping is not harmless, what youth can do about it and how to take action. Youth work through the modules that contain interactive activities.
HeartSmart™ SOLVE	Interactive online or offline activity from the HeartSmart™ Learning team at Heart & Stroke. Students investigate evidence files, test their knowledge, and ‘solve’ a mystery and learn about health and vaping (Gr 7-9)
Classroom Videos to Elicit Discussion	
Canadian Lung Association	A thought provoking video to illustrate that dressing up a nicotine-based product with candy and dessert flavours hides the product’s harm and increases its appeal and hooks youth Flavoured Vapes Hook Kids - YouTube (Grade 4-7; 1min42s).
Health Canada/Answer in Progress	Partnership with YouTube influencer Answer in Progress and Health Canada that explores the world of electronic cigarettes and the simple law that derailed its original purpose: the law of unintended consequences. (Grade 8-12; 9mins48s).
Indigenous Content	
First Nations Health Authority	FNHA wellness stream webpage Youth Respecting Tobacco (fnha.ca) Indigenous focused content including classroom packages, videos & fact sheets Respecting Tobacco (fnha.ca)
Videos	Indigenous Cultures Traditional Tobacco Use - YouTube (5min30s) Indigenous Cultures Respecting Tobacco: Traditional vs. Commercial Use - YouTube (8min26sec)
Agencies Providing Classroom Teaching Directly to Students	
DASH (Dedicated Action for School Health) Vaping - The More you Know Campaign	A 3 part vaping initiative for schools. Coordinated by a DASH facilitator. Includes a presentation to students, a facilitated discussion and developing a youth-led project.
Consider the Consequences	A Health Canada sponsored program. Virtual workshop outlining the risks and harms of vaping. Online activities and games to reinforce the learning.
Youth Led Evidence and Research	
McCreary Centre Society	Youth led research projects and statistics including: Youth vaping during COVID-19. Clearing the Air: A youth-led research project about vaping

Vaping and Smoking Resources for Schools

Resource and Information to Support Reduction & Cessation	
Quit Now	A free BC based program offering tobacco and e-cigarette reduction and quit support including over the phone coaching, support tools, and cessation planning.
BC Smoking Cessation Program	BC residents can obtain free nicotine replacement therapy products (i.e. Nicotine patch, gum or lozenge) or subsidized stop smoking medications. Obtained at pharmacist.
Discovery Youth and Family Substance Use (Island Health)	Discovery Youth and Family Substance Use Services offers free community-based counselling services, access to residential care and treatment for youth struggling with substance use.
Foundry	Foundry offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC.
Legacy for Airway Health	Youth Vaping Support Pathways Infographic - Legacy for Airway Health
Free Quit/Reduction Apps for Youth	
Stop Vaping Challenge	An app that provides a venue for youth to reflect on their vaping behaviours and patterns in a fun, social way that encourages quitting with friends. Key features of the app include a dedicated tab for inviting friends, tracking mood and cravings, recording photo and video memories, and finding appropriate local resources on quitting vaping. (Canadian created/content) Apple iOS devices Android devices
Quash – Quit Vaping	A judgement-free app that uses science and proven theories to help youth reduce, quit and stay smoke-free or vape-free! (Canadian created/content).
Crush the Crave - Vape Edition	A comprehensive, full-featured app that can help youth quit vaping. The app provides: tailored supportive messages and inspirational photos for quitting vaping, a personalized quit plan, graphic performance feedback, virtual awards for achieving milestones, assistance for dealing with cravings, and links to other resources that can aid in quitting smoking. Android devices Apple iOS devices
Additional Information/Resources for Parents	
BC Lung Association Vaping Education	General Youth Health Education Resources on Vaping specifically for Parents and Teachers. Includes vaping information sheets, infographics, FAQs.
Talking With Your Teen About Vaping	A Health Canada resource for parents with information about vaping, ways to talk with teenagers about vaping, and how to get support.

Looking for further 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
OR the Tobacco & Vapour Prevention and Control Team 250-755-6285