

Vaping and Smoking Resources for Schools

Free vaping and tobacco resources for educators, parents & youth

Classroom Resources – Activities, Lesson Plans & Videos	
BC Lung Vaping Prevention Toolkits (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).
Canadian Lung Association	Thought-provoking about candy and dessert flavoured products to increase the appeal Flavoured Vapes Hook Kids - YouTube (Gr 4-7; 2min).
Health Canada Youth Vaping Prevention Resources	Videos, tip sheets for teachers, including Consequences of Vaping interactive learning activities for middle and high-school students.
Indigenous Resources (Middle/High Grades)	Respecting Tobacco Videos, posters & more FNHA Youth Respecting Tobacco Videos, questions for classroom discussion FNHA Smoking, Vaping and COVID-19 Animated video (5min) FNHA Ceremonial Use of Tobacco Video (2min) QuitNow
Lung Health Foundation (Gr 7-12)	What the Vape?!?!? Free interactive online course with short video modules that explore why vaping is not harmless, what youth can do and how to take action.
HeartSmart™ SOLVE (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 hskids.ca
Health Canada/Answer in Progress (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).
iMinds Tobacco & Vaping Lessons (Gr 7-12)	Lesson plans on cannabis and tobacco from the Canadian Institute of Substance Use Research, including Selling Tobacco to Women (Gr 10) and Smokes for Soldiers (Gr 9).
Media Smarts Tobacco & Vaping Lessons (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 & Tobacco</i> (Gr 7-9) and more.
Stanford Vaping Prevention Toolkit (Middle/High Grades)	Lessons, kahoots, quizzes, discussion sheets and more.
Youth Statistics (great for student led inquiry)	
McCreary Centre Society	Youth led research projects and statistics including: Youth vaping during COVID-19. <i>Clearing the Air</i> . Youth actions grants are available for students age 12-19.
Tobacco Use in Canada	Includes data on youth tobacco and vaping use.

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Resources to Support Reduction & Cessation	
BC Smoking Cessation Program	Free nicotine replacement therapy products (i.e. Nicotine patch, gum or lozenge) or subsidized stop smoking medications for BC residents.
Discovery Youth and Family Substance Use (Island Health)	Free community-based counselling services, access to residential care and treatment for youth struggling with substance use.
FoundryBC (Age 12-24 years)	Free counselling and supports for people age 12-24, online and through integrated service centres in communities across BC.
Legacy for Airway Health	Youth Vaping Support Pathways Infographic - Legacy for Airway Health
Quit Now	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. Android devices Apple iOS devices
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) Apple iOS devices
Quash – Quit Vaping	Uses science and proven theories to help youth reduce, quit and stay smoke-free or vape-free! (Canadian content).
Additional Resources for Educators & Parents	
BC Lung Association Vaping Education	General youth education resources on vaping specifically for parents and educators. Includes vaping information sheets, infographics, FAQs.
Interior Health Vaping Resources for Schools	Comprehensive resource list.
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 more support or resources?

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

