

Resources to Support Tobacco & Vapour Education

This resource is intended to support educators to confidently & effectively address youth smoking and vaping. It provides tips, tools, strategies, lesson plans and activities to assist educators in starting and continuing conversations with students to support youth in making informed decisions about their health in relation to commercial tobacco and vapour products.

ABC'S OF YOUTH SUBSTANCE USE ✓



An evidence-based framework and resource hub that helps educators deliver effective and age-appropriate substance use education. Centered on Autonomy, Belonging, and Competencies, it supports classroom teaching by focusing on protective factors that promote student well-being and reducing substance-related harms.

CLASSROOM RESOURCES ✓

Canadian Lung Association

B R E A T H E

Lungs are for Life!

Evidence-based vaping and smoking prevention program for students for grades 5-10

Lungs are for Life - Units 1-8

1. How the Lungs Work
2. Vape Products & Cigarettes
3. How Smoking & Vaping Harm the Body
4. Quitting Nicotine is Hard
5. Handling Peer Pressure
6. Second- & Third-Hand Smoke/Vape
7. Industry Tactics
8. Nicotine & Mental Health



Stanford Tobacco Prevention Toolkit

You, me, together vape-free curriculum:

Elementary - 2 lessons
Middle-school - 5 lessons
High-school - 5 lessons

- Canva slide deck
- Teacher talking points
- Discussion guide
- Kahoot quizzes
- Activities

STOMP

Students Together Moving to Prevent Tobacco Use (STOMP)

- Ready-to-use lesson plans and classroom activities for students grade 7-12
- Engages students by addressing youth behaviors, norms, and decision-making
- Examples of lessons include: *Respecting Sacred Tobacco*, *Words of Warning*, *Navigating Nicotine Dependence*, *Cross the Line*, *Refusal Skills*, and *Culture Jamming*.

STUDENT SUPPORTS ✓



Talk Tobacco

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.

Quit Now



A free program to help quit or reduce nicotine (smoking & vaping). Includes youth specific supports with information and interactive activities on the health risks of vaping, the benefits of quitting vaping, and coping with addiction and mental health.



Foundry

Information and virtual support for all health and wellness services for youth 12-24 years of age and their caregivers. In-person centres located in some communities.

DELIVERING SUBSTANCE USE EDUCATION ✓



Focus on:

- Nurturing youth resilience
- Enhancing youth competencies
- Striving for meaningful engagement and inquiry
- Growing youth capacity & confidence

Avoid:

- Dramatic, hard-hitting presentations
- Lectures filled with facts, statistics and scare tactics
- Programs led by external presenters
- One-size fits all programs