

Tobacco & Vapour Educator Resources



This resource is intended to support educators to effectively address youth smoking and vaping. It provides 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.

Resources and Statistics

- ◆ [ABC's of Youth Substance Use & Educator Guide](#)
- ◆ [First Nations Health Authority Respecting Tobacco](#)
- ◆ [Government of Canada: Vaping](#)
- ◆ [BC Adolescent Health Survey](#)
- ◆ [BC Vaping Tools for Schools](#)
- ◆ [Canadian Tobacco and Nicotine Survey](#)

Classroom Activities and Lesson Plans

	<p>The Tobacco Prevention Toolkit (TPT) is a research-informed and validated set of curriculums to help prevent students from starting or escalating use of any tobacco and vapour product.</p>
	<p>Students Together Moving to Prevent Tobacco Use (STOMP) takes a comprehensive approach to curb commercial tobacco [and vaping] use by targeting the student population and its unique characteristics, norms, and needs directly. Includes ready to use classroom activities and lesson plans.</p>
	<p>Vaping Information For Better-Educated Decisions (VIBED) is a dynamic and engaging youth-oriented vaping education with activities designed to empower young individuals with knowledge and the tools to make healthier decisions in the future.</p>
	<p>The 'Lungs are for life!' program was developed for all educators and teachers up to Grade 12. The curriculum is made up of downloadable interactive lessons that easily integrate into student health curriculum, with no additional preparation time required on the part of the educator.</p>
	<p>Health Canada Experiences: Consider The Consequences of Vaping. Online self-led vaping education modules to inform teens on the harms and risks of vaping. These modules include engaging activities, informative content, and Q&A examples.</p>
	<p>Not An Experiment provides resources to help prevent vaping in schools, including lesson plans, refusal skills, and an interactive game. It emphasizes the importance of educating students about the health risks of vaping through engaging activities.</p>
	<p>BC Lung Foundation Vaping Health Education Toolkits for Teachers includes PowerPoint presentations with interactive activities and video content on the known health risks of vaping. Clearing the Air (Gr 4-7) & Exploring the Cloud (Gr 8-10).</p>

Student Supports

<p>A free program to help quit or reduce nicotine. New mini-site created for youth, provides information and interactive activities on the health risks of vaping, the benefits of quitting vaping, and coping with addiction and mental health.</p>	<p>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.</p>	<p>iPhone and Android apps to support youth quit or reduce vaping. Offers features like goal setting, craving tracking, earning badges, and access to various tools and tips to assist in the quitting process.</p>	<p>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.</p>

For more information, please contact: tobaccoandvapour@islandhealth.ca or 250.755.6285

Please provide your feedback on this resource list by completing a short survey via the QR code or using this [link](#).

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