

# Smoking and Vaping Resources for Schools

Cannabis, commercial tobacco, and vapour resources for educators, parents, and youth

Classroom Resources for Commercial Tobacco and Nicotine	
<b>Indigenous Resources</b> (Middle / High Grades)	<a href="#">Respecting Tobacco</a> Videos, posters and more   FNHA <a href="#">Youth Respecting Tobacco</a> Videos, questions for classroom discussion   FNHA
<a href="#">Tools for Schools</a> (Gr 4-7 and 8-10)	Powerpoints, student activities, and information for teachers. <b>Clearing the Air</b> (Gr 4-7) and <b>Exploring the Cloud</b> (Gr 8-10).
<a href="#">Canadian Lung Association</a> (Gr 4-7)	Thought-provoking video about candy and dessert flavoured products to increase the appeal <a href="#">Flavoured Vapes Hook Kids – YouTube</a>
<a href="#">Health Canada Youth Vaping Prevention Resources</a>	Videos, tip sheets for teachers, including interactive learning activities for middle and high school students. <a href="#">Consequences of Vaping</a>
<a href="#">Lung Health Foundation</a> (Gr 7-9)	<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.
<a href="#">Health Canada / Answer in Progress</a> (Gr 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 10 min).
<a href="#">iMinds Tobacco and Vaping Lessons</a> (Gr 4-12)	Lesson plans on commercial tobacco from the Canadian Institute of Substance Use Research.
<a href="#">Media Smarts Tobacco and Vaping Lessons</a> (Gr 7-12)	Discussing cannabis, commercial tobacco, and vaping advertisements with kids can help them understand how the industry tries to make smoking and vaping appear normal, safe, and less addictive.
<a href="#">Stanford Vaping Prevention Toolkit</a> (Gr 7-12)	Lessons, kahoots, quizzes, discussion sheets and more.

## Classroom Resources for Cannabis

<p><b>Indigenous Resources</b> (Middle / High Grades)</p>	<p><a href="#">Supporting Youth</a> Videos, questions for classroom discussion   FNHA</p> <p><a href="#">Learn About Cannabis</a> Questions for classroom discussion   FNHA</p> <p><a href="#">Non-Medical Cannabis Information</a> Questions for classroom discussion   FNHA</p>
<p><a href="#">Pursue Your Passion</a> (Gr 7-11)</p>	<p>Since 2018, Health Canada’s “Pursue Your Passion” campaign has provided cannabis educational resources to help teachers increase teens’ awareness of the potential effects of cannabis use on their brain and mental health.</p>
<p><a href="#">Erase Not Knowing</a> (Gr K-10)</p>	<p>Substances are things people take into their bodies (e.g., eating, drinking, or smoking) that change how they feel physically and/or emotionally.</p>
<p><a href="#">ABC’s of Youth Substance Use</a> (Gr K-12)</p>	<p>Autonomy, Belonging, and Competencies are important protective factors that promote youth wellbeing and positive mental health. The ABCs increase resilience and prevent, delay, and reduce substance-related harms.</p>
<p><a href="#">Stanford Cannabis Awareness and Prevention Toolkit</a> (Gr K-12)</p>	<p>Theory-based and evidence-informed resources aimed at preventing middle and high school students’ use of cannabis.</p>
<p><a href="#">iMinds Cannabis Lessons</a> (Gr 4-12)</p>	<p>Lesson plans on cannabis from the Canadian Institute of Substance Use Research.</p>
<p><a href="#">Toolkit for Educating Youth Sensible Cannabis Education</a></p>	<p>Created for educators, as well as parents; this resource aims to support adults in having informed and non-judgmental conversations with young people about cannabis.</p>

## Resources to Support Reduction and Cessation

<p><a href="#">BC Smoking Cessation Program</a></p>	<p>Free nicotine replacement therapy products (i.e. nicotine patch, gum, or lozenge) or subsidized stop smoking medications for BC residents.</p>
<p><a href="#">Talk Tobacco</a></p>	<p>Talk Tobacco is 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.</p>
<p><a href="#">Quit Now</a></p>	<p>A free BC program offering commercial tobacco and e-cigarette reduction and quit support including over the phone coaching, support tools, and cessation planning.</p>
<p><a href="#">Quash – Quit Vaping</a></p>	<p>Uses science and proven theories to help youth reduce, quit, and stay smoke-free or vape-free (Canadian content).</p>
<p><a href="#">Cannabis FAQ</a></p>	<p>Recreational cannabis became legal in Canada in October 2018. Below are some frequently asked questions from QuitNow members for support.</p>

## Harm Reduction and Lower-Risk Guidelines

[How to Read and Understand a Cannabis Product Label - Canada.ca](#)

[Lower-Risk Cannabis Use Guidelines \(LRCUG\) for Youth](#)

[Lower-Risk Cannabis Use Guidelines for Youth by Youth](#)

[Lower-Risk Nicotine Use Guidelines \(LRNUG\)](#)

## Additional Resources for Educators and Parents

Lung Health Foundation – [Brief Conversations Toolkit](#)

Legacy for Airway Health – [Youth Vaping Support Pathways Infographic](#)

BC Lung – [General Youth Health Education Resources: Vaping](#)

Health Canada – [Talking with Your Teen About Vaping](#)

HealthLink BC – [Cannabis](#)

HealthLink BC – [Quitting Smoking](#)

First Nations Health Authority – [Supporting Youth](#)

Métis Nation of British Columbia – [Mental Health and Harm Reduction](#)



For further inquiries, please reach out to our  
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