

# Vaping TOOLKIT

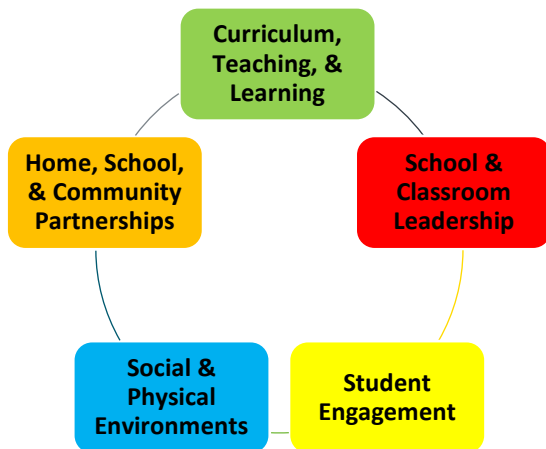
## Overview

Last Updated: September 2024

Schools are a key setting to promote the health and well-being of children. Educating youth about substance use is important to help them develop skills and knowledge to make healthier choices. This toolkit has been developed to provide educators with knowledge and resources to prepare you to talk with your students about vaping and support vaping education in the classroom and school community.

In Ontario, 13% of students in grades 7 to 12 report vaping at least once in the past year, while 11% reported vaping in the past month. Among those who vaped, 87.4% report vaping nicotine, 6.4% did not vape nicotine, and about 6.2% did not know if their vape contained nicotine or not. Among the grades, students in grade 11 and 12 are most likely to use vapour products ([OSDUHS, 2023](#)). In Windsor-Essex, 11% of students have used an e-cigarette (vape) in the past 30 days, and 52% of past 30 day users reported vaping to relax and to relieve stress / anxiety (COMPASS, 2023-2024).

Using the Ministry of Education's [Foundations for a Healthy School framework](#), schools, school boards, parents and community partners can work together to develop healthy school environments that promote and support student well-being.



The [Foundations for a Healthy School](#) resource from the Ontario Ministry of Education promotes and supports student well-being.

Taking all of these five areas into account will help schools, school boards, parents, and community partners work together to develop a comprehensive approach to healthy schools' policies, programs and initiatives related to substance use.

Visit the [Foundations for a Healthy School](#) web page to learn more about this framework.

To find more resources about vaping visit our [Smoking and Vaping Resources for Educators web page](#).

## Evaluation



# Vaping TOOLKIT Overview

We ask educators to provide feedback on this toolkit to assist us in making improvements for future editions. A survey can be found at this [link](#) or by scanning the QR code below:



# Vaping TOOLKIT

## Overview

### Curriculum, Teaching, and Learning

The resources in this section are to support educators in understanding the issues related to vaping and creating comprehensive lesson plans to cover curriculum based vaping content in the classroom. The resources are guidelines and suggestions and educators can choose which ones work best for their classroom.

#### For Educators

##### *Resources*

- **[WECHU-Vaping Backgrounder: French version](#)**. The vaping backgrounder provides educators with information they need to prepare for a lesson on vaping. Topics covered in the backgrounder include information about vaping, why youth use these products, vaping statistics, effects on health, where to get help.
- **[Quash Brief Conversations Toolkit: French version](#)**: This toolkit aims to help curb the youth vaping epidemic by increasing knowledge and application of Brief Contact Interventions (BCI) among those who work or engage with youth who smoke, vape or use other nicotine products. Quash also offers a free, online, self-guided [E-Module Facilitator Training](#) to deliver the Quash youth smoking and vaping cessation program to youth at school.
- **[Vaping – What Elementary Educators Need to Know \(Grades 1-8\) French version](#)**: This fact sheet from the School Mental Health Ontario (SMHO) and the Centre for Addiction and Mental Health (CAMH) provides general information about vaping and outlines important facts, associated risks, and additional resources to support educators in having informed conversations with students.
- **[Vaping – What Secondary Educators Need to Know \(Grades 9-12\) French version](#)**: This fact sheet from SMHO and CAMH provides general information about vaping and outlines important facts, associated risks, and additional resources to support educators in having informed conversations with students.

##### *Lessons and Activities*

- **[WECHU- Kahoot Vaping Presentation Facilitator's Guide French version](#)**: A guide for educators teaching grades 4-8 that includes instructions to access the interactive Kahoot presentation, as well as speaking notes for the slides.
- **[WECHU- Kahoot Vaping \(with Cannabis information\) Presentation Facilitator's Guide : French version](#)**: A guide for educators teaching grades 5-12 that includes instructions to access the interactive Kahoot presentation that includes information on vaping cannabis, as well as speaking notes for the slides.
- **[WECHU- Refusal Skills Activity: French version](#)**. Classroom activities that allow students to practice their refusal skills when being faced with challenging situations related to substance use.

# Vaping TOOLKIT

## Overview

- [VIBED- Vaping Information for Better-Educated Decisions. French Version:](#) Vaping resources, activities and a self-facilitated presentation slide deck with script for grades 7-12.
- [Ophea Vaping Education Resources \(Grades 4-8\) French version:](#) Developed to provide educators with capacity building tools and conversation starters to support students in developing the knowledge and skills needed to make informed decisions to support their health and well-being.
- [Consider the Consequences- French version:](#) Vaping education resource from Health Canada that contains vaping prevention materials (posters/fact sheets) for schools/community groups, and parents. Health Canada also offers an [online self-led module](#) for those aged 13-18 with information about vaping to help them make informed decisions about their health. Available in [French](#).
- [Not an Experiment - French version:](#) An interactive activity from Simcoe Muskoka Public Health Unit addressing the vaping industry targeting youth, health effects of vaping, take action ideas and activities, a quit plan for youth. Downloads & educators resources including classroom activities, teacher PowerPoint presentation, posters, lesson plan, and resources for parents.
- [Escape the Vape – French version:](#) An engaging, evidence-based resource for educators to help students learn about smoking and vaping so they can make healthy and informed decisions.

If you do not have the materials to create the following activities. Contact your school's Public Health Nurse or the Healthy School's Department to book, or for more information on, the following resources. Healthy School hotline: (519) 258-2146, ext. 1555.

- [WECHU- Substance Use Interactive Jenga Trivia Game: French version.](#) Students remove the blocks and answer questions about substance use. Have students play 1:1 or in teams to earn points.
- [WECHU- E-Cigarette Mystery Box- Interactive classroom activity: French version.](#) Students must place their hand in a mystery box and try to guess what the item is. Use reflection and group discussion to make connections to vaping e-juice, which contains substances and chemicals that are unknown to the user.

### For Students

- [WECHU- What You Need to Know About Vaping- A Resource for Youth: French version](#) . This resource presents facts and myths about vaping, why young people vape, ways to say no, and sources of help for young people who want to quit vaping.
- [Vaping – What You and Your Friends Need to Know \(Grades 7-12\) French Version](#) – This resource from the SMHO and CAMH provides information about vaping for students, including important facts, associated risks and additional resources.

# Vaping TOOLKIT

## Overview

### School & Classroom Leadership

Improving school and classroom leadership involves all members of the school community working together to create a positive classroom and school environment.

- **[Ophea Healthy Schools Certification- French version](#)**: Ophea's Healthy Schools Certification gives your school the tools to promote and enhance the health and well-being of students, school staff, and the broader school community. Contact your schools nurse for more information on how they can support your school in achieving a Healthy Schools Certification. Student Engagement

When Students feel empowered and value their learning, they become more engaged and have better learning outcomes. Below are resources and support to improve student engagement in the topic of vaping:

- **[Youth Advocacy e-Learning - Lung Health Foundation](#)**: Has several self-directed e-modules students can complete on their own. Youth Advocacy e-modules will teach you the basics of health promotion, get you fired up about anti-tobacco advocacy (**[Learn How to Push Back Against an Industry that KILLS](#)**), and introduce you to emerging topics like vaping (**[What the Vape](#)**).
- **[Youth Mental Health & Addiction Champion Toolkit](#)**: The Youth Mental Health and Addiction Champion (YMHAC) Initiative aims to improve the health and well-being of children and youth through a focus on mental health promotion, stigma reduction, and substance misuse prevention.

### School Campaigns and Social Media

- **[Consider the Consequences- French version](#)**
- **[Not An Experiment- French version](#)**

### Social & Physical Environments

Social and physical environments are important for student learning. Social and physical environments that feel safe, caring, and healthy contribute to better learning, and social, emotional, and physical development. When dealing with vaping issues in a school environment both education and progressive enforcement may be necessary.

#### **[Smoke- Free Ontario Act \(SFOA\), 2017](#)**

- The SFOA, 2017. regulates the sale, supply, display and promotion of tobacco products and vapour products, as well as the smoking of tobacco, the use of e-cigarettes to vape any substance, and the smoking of cannabis. If your school requires signage, complete the **[SFOA, 2017 signage order form](#)**.

# Vaping TOOLKIT

## Overview

### School Complaints

- The SFOA is enforced locally by the Tobacco and Vaping Enforcement Officers (TVEOs). If you have questions, contact the TVEO assigned to your school at ext. 3100 or [submit a complaint online](#).
- Local municipalities have [by-laws](#) in place offering further protections.

### School Board Policies

- School boards can set policy that influence the social & environmental norms students experience. Please refer to your specific school board and/or school's policies and code of conduct on tobacco, vaping, and substance use for further information. Individual schools should speak to their school boards about whether they can develop individual school policies.
- [PPM 128- Ministry of Education](#): Policy/Program Memorandum 128 (PPM 128) strengthens the Provincial Code of Conduct's restrictions on the use of personal mobile devices in schools and prohibits the possession and use of vaping/smoking products on/near school property

### Home, School, & Community Partnerships

Home, school, and community partnership involves connecting parents, school staff, family programs, and the community to support and promote opportunities for well-being. The following resources and supports will help to create this connectedness related to vaping:

- [WECHU- How to Talk to Your Child About Vaping- A Resource for Parents/Caregivers: \(Available in English, French and Arabic\)](#). Resource that educates parents/caregivers about why kids vape, tips for talking to kids about vaping, and where to get help.
- [About vaping - Canada.ca](#): Government of Canada website that includes information about vaping, tip sheet for parents, videos, and more. [French version](#)
- [Drug Free Kids- Youth and Vaping- a growing trend](#): Information for parents/caregivers about vaping trends. Includes a link to the [Youth and Vaping Guide](#) (PDF) to help start the conversation with your child about vaping.
- [Drug Free Canada- Parent Support Hub](#): 24/7 access to support from Drug Free Kids Canada to help you prevent/address/overcome a young person's problematic substance use by phone or online chat.
- [WEConnectKids](#): A partnership between the five core service providers for child and youth mental health and addiction services in Windsor/Essex. It's a free, confidential mental health service for children, youth, and families who live in Windsor-Essex.
- [Windsor-Essex Youth Services Card](#): A list of local and provincial services that meet a variety of youth's needs including mental health, substance use, homelessness, and sexual health.

Revised August 2024

# Vaping TOOLKIT

## Overview

### Quit Support

- **[Where to Get Help with Tobacco and Vaping in Windsor-Essex County](#)** : A list of local and provincial services to help individuals quit smoking or vaping.
- **[Mental Health and Addiction Nurse \(MHAN\)](#)**: Students can call 1-888-447-4468 to talk about alcohol, cannabis, opioids, or other substances. A school, hospital, or community agency can also refer [online](#) or by calling the number above. MHAN services available in [French](#).
- **[WEConnectKids](#)**: A partnership between the five core service providers for child and youth mental health and addiction services in Windsor/Essex.
- **[Youth Wellness Hub](#)**: For youth aged 12-25 offering walk-in mental health services, substance use and addiction services, access to a Nurse Practitioner for primary care, and community social services. The Youth Wellness Hub also offers recreational activities and peer support. Services available in Windsor, Amherstburg and at Leamington locations. Virtual programs available and alternative language support available.
- **[SAPACCY Program- The Substance Abuse Program for African, Caribbean, and Black Canadian Youth](#)**: Mental health and substance use services for individuals who identify as black and between 12-29 years of age. Call 519-253-8481 to inquire about program.
- **[Health811: Call 8-1-1 \(TTY: 1-866-797-0007\)](#)**, a free, secure, confidential service Ontarians can call or access online 24 hours a day, seven days a week to receive health advice from qualified health professionals, such as registered nurses, locate local health services. Can access resources or chat live online.
- **[Quash App](#)**: A mobile app that offers support for youth to quit vaping and smoking. ([French](#))
- **[Crush the Crave](#)**: An evidence-based smoking cessation app designed to meet the needs of young smokers. Utilizes a customized quit plan, tracking, and access to services such as quit
- **[Stop Vaping Challenge](#)**: An app that provides a space for youth to reflect on their vaping behaviours through an “abstinence challenge”.