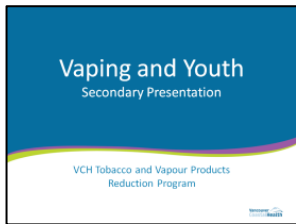


# Vaping & Tobacco Resources for Secondary Schools

## Presentations & Toolkits



**“Vaping and Youth” Secondary School Vaping Presentation** (*Vancouver Coastal Health Tobacco & Vapour Reduction Program*)

Support from a Tobacco & Vapour Reduction Coordinator to deliver an engaging 1 hour PowerPoint presentation about the products and risks of vaping. Email [smokefree@vch.ca](mailto:smokefree@vch.ca) to learn more.



**“Exploring the Cloud” Grades 8-10 School Vaping Presentation** (*BC Lung Foundation, Vancouver Coastal Health, & Fraser Health*)

A set of PowerPoint slides developed to help teachers, counsellors, health care providers, and parents present important information about vaping to youth. <https://bclung.ca/exploring-the-cloud>



**Vaping Prevention Toolkit** (*BC Lung Foundation, Vancouver Coastal Health & Fraser Health*) – available in multiple languages

The Toolkit's purpose: 1) To raise awareness and increase the knowledge of educators, and 2) To help guide youth towards making informed decisions with respect to using vaping products. <https://bclung.ca/how-we-can-help/vaping/vaping-prevention-toolkit>



**Secondary School Vaping and Youth Kahoot** (*Vancouver Coastal Health Tobacco & Vapour Reduction Program*)

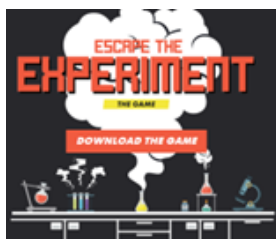
Learn about the products and risks of vaping through a 20-minute Kahoot. Email [smokefree@vch.ca](mailto:smokefree@vch.ca) to learn more.

## Apps & Activities



**“The Vape Tapes” Youth Video Project** (*Vancouver Coastal Health Tobacco & Vapour Reduction Program*)

Use your video-making creativity to help others learn about the risks of vaping. Available to youth ages 12-24 who attend school or youth programming in the Vancouver Coastal Health region. Gift-cards for participation. Email [smokefree@vch.ca](mailto:smokefree@vch.ca) for application and guidelines.



**Not an Experiment** (*Simcoe Muskoka District Health Unit*)

Looking for a fun way to reach youth and educate them on the dangers of vaping? Modeled as an escape room, this FREE game has supporting PowerPoints and educator resources. <https://www.notanexperiment.ca/>



### **Quash: Quit Smoking or Vaping App for Youth** (*Lung Health Foundation*)

Quash is a judgement-free app to help you quit or reduce smoking or vaping —the way you want! Download free, via the App Store or Google Play, or visit <https://www.quashapp.com/>



### **Smoke Screen App** (*Yale Center for Health & Learning Games, USA*)

Addresses the range of challenges teens face, with a focus on youth decision-making about smoking and vaping. Download free, via the App store, or visit <https://www.smokescreengame.org/>

## Videos & Websites



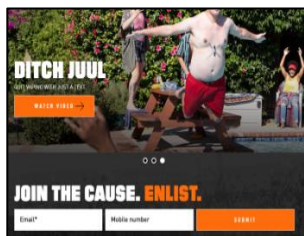
### **Consider the Consequences of Vaping** (*Health Canada*)

This website offers online activities and free resources such as posters, mirror clings and tip and activity sheets to help youth learn about the risks and harms of vaping. <https://considertheconsequences.ca/>



### **Vaping: A Lesson in Irony** (*Sabrina Cruz with Health Canada*)

From one peer to another, this video explores vaping and the simple law that derailed its original purpose: The Law of Unintended Consequences. Learn about the Cobra Effect and its venomous bite in this video. <https://www.youtube.com/watch?v=MFKg1fS6fd4&t=3s>



### **The Truth** (*Truth Initiative, USA*)

This website provides facts about tobacco and the industry, engages individuals and groups to make changes in their communities, and outlines innovative ways to end tobacco use. Includes news updates, research and evaluation, prevention education, engagement and cessation tools. <https://www.thetruth.com/>



### **Big Vape** (*Netflix's Broken Documentary: Season 1, Episode 2*)

“Initially designed for adult use, vapour products have teens addicted to nicotine, thanks to hipster ads by start-ups like JUUL. Now Big Tobacco's cashing in”. <https://www.imdb.com/title/tt11348920/>

Developed by the Vancouver Coastal Health Tobacco & Vapour Reduction Program to support the Teaching and Learning Component under [VCH's Comprehensive School Health \(CSH\) framework](#).

If you have questions or are looking for additional resources, please contact us at [smokefree@vch.ca](mailto:smokefree@vch.ca)

# FREE Vaping & Tobacco Cessation Support



## QuitNow.ca

FREE support for quitting or reducing smoking and vaping is available online [www.quitnow.ca](http://www.quitnow.ca), by phone 1-877-455-2233 or by text 654321. Speak to a coach today!



## BC Smoking Cessation Program

Provides BC residents with 12 continuous weeks of FREE nicotine replacement therapy (NRT) including gum, patches and lozenges, every calendar year. Register at any pharmacy with a BCID card or Care Card. <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/bc-smoking-cessation-program>



## VGH Smoking Cessation Clinic

FREE youth friendly counselling support and education by a doctor or nurse. Learn more about products to help you stop smoking or vaping. Appointments available in-person or by virtual health: phone or video. No referral needed. Book your appointment now. Email [cessationclinic@vch.ca](mailto:cessationclinic@vch.ca) Call: 604-875-4800 (select option 2)



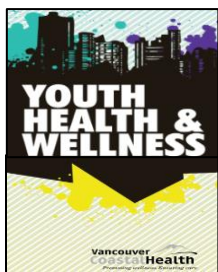
## Respecting Tobacco - First Nations Health Authority

The FNHA is committed to "Health through wellness" in its programs, services and initiatives. <https://www.fnha.ca/wellness/wellness-and-the-first-nations-health-authority/wellness-streams/respecting-tobacco>



## Youth Vaping Support Pathways Infographics – Legacy for Airway Health

Do you have questions about vaping? Are you wondering how vaping might be affecting you? Learn more about the risks of vaping and connect to support and services through these two infographics. <https://www.legacyairwayhealth.ca/youth-vaping-support-pathways-infographic/>



## VCH Public Health Youth Clinics

If you're a teen or young adult, you know that healthy choices aren't always the easiest ones to make. Our job is to help you make good choices so you can succeed. Find youth services below designed to meet your needs. Most services are for people between the ages of 12-24. <http://www.vch.ca/public-health/children-youth-schools/youth-health>