

Resources for Educators: Vaping, Smoking and Online Safety

Smoking/Vaping

Not An Experiment

- Developed for grades 7-12, this is a digital toolkit to educate and build capacity among educators and youth champions about e-cigarettes and vaping, including an interactive, yet educational escape room-style activity.
- ➔ Link: www.notanexperiment.ca
- ➔ French Link: www.pasuneexperience.ca

Ophea Vaping Education Resources

- Ophea's Vaping Education Resources have been developed to provide educators with capacity building tools and conversation starter prompts to support students in developing the knowledge and skills needed to make informed decisions to support their health and well-being. Ideal for grades 4-8.
- ➔ Link: <https://teachingtools.ophea.net/supplements/vaping-education-resources>

Cessation Supports

Quash App

- A judgement-free program developed by the Lung Health Foundation that is specifically designed to help youth (14-19) quit smoking or vaping. There are two versions of the Quash program that can be used separately or together, depending on the needs of the young person trying to quit. One version is a self-directed program for youth through the app. The other version is an adult facilitation version of the program delivered to youth online or in-person over seven sessions.
- ➔ Link: www.quashapp.com

Break It Off

- Break It Off is a campaign developed by Health Canada and the Canadian Cancer Society that helps young adults quit smoking and stay smoke-free. The Break It Off website provides educational content about cigarettes and nicotine, and their health impacts, as well as tips and tools to use during the quitting process. These tips and tools include guidance for creating a quit plan, a cost calculator, etc.
- ➔ Link: <https://breakitoff.ca>

Tobacco Talk

- 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.
- ➔ Link: www.talktobacco.ca

Other Resources:

Vaping: What You and Your Friends Need to Know - Centre for Addiction and Mental Health

- A factsheet for youth that provides general information about vaping and outlines important facts, associated risks, and additional resources.
- ➔ Link: <https://www.camh.ca/-/media/files/vaping-youth-resource-en-pdf.pdf>

Vaping: What Secondary School Educators Need to Know – Centre for Addiction and Mental Health

- A factsheet for educators that provides general information about vaping and outlines important facts, associated risks, and additional resources to support educators in having informed conversations with students.
- ➔ Link: <https://www.camh.ca/-/media/files/vaping-secondary-educator-resource-en-pdf.pdf>

Youth Health Trends in Ontario: Vaping – Public Health Ontario

- An infographic created in 2021 by Public Health Ontario which provides data from the COMPASS. The COMPASS study was conducted and lead by researchers at the University of Waterloo in collaboration with researchers at the University of Alberta. The study is 9-year longitudinal study (started in 2012/13) that tracked Canadian high school students to understand how to effectively improve their health behaviours.
- ➔ Link: www.publichealthontario.ca/-/media/documents/y/2021/youth-health-trends-vaping.pdf?sc_lang=en

Youth and Vaping – Drug Free Kids Canada

- A resource which provides information about vaping, nicotine, and cannabis, and practical tips on how to start an open and honest conversation about Vaping with pre-teens and teens.
- ➔ Link: www.drugfreekidscanada.org/wp-content/uploads/2019/10/DFK_Info_Vaping_FINAL_ENG.pdf

Online Safety

Snapchat Safety Center – Snap Inc.

- A factsheet of safety tips created for users of Snapchat by Snap Inc.
- ➔ Link: <https://snap.com/en-US/safety/safety-center#tips-for-staying-safe>

Resources & Research: Online Safety – Canadian Centre for Child Protection

- A webpage from the Canadian Centre for Child Protection which holds multiple resources and websites which provide information about the online interests of children, the potential risks they face, and proactive strategies to help keep your child/adolescent safe while online.
- ➔ Link: <https://protectchildren.ca/en/resources-research/online-safety/>

Kids Buy Drugs Easier Than You Think. The Hub: Behavioral Health Action Organization for Southwestern CT

- A webpage from The Hub: Behavioral Health Action Organization for Southwestern CT with information about social media and the phenomenon of youth purchasing drugs via social media. The webpage includes additional guidance with regards to talking to children about drugs and online safety.

→ Link: www.thehubct.org/post/kids-can-buy-drugs-easier-than-you-think

Online Safety Tips for Parents and Children – Peterborough Police Service, June 24 2021

- A video of Peterborough Police Service Detective Constable Lara Perks offering some tips for children and parents about being safe while online.

→ Link: www.peterboroughpolice.com/en/news/media-release-for-thursday-june-24-2021.aspx

Mental Health

Kids Help Phone

- Canada's only 24/7 national service offering bilingual (English and French) professional counselling, information and referrals and volunteer-led, text-based support to young people.

→ Link: <https://kidshelpphone.ca/>

School Mental Health Ontario

- An essential ingredient in mental health promotion is ensuring a welcoming, inclusive, caring classroom environment where each student knows and feels that they belong. Visit SMHO to learn more about creating and sustaining a mentally healthy classroom.
- By creating mentally healthy school environments, introducing high-quality mental health promotion, offering prevention and early intervention services, and ensuring a safety net for students who are struggling with mental health problems, schools can fulfil the promise and play a strong role in keeping students mentally well.

→ Link: [School Mental Health Ontario \(smho-smsoc.ca\)](http://SchoolMentalHealthOntario(smho-smsoc.ca))

Sample Newsletter Inserts

Talking To Your Teen About Vaping

Like smoking, conversations about vaping are very important to have with your *pre-teen or teen*, the earlier the better. You are in the best position to help your teen understand the health consequences of vaping and by actively listening to what your teen is saying, you can help to keep the dialogue going. Here are some suggestions to get a conversation about vaping started:

- **Pick the right time:** “I’ve heard some new information in the news about vaping. Is this a good time for us to talk?”
- **Ask permission:** “Can I talk to you about something that’s important, like vaping?”
- **Be positive and sincere:** “I really want to learn more about what you know about vaping...”
- **Let your teen know you hear them:** “I never realized that...”
- **Summarize what you heard and ask questions:** “So you’re saying that...”
- **Ask open-ended questions and encourage dialogue:** “What do you think about vaping?”
- **Show empathy and compassion:** “I know it’s not always easy being a teen...”

More resources can be found at www.drugfreekidscanada.org or <https://breakitoff.ca>

Online Safety: Be Aware and Alert

With kids having access to many online apps and social media outlets, buying drugs online has become increasingly popular and drug dealers are targeting kids on social media. Online platforms allow kids to have communication and engage in transactions with kids easily. Get familiar with common slang and hidden emoji meanings. Talk with your teen about online safety and substance use. Learn more at [ConnectSafely](#) and [Commonsense Media](#).

THE HIDDEN MEANING BEHIND EMOJIS
These are some of the emojis that are commonly used to talk about drugs.

- Marijuana:** Other green trees or leaves can be used.
- Drug Dealer:** Plug icon.
- Vaping or Smoking:** Cloud icon.
- Molly/MDMA:** Heart, lightning bolt, pill, and sad face icons.
- Getting High:** Rocket icon. Can also signify high potency.
- Cocaine:** Snowflake and panda icons.
- Heroin:** Syringe icon. Can be tattoo.
- Meth or Crack:** Diamond icon.
- Pills, Opioids:** Pill icon.
- Magic Mushrooms:** Mushroom icon.
- Drugs:** Flower icon.

Want to keep your kids safe? Monitoring their cell phones is a must!

(source: www.thehubct.org)

Last Reviewed: February 1, 2022