



Porcupine Health Unit

VAPING PREVENTION HANDBOOK FOR SCHOOLS

Last updated: 2024-01

Table of Contents

- About the Handbook..... 3
- The Status of Youth Vaping..... 4
- Online resources and materials 5
 - Grade 7 & 8 resources 5
 - Grade 9-12 resources 5
- Admin support suggestions 10
- Vaping Cessation Support 13
 - Apps 13
 - Web Support..... 13
- Additional Resources..... 14
 - Vaping: Know the Risks/Facts handout 14
 - Talking to Teens About Vaping..... 14
- Youth Vaping Prevention and Cessation Kit..... 15
- References: 18

About the Handbook

If you don't smoke – don't vape!

If you do vape, there are ways you can reduce or quit.

The prevalence of youth vaping is concerning in Northern Ontario.¹ Although risks are still being evaluated, it's clear that vaping is not risk-free. Vaping can harm respiratory health and negatively impact developing minds.^{6, 11}

It is important to educate youth about the potential harms that vaping can cause. Schools can provide students with the knowledge and skills needed to become informed decision makers, and proper interventions can lead to positive behaviour change.²

This resource aims to give educators tools to teach youths about vaping, including the perceived benefits and real harms associated with use. Vaping prevention activities can also be integrated into existing school health promotion initiatives and led by student groups in your school. Youth engagement in vaping prevention efforts is an effective strategy to bring about positive change in the school environment.³

We hope with the help of educators to share information and start having conversations with students about vaping and positively impact their lives.

The Status of Youth Vaping

Vaping is more common among young people than adults.^{1, 4}

The use of vapes or e-cigarettes is concerning! **Although most youths DON'T vape**, the 2021 Ontario Student Drug Use and Health Survey (OSDUHS) results revealed that over one quarter of students from Grades 7-12 have tried vaping before.

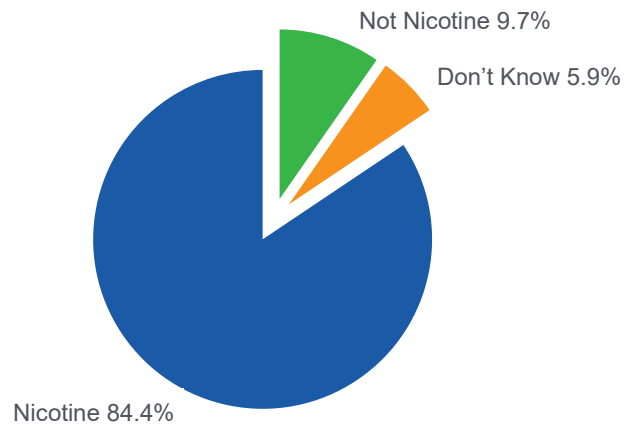
In 2021, 15.3% of all Grade 7-12 students used e-cigarettes in the past year.⁵ These rates increase with grade level, reaching 28% in Grade 11 & 12.⁵

Students noted that e-cigarettes are one of the easiest substances to get (56%), just after alcohol (61%).⁵

Most (84%) of those who used vapes/e-cigarettes in the past year report vaping nicotine.⁵

What's even more alarming is rates are higher in the north region. **According to the 2023 Planet Youth Timmins report, 23% of students in Grade 10 vaped in the past 30 days, with 16% using daily.**¹⁶

Percentage of past year e-cigarette users reporting vaping nicotine, 2021 OSDUHS (Grades 7-12)



Vaping has put a whole new generation at risk of a lifelong harmful addiction.^{4, 11}

Vaping is less harmful than smoking.⁶ However, **over two-thirds of youths aged 15 to 19 years who reported vaping (68.9%) in the past 30 days had reported never smoking.**⁷ Not only that, but vaping increases the likelihood of youths trying tobacco cigarette.^{8, 9}



Youth nicotine use in any form is unsafe.^{6, 10} Nicotine can negatively impact the developing adolescent brain. Use during adolescence has been associated with damage to how the brain works, affecting memory, concentration, and behaviour.^{6, 11} **Nicotine can also make feelings of stress and anxiety worse!**^{12, 13}

Because their brains are developing, younger users get addicted to nicotine more easily and have more difficulty quitting.^{10, 11, 14, 15}

Youths may not realize that vaping can be harmful and assume that these products have no consequences.

Online resources and materials

Grade 7 & 8 resources

- Not an Experiment – Simcoe Muskoka District Health Unit
- Use Your Instincts – Unfiltered Facts
- Vaping: What's the Hype? Toolkit – North Bay Parry Sound District Health Unit
- Consider the Consequences of Vaping – Health Canada
- Refusal Skills Activity – Public Health Sudbury & Districts
- Digital Learning for Youth Advocates – Lung Health Foundation (*Only available in English*)
- Talk About Series – Lung Health Foundation (*Only available in English*)
- Vaping Info for Elementary School Educators – Centre of Addiction and Mental Health (CAMH)
- Ontario Physical and Health Education Association (OPHEA)
- You and Me Together Vape-Free – Stanford Medicine (*US based – Only available in English*)

Grade 9-12 resources

- Not an Experiment – Simcoe Muskoka District Health Unit
- Use Your Instincts – Unfiltered Facts
- Vaping: What's the Hype? Toolkit – North Bay Parry Sound District Health Unit
- Consider the Consequences of Vaping – Health Canada
- Refusal Skills Activity – Public Health Sudbury & Districts
- Digital Learning for Youth Advocates – Lung Health Foundation (*Only available in English*)
- Talk About Series – Lung Health Foundation (*Only available in English*)
- Vaping Info for Secondary School Educators – Centre of Addiction and Mental Health (CAMH)
- Ontario Physical and Health Education Association (OPHEA)
- Truth Initiative (*US based – Only in English*)
- You and Me Together Vape-Free – Stanford Medicine (*US based – Only available in English*)
- The Real Cost videos (*US based – Only in English*)
- Smoke Free Teen – Reality Check (*US based – Only in English*)

Not an Experiment (NAE) – Simcoe Muskoka District Health Unit

- A digital toolkit to educate youths about e-cigarettes and vaping, including an interactive escape room-style activity, posters, lesson plans, PA announcements, and other.
- [Educator Resources – Not an Experiment](#)
- [Grades 7 & 8 Lesson Plans](#)
- *If you use any of the NAE resources and/or activities, please complete the [reach tracker](#) to help us capture the reach of NAE across Ontario.*

Use Your Instincts – Unfiltered Facts

- Educational campaign focusing on the facts about vaping and cannabis, its associated risks, resources, posters, and social media posts.
- [Unfiltered Facts - Vaping](#)

Vaping: What's the Hype? Toolkit – North Bay Parry Sound District Health Unit

- An evidence-informed prevention resource to help youths learn about vaping to become informed decision-makers.
- [Vaping: What's the Hype? Toolkit](#)

Consider the Consequences of Vaping – Health Canada

- Interactive games, educational videos, a self-led module, and resources providing information about nicotine, the hidden dangers of vaping, and the cost of vaping.
- [Consider The Consequences of Vaping – Health Canada Experiences](#)

Refusal Skills Activity – Public Health Sudbury & Districts

- This activity provides youths with the opportunity to learn about and practice using refusal skills when faced with peer pressure.
- [Activity: Refusal skills for vaping and e-cigarettes](#)

Digital Learning for Youth Advocates – Lung Health Foundation

- Interactive, online self-led modules about vaping and youth advocacy. Topics include: “What the Vape”, “Learn How to Push Back Against and Industry that Kills”, “Create Your Own Awesome Campaign” & more!
- [Youth Advocates – Digital Learning Series](#)

(Only available in English)

Talk About Series – Lung Health Foundation

- Educational resource that addresses cannabis, tobacco, vaping and water-pipe use to help facilitate critical discussion in an approachable and informative manner.
- [Talking about... Series](#)

(Only available in English)

Vaping Info for Elementary School Educators – Centre of Addiction and Mental Health (CAMH)

- Information about vaping, associated risks, resources to support educators in having informed conversations with students and direct links to the Ontario Physical Education curriculum.
- [Vaping: What elementary school educators need to know](#)

Ontario Physical and Health Education Association (OPHEA)

- Grade-by-grade curriculum support resources for the Health and Physical Education curriculum.
- [OPHEA](#)

You and Me Together Vape-Free – Stanford Medicine

- Interactive curriculum including 2 lessons, approximately 50 minutes each. Each lesson provides activities, online quiz games, and worksheets in addition to presentations, resources, and other materials. Aimed at addressing key factors associated with youth e-cigarettes use.
- [You and Me, Together Vape-Free Curriculum](#)

(Only available in English. This resource is from the U.S. and includes U.S. statistics.)

Not an Experiment – Simcoe Muskoka District Health Unit

- A digital toolkit to educate youths about e-cigarettes and vaping, including an interactive escape room-style activity, posters, PA announcements, and other.
- [Educator Resources – Not an Experiment](#)
- *If you use any of the NAE resources and/or activities, please complete the [reach tracker](#) to help us capture the reach of NAE across Ontario.*

Use Your Instincts – Unfiltered Facts

- Educational campaign focusing on the facts about vaping and cannabis, its associated risks, resources, posters, and social media posts.
- [Unfiltered Facts - Vaping](#)

Consider the Consequences of Vaping – Health Canada

- Interactive games, educational videos, a self-led module, and resources providing information about nicotine, the hidden dangers of vaping, and the cost of vaping.
- [Consider The Consequences of Vaping – Health Canada Experiences](#)

Refusal Skills Activity – Public Health Sudbury & Districts

- This activity provides youths with the opportunity to learn about and practice using refusal skills when faced with peer pressure.
- [Activity: Refusal skills for vaping and e-cigarettes](#)

Digital Learning for Youth Advocates – Lung Health Foundation

- Interactive, online self-led modules about vaping and youth advocacy. Topics include: “What the Vape”, “Learn How to Push Back Against and Industry that Kills”, “Create Your Own Awesome Campaign” & more!
- [Youth Advocates – Digital Learning Series](#)

(Only available in English)

Talk About Series – Lung Health Foundation

- Educational resource that addresses cannabis, tobacco, vaping and water-pipe use to help facilitate critical discussion in an approachable and informative manner.
- [Talking about... Series](#)

(Only available in English)

Vaping Info for Secondary School Educators – Centre of Addiction and Mental Health (CAMH)

- Information about vaping, associated risks, resources to support educators in having informed conversations with students and direct links to the Ontario Physical Education curriculum.
- [Vaping: What secondary school educators need to know](#)

Ontario Physical and Health Education Association (OPHEA)

- Grade-by-grade curriculum support resources for the Health and Physical Education curriculum.
- [OPHEA](#)

You and Me Together Vape-Free – Stanford Medicine

- Interactive curriculum including 2 lessons, approximately 50 minutes each. Every lesson provides activities, online quiz games, and worksheets in addition to presentations, resources, and other materials. Aimed at addressing key factors associated with youth e-cigarettes use.
- [You and Me, Together Vape-Free Curriculum](#)

(Only available in English. This resource is from the U.S. and includes U.S. statistics.)

Truth Initiative

- Website providing information to youths about smoking, vaping, and nicotine. Topics include the latest research, cessation information, mental health, and curriculum resources.
- [Truth Initiative: inspiring lives free from smoking, vaping, and nicotine](#)
- [Toxic Therapy from Your Vape campaign](#)
- [Depression Stick 😞 campaign](#)
- [Breath of Stress Air campaign](#) or [Vaping + Stress](#)

(Only available in English. This resource is from the U.S. and includes U.S. statistics.)

The Real Cost videos

- Educational campaign videos with real youths' testimonials about their experiences with vaping. The topics include mental health, peer pressure, strained relationships, impacts on sports performance, and impact on the future.
- [The Real Cost website](#)
- [The Real Cost of Vapes videos](#)
- [My Vaping Mistake videos](#)

(Only available in English. This resource is from the U.S. and includes U.S. statistics.)

SmokeFree Teen – Reality Check

- Website providing information and resources for youths to quit vaping and stay vape-free.
- [Quit Vaping - Smokefree Teen](#)

(Only available in English. This resource is from the U.S. and includes U.S. statistics.)

Admin support suggestions

SUPPORTIVE APPROACHES FOR ADDRESSING YOUTH SFOA INCIDENTS

Below is a list of resources schools can use to support students following a Smoke-Free Ontario Act (SFOA) incident (such as youths smoking or vaping on school property or sharing a vape product with someone under the age of 19). The collection of resources is intended to offer the student an opportunity to learn, to reflect, to be connected with supports and to engage in creating positive school environments.

Opportunities to learn:

- [Escape The Experiment](#) – Youths can complete this educational online escape room to learn more about the risks of vaping and the industry’s role in promoting these products to vulnerable populations. Review learnings with youths using the discussion guide in the [Facilitators Instructions](#) (on page 4) once completed. (30 minutes)
- [What the Vape?!?!](#) – Youths can complete this educational e-module that will provide a critical look at e-cigarettes/vaping (including how they work, what they’re made of, and why youths use them), and shows them why it’s not normal or harmless. Print a final certificate once completed. (15-30 minutes)
- [Consider the Consequences](#) – A toolkit including self-led modules, activities, and vaping awareness resources for youths aged 13-18 to help them make informed decisions about their health. Intended to be delivered by adults such as teachers, coaches, youth workers in community settings, health professionals.
- [My Vaping Mistake](#) – A series of 8 videos sharing youths’ experiences. ([The Real Cost](#) is a public education campaign in the U.S.). While these videos can be viewed by students alone, it is best if they are framed within an education context and accompanied with more information and guided discussions. With Google Forms, for example, have a student watch a video and then answer some comprehension questions afterward.
- [Vaping: What’s the Hype?](#) – A toolkit that encourages students in Grades 5-9 to think critically about vaping to help them become empowered decision-makers. Intended to be delivered by educators. There are nine themes with different activities to complete. Have a student complete one theme in the toolkit.

Opportunities to reflect:

- [Nod from 2050](#) – A website that encourages youths to reflect on their long-term goals with respect to vaping nicotine. It is informed by [research on specific techniques associated with higher success in successful behavior change](#), including supporting identity change and developing a vivid mental image of becoming an ex-vaper. It is a visually aesthetic platform designed to appeal to youths.
- [Quash](#) – The website offers a [Why Quit](#) page with points of reflection for youths who vape: feel better, save money, take back control. With Google Forms, for example, have a student complete some comprehension questions afterward.
- [Stop Vaping Challenge](#) – The website shares facts and tips to help youth and young adults stop vaping. With Google Forms, for example, have a student complete some comprehension questions afterward.

Connection to supports:

- **Mental Health Supports** – Consider a similar approach utilized to assist youths using other substances such as alcohol or cannabis on school property.
- **Cessation supports** - If a student is interested in quitting vaping, they can access support from:

Self-Help
Apps <ul style="list-style-type: none">• Quash (Apple iOS devices Android devices) – A free smoking/vaping quit app for youths focusing on behaviour change strategies to help them cut down or quit the way they want to. It allows users to earn badges, receive motivational messages, track money saved, track cravings, access tips and tools. Users can also create or join groups to encourage each other and compete with other groups.• #StopVapingChallenge (Apple iOS devices Android devices) – A free quit vaping app youths can use with friends. It allows them to earn badges, challenge friends, track mood and cravings, and access additional support.
Online <ul style="list-style-type: none">• Not An Experiment Quit Plan – A free online quit plan which can be printed and is small enough to keep in a pocket, wallet, or backpack. Youths can complete the quit plan online and print it, or booklets can be printed and completed by hand.
Counselling Support
<ul style="list-style-type: none">• Smokers' Helpline for online and text support.• Kids Help Phone for online, phone and text support.• LGBT youthline for online, text and chat services to support 2SLGBTQ+ youth across the province of Ontario.• Talk Tobacco for online, phone, text and chat support that is culturally appropriate for First Nations, Inuit, Métis, and urban Indigenous communities.

Engage youths in creating effective policies, programs, and a positive environment.

- [Youth Advocates](#) – A webpage with learning modules (15-30 minutes each) such as *Learn How to Push Back Against an Industry that KILLS* and *Creating Effective Health Promotion Campaigns* to support youths to challenge the status quo, imagine how things can be done differently, and build the knowledge and skills needed to take action. Engage students in forming or joining an existing student club.
- [Youth Wellness Initiatives \(YWI\)](#) – A comprehensive, peer-to-peer program that aims to meaningfully engage, empower, and equip youths to become wellness leads in their schools. With support from Adult Allies, Youth Leads will plan, implement, and evaluate health promotion activities within their schools to create a more supportive and resilient school and/or community. Engage students in forming or joining an existing YWI group. For more information, access the [Youth Wellness Initiatives Toolkit](#).

EXISTING SCHOOL VAPING TOOLKITS FOR ADMIN

- British Columbia – Interior Health (April 2023). Vaping Toolkit for Schools. Retrieved from [toolkit-vaping-school-properties.pdf](#) (interiorhealth.ca)

Vaping Cessation Support

Apps



Quash ([Apple iOS devices](#) | [Android devices](#)) – A free smoking/vaping quit app to help young people cut down or quit the way they want to. It allows users to earn badges, receive motivational messages, track money saved, track cravings, access tips and tools. Users can also create or join groups to encourage each other and compete with other groups.



#StopVapingChallenge ([Apple iOS devices](#) | [Android devices](#)) – A free quit vaping app youths can use with friends. It allows youth to earn badges, challenge friends, track mood and cravings, and access additional support. Note, this app is only currently available in English.



Crush the Crave – Vape Edition – A free app youths can use to help quit vaping. It allows users to receive supportive messaging, earn virtual awards, and track the number of days vape-free, amount of money saved, and triggers. Available on the [App Store](#) and [Google Play](#). Note, this app is only currently available in English.

Web Support

- **Quash** – A [website](#) that provides information to young people who are not ready to quit or are starting to consider it. It also contains information about the free smoking/vaping quit app, promotional materials, additional resources, and the Quash Adult Facilitator Training Course.
 - ➔ The [Quash Adult Facilitator Training Course](#) is a free, online, self-guided training course for adults interested in delivering the Quash program (quit smoking and vaping group) to young people they work with.
- **Not An Experiment – Plan Your Quit!** – Youths can complete a free [online quit plan](#) and print, or print the [booklet](#) and complete by hand. The printout is small enough to keep in a pocket, wallet or backpack.
- **Nod from 2050** – A [website](#) that encourages youths to reflect on their long-term goals around vaping nicotine.
- **Stop Vaping Challenge** – A [website](#) that provides health risks of vaping and quit tips to help youths and young adults stop vaping.

Additional Resources

Vaping: Know the Risks/Facts handout

- A handout that provides information about vaping and e-liquid, its risks, and laws and fines of vaping.



Vaping - Know the
Facts & Risks info st

*Note: When printing, select “Shrink oversized pages”
to avoid content being cut off at the edges.*

Talking to Teens About Vaping

- [Parent & Caregiver Talking Resource](#) – Not an Experiment: A resource for parents and caregivers that identifies signs that someone is vaping and shares tips to talking with youths about vaping and its risks.
- [Talking with Your Teens About Vaping – Government of Canada](#): Tip sheet on how to talk to teens about vaping and important information to know when approaching the conversation for parents and educators.

Youth Vaping Prevention and Cessation Kit

Please complete the Order & Loan Form for resources that can assist in youth vaping preventing efforts and encourage quit attempts.

Order & Loan Form for Youth Vaping Prevention and Cessation Resources

The Porcupine Health Unit (PHU) is excited to share with you vaping prevention materials available to support educators and quit vaping resources for youths. Vaping prevention activities can also be facilitated by student groups in your school. Youth engagement in vaping prevention efforts is an effective strategy to bring about positive change in the school environment. They are the real experts on their experiences and needs.

If you would like copies of any of the following youth quit vaping resources, please check the box below and specify the amount desired.

Youth quit vaping mirror and wall clings; How many?



Youth quit vaping window stickers; How many?



Youth quit vaping cards; How many?



FRONT



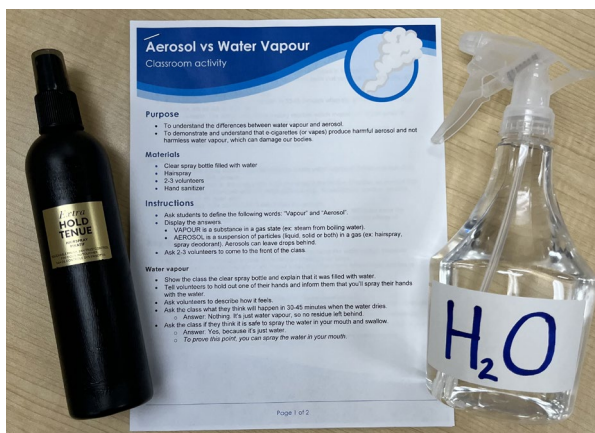
BACK

If you would like to borrow any of the following materials, please check the box and specify the timeframe requested.

Vaping – What's the Hype foamboard cards. Timeframe requested: _____ to _____



Aerosol vs Water Vapour classroom activity. Timeframe requested: _____ to _____



Not an Experiment (NAE) escape room materials. Timeframe requested:

to



As a reminder, if you use any of the NAE resources and/or activities, please complete the [reach tracker](#) to help us capture the reach of NAE across Ontario.

Please specify when and how the borrowed materials will be returned to the PHU:

PHU employee to pick-up materials:

- Location (please specify where in the organization or school:
- Date:
- Time:

Borrower will return materials to their local PHU office:

- Date:
- Time:

Contact information:

Name:

Email address:

Phone number:

Name of organization or school:

Please confirm the following:

I agree to safely return or replace any lost or damaged material(s).

I agree to not modify any of the resources without Porcupine Health Unit's consent.

All PHU offices have access to the kit.

to send the completed form to schools@porcupinehu.on.ca.

You will receive a response within 2 days via email or phone call with further information.

Please note that requests will be on a first come, first served basis. We will do our best to accommodate the timeline desired. If there are any conflicts, we will reach out.

References:

1. OSDUHS 2019: Boak, A., Elton-Marshall, T., & Mann, R.E., & Hamilton, H. A. (2020). Drug use among Ontario students, 1977-2019: Detailed findings from the Ontario Student Drug Use and Health Survey (OSDUHS). Toronto, ON: Centre for Addiction and Mental Health.
2. Pulimeno M, Piscitelli P, Colazzo S, Colao A, Miani A. School as ideal setting to promote health and wellbeing among young people. *Health Promot Perspect*. 2020 Nov 7;10(4):316-324. doi: 10.34172/hpp.2020.50. PMID: 33312927; PMCID: PMC7723000.
3. Knowledge Institute on Child and Youth Mental Health and Addictions. (2016). *Walking the Talk: A Toolkit for Engaging Youth in Mental Health*. Available from: <https://www.cymha.ca/Modules/ResourceHub/?id=3c5b1775-35cb-40c5-8e96-659131504bd7>
4. Heart & Stroke (2023). *Protecting the Health of Ontario Youth: Addressing Vape Use Through Price*.
5. OSDUHS 2021: Boak, A., Elton-Marshall, T., & Hamilton, H.A. (2022). *The well-being of Ontario students: Findings from 2021 Ontario Student Drug Use and Health Survey (OSDUHS)*. Toronto, ON: Centre for Addiction and Mental Health.
6. Government of Canada [Internet]. *Vaping and quitting smoking*. 2023 [cited 2023 Oct 25]. Available from: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/quit-smoking.html>
7. Government of Canada [Internet]. *Canadian Tobacco and Nicotine Survey (CTNS): summary of results for 2022; 2023* [cited 2023 Oct 25]. Available from: <https://www.canada.ca/en/health-canada/services/canadian-tobacco-nicotine-survey/2022-summary.html>
8. Sanchez S, Kaufman P, Pelletier H, Baskerville B, Feng P, O'Connor S, Schwartz R, Chaiton M. Is vaping cessation like smoking cessation? A qualitative study exploring the responses of youth and young adults who vape e-cigarettes. *Addict Behav*. 2021 Feb;113:106687. doi: 10.1016/j.addbeh.2020.106687. Epub 2020 Oct 2. PMID: 33045643.
9. Population Health and Prevention, Population Health and Value-based Health Systems [Internet]. *Vaping products including e-cigarettes: Evidence summary, current as of January 30, 2023*. [Place unknown]: Cancer Care Ontario; 2023 Jan [cited 2023 Oct 26]. Available from: <https://www.cancercareontario.ca/en/guidelines-advice/types-of-cancer/62591>
10. Truth initiative [Internet]. *Youth Vaping, Smoking & Nicotine Use*. [date unknown] [cited 2023 Oct 24]. Available from: <https://truthinitiative.org/our-top-issues/vaping-issue>
11. Not an Experiment [Internet]. *Health Effects and Addiction Alert!* [date unknown] [cited 2023 Oct 24]. Available from: <https://www.notanexperiment.ca/health-effects-and-addiction-alert/>
12. Not an Experiment [Internet]. *Mental Health & Vaping*. [date unknown] [cited 2023 Oct 23]. Available from: <https://www.notanexperiment.ca/mental-health-vaping/>
13. The Truth [Internet]. *Vaping + Stress*. [date unknown] [cited 2023 Oct 23]. Available from: <https://www.thetruth.com/article/vaping-stress#paragraph-15245>
14. Government of Canada [Internet]. *Risks of Vaping*. [date unknown] [cited 2023 Oct 25]. Available from: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html>
15. U.S. Department of Health and Human Services. *Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2012.
16. Planet Youth Timmins Report 2023. *Planet Youth ehf*. 2024. Accessed April 3, 2024.