School Vaping Resource 2026/27

Renfrew County and District Health Unit

This resource is designed to support educators in teaching vaping related curriculum, increase awareness of legislation and enforcement around smoking/vaping, as well as cessation supports available to those who want to quit.

Ontario Physical and Health Education Association (OPHEA)

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.

Includes:

Instructional Moments Videos

Conversation Starter Videos

Conversation Tip Sheets

Additional Resources

Not An Experiment (NAE)

A comprehensive vaping prevention, education and cessation resource that covers:

- Information about vaping (what are vapes, risk to health, ingredients, signs of vaping, statistics)
- Health Effects discusses how vaping affects physical and mental health, especially for youth, the difference between smoking and vaping, nicotine, youth access and the law
- Resources for elementary and secondary classrooms and schools including teacher education, lesson plans, interactive activities, vaping on school property resources and announcements
- Industry Denormalization discusses Big Tobacco/Big Vape and targeted marketing
- Mental Health Effects discusses nicotine and stress, anxiety, depression and coping

NOT AN EXPERIMENT

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NOT AN EXPERIMENT

- Refusal Skills including understanding pressure and tips for refusing
- Escape the Experiment (an online escape room)
- Action Ideas to continue conversation such as debate topics and posters
- Customizable Quit Plan to create and download, links to additional apps to help youth quit
- Parent Page provides conversation starters and information to help parents talk to their children about vaping

VIBED (Vaping Information for Better-Educated Decisions)

A vaping education workshop designed for youth, which includes slides, materials, a script, and interactive activities. The program is broken down into two sections: Vaping Information (VI) and Better-Educated Decisions (BED).

Includes 4 workshops- a self-facilitated 50-minute version, a self-facilitated 20-minute condensed version, a pre-recorded 20-minute version and a French version.

Grade 5-8 Substance Use, Addictions, and Related Behaviour Curriculum

Hamilton-Wentworth District School Board (HWDSB) and Hamilton Public Health Services (HPHS) collaborated to develop Grade 5-8 Substance Use, Addictions, and Related Behaviour curriculum that is aligned with the Ontario Health & Physical Education (2019) standards.

- Grade 5(PDF, 545.69 KB)
- Grade 6(PDF, 4.35 MB)
- Grade 7(PDF, 500 KB)
- Grade 8(PDF, 442.63 KB)

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Understanding Substance Use: Educator's Guide

Canadian Centre on Substance Use and Addiction

Designed for education professionals working with youth from grades 6–12 to gain knowledge, tools and resources on substance use, stigma, cannabis vaping, alcohol and impaired driving. Using this guide with the supporting video modules can help educators start and navigate difficult conversations with youth on these subjects.

Health Canada

Consider the Consequences of Vaping

Interactive games, educational videos, a self-led module, and resources providing information about nicotine, the hidden dangers of vaping, and the cost of vaping.

Talking with teens about vaping: A tip sheet for teachers

A fact sheet with facts about vaping and nicotine.

TALKING WITH TEENS ABOUT VAPING

A TIP SHEET FOR TEACHERS

BEFORE THE TALK: GET THE FACTS

Vaping has risks

Risks of nicotine

Did you know?

Vaping nicotine can interfere with healthy brain development until the mid-20s.

Canada

Resources

Mirror clings, posters, videos, social media images, brochures, infographics and tip sheets.

School Mental Health Ontario

Vaping: What elementary school educators need to know

This fact sheet 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 school educators need to know

This fact sheet 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 You and your Friends Need to Know

This fact sheet provides information about vaping for students, including important facts, associated risks and additional resources.

Canadian Lung Association

Lungs are for Life

An evidence-based vaping and smoking prevention program for elementary and secondary schools.

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Educator Training to Support Youth

Quash Adult Allies – Facilitator Training

"Every kid is one caring adult away from being a success story."
– Josh Shipp

Caring allies can play a key role in supporting youth to quit smoking or vaping. The free Quash Facilitator certificate training equips educators or other school staff to deliver a cessation program to students in their schools. Even if you do not plan on facilitating groups, this training will provide valuable information about youth vaping.

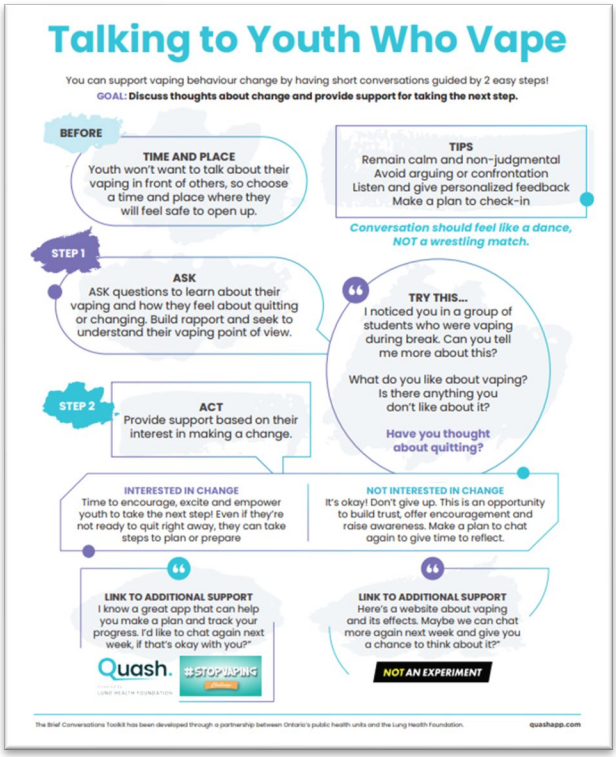
Quash - Brief Conversations Training

Brief Conversations are a quick and easy way to support youth who vape to quit or consider changing. Developed by public health experts from Ontario Public Health Units and the Lung Health Foundation, this toolkit helps you talk to youth about quitting vaping in under 3 minutes with two steps:

1. **ASK**

   and then

2. **ACT:**



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Cessation Supports

Local Supports

Health Care Practitioner and/or Pharmacist - Offer advice and information about quitting and can prescribe or recommend medication that can help.

Addictions Treatment Service – 613-432-9855 or 1-800-265-0197
Provide smoking cessation counselling, free nicotine replacement therapy if eligible.

Renfrew County and District Health Unit – 613-732-3629 or 1-800-267-1097
Provide brief phone counselling, resources and information about community smoking cessation services.

Free Apps

#STOPVAPING Challenge

Provides youth with an "abstinence challenge" tracked with the help of a timer within the app. Invite friends to join the challenge.

Quash. Powered by LUNG HEALTH FOUNDATION

Free app to help youth and young adults through each stage of the quit process.

Apple Google

CRUSH the Crave

Provides supportive messages and help with cravings including a diary of vaping triggers that records when, where, and why vaping occurs.

Phone, text, chat and online

Youth-VAST Youth Vaping, Substance Use, and Technology Dependence Program

Youth-Vast supports youth ages 12 to 21 in Ontario through virtual appointments who are facing challenges related to nicotine, vaping, substance use and/or technology use. Self-referral and/or physician, hospital, community agency, and school referrals accepted.

NOT AN EXPERIMENT

Not an Experiment QUITTING page allows youth to create and download a customized quit plan.

talk tobacco

Talk Tobacco is a free confidential service offering culturally appropriate support and information about quitting smoking, vaping and commercial tobacco use to First Nations, Inuit, Métis and urban Indigenous communities.

smokers' helpline

Smokers' Helpline offers online resources and a texting program for people looking to quit vaping, smoking or both. To join the Smokers' Helpline text program – text 'iQuit' to 123456