

## Tobacco Resources for Schools

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Are you interested in engaging students in activities and discussion about tobacco and vapour products? Browse the links below for great ideas, lesson plans, printables and supporting resources.

Learn about our program: [Tobacco Reduction at Interior Health](#)

Promote tobacco free children and youth: [Tobacco Reduction in Schools](#):

### Aboriginal Ceremonial Tobacco Use

[Ceremonial Use of Tobacco](#) Elder Leonard Ward of the Stelat'en First Nation

[First Nations Health Authority Respecting Tobacco](#)

[Stay Smoke Free and Healthy Activity Book](#) First nations youth tobacco awareness

[Youth Respecting Tobacco First Nations Health Authority](#)

### BC School District Sites

[School District 20 wiki](#) websites, videos, and activities

[School District 22 Suspension Learning Assignment](#)

### Grades K – 12

#### Lesson Plans & Activities

[Alberta Health School Resources](#) (K-12)

[iMinds](#) Centre for Addictions Research BC

[Know Tobacco Teacher Resources](#) (K-8)

[Lungs are for Life Online](#) (K-12) Teaching Modules

[Media Smarts – Tobacco Marketing](#):

[Students Choice](#): Grade 9 tobacco education resource from the Newfoundland and Labrador.

[Teaming up for Tobacco Free Kids](#)

[The Academy for Tobacco Prevention](#)

### Stories and Activity Books

[A Walk with Tuma](#) Traditional Tobacco Coloring/Activity Book

[Smoking and Quitting: Clean Air for ALL Story book](#)

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## Mobilizing Youth

[Canadian Cancer Society Flavoured Tobacco Products](#)  
[Hi5 Living](#) BC Cancer Agency Prevention Programs  
[START](#) Decreasing Breast Cancer Risk  
[Smoke free Movies](#) (Canada)  
[The Truth](#): successful youth advocacy organization  
[Tobacco Body](#) See how tobacco changes your body  
[Tobacco company marketing to kids](#) – Tobacco Free Kids

## Reference

[CAN-ADAPTT Canadian Smoking Cessation Guidelines for Youth](#)  
[Health Promoting School Newsletters](#): Look for tobacco reduction news in each monthly newsletter  
[Second Hand Smoke](#)  
[Tobacco Atlas](#)  
[Tobacco Laws in BC](#) Legislation and Enforcement  
[Tobacco Use in Canada Report](#) See tobacco use and e-cigarette use

## Supporting Youth to Quit

[BC smoking Cessation Program](#) – free nicotine replacement therapy or coverage for prescription quit aids  
[Break it Off](#) Canadian Cancer Society  
[Dr. Mike Evans Animated Youtube video](#) – What is the Single Best Thing You Can Do to Quit Smoking  
[KILLTHECAN.ORG](#) Smokeless tobacco cessation website  
[Leave the Pack Behind](#)  
[On the Road to Quitting](#) Guide to Becoming a non-smoker for young adults  
[Quitnow.ca](#) – free for all British Columbians, available 24/7. Online, chat, text, phone or Facebook  
[Quitnow Brief Interventions in Tobacco Online Training](#) (15 minutes) Teacher Education  
[QUITRUNCHILL](#) A running program for youth smokers and ex-smokers who want to be healthier  
[Youth Tobacco Cessation Kit](#) My Journey with Tobacco – Aboriginal toolkit

## Vapour Products including Electronic Cigarettes

[Canadian Cancer Society Think Before You Vape](#) (Videos)  
[Vapour Products In and On School Property](#) Factsheet: Interior Health

## Yearly Worldwide Events

[National Non Smoking Week](#) (Third week of January yearly)  
[World No Tobacco Day](#) (May 31<sup>st</sup>)

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