

RESOURCES FOR EDUCATORS: YOUTH VAPING

	RESOURCE NAME	PURPOSE	SOURCE/ ORGANIZATION	LINK
1	Your Vape-Free Life: Youth Mini-Site	Youth-friendly site with information on the health effects of vaping, how to skip the vape, a guide to quit or reduce, and coping skills	QuitNow (BC Lung Foundation)	Click here
2	QuitNow Coping Skills Workbook / Page	Printable workbook, activities, and tools for managing stress without vaping.	QuitNow (BC Lung Foundation)	Click here
3	QuitNow Quit Journal	Journal prompts to help students identify their goals and set intentions for quitting nicotine	QuitNow (BC Lung Foundation)	Click here
4	BC Lung Vaping Health Education Toolkit	Slide decks, handouts, and teacher lesson content for Grades 6–12	BC Lung Foundation	Click here
5	Vaping Infographic	A visual summary of the parts of an e-cigarette and common ingredients in vaping liquids.	BC Lung Foundation	Click here
6	Vaping Products: Information for Teachers	Handout for teachers	BC Lung Foundation	Click here
7	Vaping Products: Frequently Asked Questions	Handout for teachers, administrators, and parents	BC Lung Foundation	Click here
8	Smart Steps: Explore your curiosity	A step-by-step guide for individuals who are thinking about quitting or reducing nicotine	QuitNow (BC Lung Foundation)	Click here
9	Smart Steps: Towards a tobacco-free life	A step-by-step guide for individuals who are ready to quit tobacco and nicotine products, with information on understanding triggers, managing cravings, quit aids and more.	QuitNow (BC Lung Foundation)	Click here
10	Questions about Vaping?	A list of resources to help youth get information about vaping and quit support.	QuitNow (BC Lung Foundation)	Click here
11	Health Risks of Vaping	A fact sheet on the health risks of vaping and specific risks to youth and pregnant people	QuitNow (BC Lung Foundation)	Click here
12	Tips to Quit Vaping	Quick tips on quitting vaping	QuitNow (BC Lung Foundation)	Click here

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13	I Quit for Me	Guide for youth who want to quit using tobacco, cigarettes, or vapes	Health Canada	Click here
14	Behind the Haze – Industry Influence Lesson / Youth Vaping Preventio	Lesson materials on how the vaping industry targets youth and shapes perceptions.	Behind the Haze (Truth Initiative / Public Health Collaborative)	Click here
15	CATCH My Breath Slide Deck	Classroom presentation on healthy decision-making	CATCH Global Foundation	Click here
16	CATCH My Breath Curriculum	US resources for educators on vaping prevention	CATCH Global Foundation	Click here
17	Consider the Consequences of Vaping – Interactive Module	Student-led activities exploring harms, addiction, and decision-making.	Health Canada	Click here
18	Ophea Educator Guide to Vaping Education	Classroom videos and educator guides on decision-making and refusal.	Ontario Physical and Health Education Association (Ophea)	Click here
19	Healthy Decision-Making Video	Developing refusal skills to say no to vaping	Ontario Physical and Health Education Association (Ophea)	Click here
20	Not An Experiment: Resources for Educators	Canadian-made health promotion resources on vaping prevention	Not An Experiment	Click here
21	Not An Experiment: Refusal Skills Activity Sheet	Educator-friendly resource on helping students say no to vaping	Not An Experiment	Click here
22	STOMP: Students Together Moving to Prevent Substance Use	Student-led school programming to shift norms about tobacco use	PHE Canada / Provincial Health Education Network	Click here
23	Health Canada Vaping Awareness Resources	Resources include posters, handouts, videos and social media images to increase awareness about the harms of vaping and nicotine for youth.	Health Canada	Click here

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24	Respecting Tobacco	Understand the differences between traditional and commercial tobacco and culturally appropriate ways to address commercial tobacco use	First Nations Health Authority	Click here
25	Blueprint for Action	Guidance to inform comprehensive action plans and strategies at various levels of the Canadian education system to prevent substance-related harms among youth	Public Health Agency of Canada	Click here
26	Tobacco Exposed	An interactive Kahoot game on the tobacco industry	World Health Organization	Click here
27	iMinds	Resources for schools related to substance use and gambling, including lesson ideas within the scope of BC's K-12 curriculum	University of Victoria	Click here
28	erase = expect respect & a safe education	Resources to help students, adults, and school staff build safe, caring and inclusive school communities	Government of British Columbia	Click here