

Tobacco Resources for Schools

January 2014

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

Backgrounder: [Teaching about Tobacco: Guide for Teachers](#)

[Tobacco Activity Sheets](#): use your own materials or borrow items from Interior Health's tobacco lending library. For info and booking, email us at tobacco@interiorhealth.ca

Tobacco Minigrants for Aboriginal Communities, Schools and Programs. **Apply for up to \$200** for activities that prevent the use of commercial tobacco and help people to quit, while respecting traditional and ceremonial tobacco use. Contact Kym Howay, IH Tobacco Reduction Coordinator for Aboriginal Communities at 250-549-6349 or kym.howay@interiorhealth.ca

Grades K – 3

Lesson Plans & Activities

[Heart Smart Kids K-3 Healthy Heart Curriculum](#)

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

[Got Lungs Teacher Resources](#)

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

Stories, Games and Activity Books

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

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

[Tobacco Free Activity Book for young children](#)

Grades 4-6

[iMinds](#) Centre for Addictions Research BC

[Media Smarts – Tobacco Marketing](#):

[Teaming up for Tobacco Free Kids](#)

[TeacherVision](#)

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

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

Grades 7-10

[iMinds](#) Centre for Addictions Research BC

[Media Smarts – Tobacco Marketing](#):

[Teaming up for Tobacco Free Kids](#)

[TeacherVision](#)

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

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

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

Aboriginal Ceremonial Tobacco Use

[Ceremonial Use of Tobacco](#) Elder Leonard Ward of the Stelat'en First Nation
[Tobacco Wise](#) Aboriginal Tobacco Program – education for youth about traditional use
[Smart steps](#) Aboriginal quit booklet from QuitNow Services
Aboriginal Healthy Living Calendar Contact: Kym.Howay@interiorhealth.ca

Mobilizing Youth

[Top Ten Anti-Smoking Videos](#)
[Smoke free Movies](#) (Canada); Legacy Foundation [Smoking in the Movies](#) (U.S.)
[Tobacco company marketing to kids](#) – Tobacco Free Kids
[Hi5 Living](#) BC Cancer Agency Prevention Programs
[START](#) Decreasing Breast Cancer Risk
[Canadian Cancer Society Flavoured Tobacco Products](#)
[The Truth](#): successful youth advocacy organization
[Tobacco Body](#) See how tobacco changes your body
[Tobacco Free Schools Tool Kit](#)

BC School District Sites:

[School District 20 wiki](#) websites, videos, activities
[School District 22 Suspension Learning Assignment](#)
[School District 8: BC Tobacco Control Policy for Schools](#)

Supporting Youth to Quit

[Quitnow.ca](#) – free for all British Columbians, available 24/7. Online, chat, text, phone or Facebook.
[BC smoking Cessation Program](#) – free nicotine replacement therapy (patches or gum) or coverage for prescription quit aids Zyban® or Champix®. For adults and youth
[Supporting Young People is an Art](#) Centre for Addictions Research BC
[Dr. Mike Evans Animated Youtube video](#) – What is the Single Best Thing You Can Do to Quit Smoking
[Youth Tobacco Cessation Kit](#) My Journey with Tobacco – Aboriginal toolkit
[On the Road to Quitting](#) Guide to Becoming a non-smoker for young adults (2012)
[Smoke Free Teen \(US\)](#) Government Teen Quit Site
[Brief Intervention in Tobacco: the Basics](#) Interior Health Tobacco Reduction
[QUITRUNCHILL](#) A running program for youth smokers and ex-smokers who want to be healthier
[My Last Dip](#) Smokeless tobacco cessation website

Electronic Cigarettes

[Factsheet: Why E-cigarettes don't belong in schools](#)
[7 Ways E-Cigarette Companies Are Copying Big Tobacco's Playbook](#)

Yearly Worldwide Events

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

Reference

[CAN-ADAPTT Canadian Smoking Cessation Guidelines for Youth](#)
[Smoking Cessation Rounds](#): Smoking Cessation and Youth: it's never too late to help
[Tobacco Atlas 4th](#) edition
[Second Hand Smoke and Children](#)