



Vaping Resources for Schools

There are a number of vaping resources available. However, not all resources include the most recent and/or accurate evidence. The research is evolving and in some cases, can be tedious. Fraser Health has done an extensive amount of research to create and gather resources.

To support consistency in the use of high-quality, evidence-based resources, the following are suggested vaping resources for schools:

Web Resource	Description	Link
Fraser Health website	The Fraser Health School Health webpage include information and links to additional resources.	https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/substance-use-in-children-and-youth/vaping-products#.XYVFOCNKiUk
Vaping PowerPoints created by Fraser Health	Presentations available for administrators and families.	Contact your local Healthy Schools PHN for more information.
BC Lung Handouts	4 handouts are available: FAQ, infographic, information for teachers, and information for families. Translated copies in Punjabi and Chinese available.	https://bc.lung.ca/how-we-can-help/vaping
BC Lung Presentation	This is an engaging presentation for grades 5-7 students and is intended to be delivered by a teacher in a classroom.	https://bc.lung.ca/how-we-can-help/vaping
Health Canada: Consider the Consequences of Vaping	Includes general information, vaping risks, and resources, including grants and resources for parents.	https://www.canada.ca/en/services/health/campaigns/vaping.html
Health Link BC	Includes information and links about vaping, including laws and regulations on the use of vapour products in BC.	https://www.healthlinkbc.ca/health-feature/vaping
QuitNow	Vaping cessation support through behavioural counselling. Open to all users, including youth.	https://www.quitnow.ca/quitting/e-cigarettes-and-vaping/i-want-help-to-stop-vaping
Curriculum-based Resource	Description	Link
Catch My Breath	<p>This is a best-practices youth E-cigarette and JUUL prevention program for grades 5-6, 7-8, and 9-12 students.</p> <p>It consists of four 30-40 minutes lessons per version. Catch My Breath utilizes a peer-led teaching approach.</p> <p><i>Please note:</i> This is a United States based resource and aligns with their National and State Health Education Standards. Teachers will have to review content to tailor material to the Canadian context.</p>	https://www.catch.org/



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Video Resource	Description	Link
Health Canada: Consider the Consequences of Vaping	This video is 30 seconds and can be shared in a presentation, in a newsletter or on public screens.	https://www.canada.ca/en/services/health/campaigns/vaping.html
Michael & Susan Dell Center for Healthy Living: "What is an e-cigarette and how it work?"	This short video provides an overview of e-cigarettes from its mechanics to history, and health effects.	https://www.youtube.com/watch?list=PLwVxvUtgsPsgZvsQmKxV7U6b8DNY_Uolu&v=fDYBJuAXy00
Down and Dirty Life: "Teardown:"	This video is under one minute, and explores the misconception that e-cigarettes produce water vapour.	https://www.youtube.com/watch?v=PUOmeuD7pl
Tobacco Free CA: "Identify which products teens are vaping"	This one minute video is targeted for parents to inform them of the diversity and concealability of vaping products available on the market.	https://www.youtube.com/watch?v=fjDP8rTktWw
Arizona Department of Health Services: "The DeNoble Files: e-cigarettes"	This one minute graphic video explores the addictive effects of nicotine, and compares vaping products with tobacco products.	https://www.youtube.com/watch?v=tpfbBm7IofQ&feature=youtu.be
Tobacco Free CA: "Kids Aren't Alright"	This 30 second video highlights the main issues related with youth vaping, from health effects to marketing.	https://www.youtube.com/watch?v=P2ZxZCA0CMk
Ted Talk: Suchitra Krishnan-Sarin " <i>What you should know about vaping and e-cigarettes</i> "	This video is 14 minutes long. It may be too long to share during a presentation, although teachers may use this in their classrooms. It could also be shared in a newsletter, posted on social media or shared electronically.	https://www.ted.com/talks/suchitra_krishnan_sarin_what_you_should_know_about_vaping_and_e_cigarettes?language=en
Canadian Lung Association: " <i>Flavoured Vapes Hook Kids</i> "	This short video (1:42 min) uses satire to demonstrate the luring effect of flavourings and illustrates parents/caregivers shock of nicotine exposure to kids.	https://www.youtube.com/watch?time_continue=1&v=d3aPiGnSe2l