



Vaping Supports for Schools in Durham Region September 2019

**The Regional
Municipality
of Durham**

Health Department

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Recent reports in the media have highlighted emerging health impacts related to vaping and e-cigarettes. While more information is being collected to determine the relationship between any specific vaping products and the reported incidents, it is clear that vaping is not without risk. Health Canada released a statement advising Canadians who use vaping products to monitor themselves for symptoms of pulmonary illness including coughing, shortness of breath, chest pain, nausea and dizziness. Canadians should seek medical attention promptly if they have concerns about their health.

Vaping is the act of inhaling and exhaling an aerosol produced by a vaping product, such as an e-cigarette. Vaping doesn't require burning the way cigarette smoking does. The device heats a liquid into a vapour, which then turns into an aerosol. This vapour can contain substances such as flavourings such as diacetyl, propylene glycol, vegetable glycerin, tetrahydrocannabinol (THC), the psychoactive component of cannabis, or nicotine.

Youth are particularly vulnerable to the negative long-term effects of vaping product use, especially those containing nicotine because their brains are still developing up until the age of 25. Use of nicotine products, before age 25 can cause long-term problems with attention span, memory, problem-solving and emotional control (Health Canada, 2019).

Recent surveys indicate 15% of Canadians have tried a vaping product. Among youth and young adults, vaping usage has increased by 74% in one year. Vaping continues to be on the rise among Durham Region students

Durham Region Health Department is committed to supporting schools and to providing all members of the school community with the most current, evidence-based information regarding the risks of vaping.

Each school in Durham Region has an assigned public health nurse who works with school communities on various health topics and initiatives. Public health nurses work with teachers, students, parents and or school administrators to promote and assist in the implementation of a comprehensive approach to health issues, including tobacco and vaping use prevention.

If this information is required in an accessible format, please contact 1-800-372-1102 ext. 3324.



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Vaping and E-Cigarette Information and Resources for Schools and Administrators

Durham Region Health Department

Resources have been approved by DDSB, DCDSB, PVNCDSB and KPR boards.

Presentation for Parents/ Caregivers: Vaping and E-Cigarettes:

This presentation is intended for parents. The focus of this presentation is to increase awareness of Vaping and e-cigarettes by providing the basic concepts and legislation around vaping. Please ask your public health nurse for details.

Presentation for Educators: Vaping and E-Cigarettes: This presentation is intended for elementary and secondary educators covering a variety of topics related to vaping such as current local data and supports available. Please ask your public health nurse for details.

Vaping and E- Cigarette Presentation for grades 9-12:

This interactive presentation provides awareness and education support for students in high school. This presentation contains classroom activities to promote student engagement about this topic. Please ask your public health nurse for details.

E-Cigarettes and Vaping- If You Don't Smoke, Don't Vape:

This factsheet covers the basic concepts and legislation around vaping and vaping statistics among Durham Region students. Please ask your public health nurse for details.

Ideas for Student Engagement

- Establish a **student-led committee** to plan and organize school-wide initiatives related to vaping and or other substance use.
- Create opportunities for **peer-mentoring** and/or peer-to-peer teaching.
- **Involve students in planning** creative approaches for sharing information about vaping with their peers and the broader school community.

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Other Helpful links for Educators (not school board approved)

Government of Ontario, 2019:

Information on the Smoke Free Ontario act.

<https://www.ontario.ca/page/where-you-cant-smoke-or-vape-ontario>

iTHINK Critical Thinking and Media Literacy Manual:

This is a comprehensive manual that will engage youth in a fun, exciting, and interactive way while developing their critical thinking skills. This resource has two goals: To increase youth's capacity and ability to critically think about the world around them and to have youth make informed, healthy choices for themselves. This resource provides activities for elementary and secondary students.

http://knowwhatsinyourmouth.ca/files/documents/iTHINK-Manual-Final_Electronic.pdf

Escape the Vape:

Developed for elementary students, this website provides information in a fun and interactive way. Video clips featuring chemical components found in vaping products and their health impacts. Please note this is an American website.

<https://escapethevape.org/>

Talk About Series-The Lung Association:

Developed for grades 7-8, this is an online learning module that address cannabis, tobacco, vaping and water-pipe use to help facilitate critical discussion in a fun and informative manner.

<https://lungontario.ca/we-can-help/digital-learning-hub/talking-about-series>

NEW!Coming Fall 2019-Not an Experiment:

Developed for grades 7-12, this is a digital toolkit to educate and build capacity among educators and youth champions about e-cigarettes and vaping, including an interactive, yet educational escape room-style activity.

www.NotAnExperiment.ca

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Health Canada Vaping and the Consequences:

Consider the Consequences campaign engages teens on the facts about vaping so they can make an informed choice. This campaign also includes a maze tour that travels to high schools and events across Canada. Online tools are also available to raise awareness about the consequences of vaping for teens.

www.canada.ca/en/services/health/campaigns/vaping.html

Heart & Stroke Foundation of Canada:

Position Statement on E-Cigarettes in Canada

<https://www.heartandstroke.ca/-/media/pdf-files/position-statements/ecigarettesincanada.ashx?la=en&hash=8939FF52C37A5E11C551176982F2E4AC5D38D605>

Other Helpful Links for Parents/Caregivers

Health Canada: Talking with your teen about vaping: a tip sheet for parents:

This resource is promoted by Health Canada for parents and covers the facts about vaping and strategies to support teens.

<https://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html>

Canadian Paediatric Society- Caring for Kids: Talking to your teen about vaping:

<https://www.caringforkids.cps.ca/handouts/vaping>

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