

NOT AN EXPERIMENT

EDUCATOR RESOURCES

This document has been designed for educators and/or adult champions who would like to explore additional e-cigarette and vape curriculum resources to supplement the Escape the Experiment activity.

A variety of sources indicate an alarming increase in the use of e-cigarettes and vape products among Canadian youthⁱ, including a recently released article in the British Medical Journal. Schools provide an ideal setting for educating young people about these devices, in an effort to prevent continued and future use. Accordingly, Public Health Units across Ontario worked with provincial partners to identify evidence-informed resources and tools for use across the school community, including curriculum supports, teacher education, and parent and community messaging.

We identified and evaluated existing e-cigarette education/prevention programs taking into consideration whether the program:

- is an evidence-based educational resource for both intermediate and high school levels;
- includes a teacher training component;
- includes a parent and community education component;
- includes an evaluation component;
- provides opportunities for student leadership;
- is willing to grant permission for the program's use by Ontario School Boards and Public Health Units; and,
- is supportive of the program being adapted to the Ontario/Canadian landscape.

After reviewing several interventions with this preliminary lens, we identified two programs that met the majority of these criteria. We also identified an Ontario specific resource, which does not meet as many of the aforementioned criteria but is included because it is reflective of the Ontario context and includes links to the Ontario School Curriculum.

CATCH My Breath

Overview: CATCH My Breath is a program that will help middle and high school students build knowledge and skills to resist media influences and peer pressure to try e-cigarettes. It was designed to be delivered by teachers, nurses, or school counsellors in the area of health education, tobacco education, physical education, or science. This program may be adapted to connect to the Ontario Curriculum.

Features: User-friendly teacher training webinars and materials; policy guides; parent resources; evaluation tools; peer group facilitator guides; classroom sessions including lesson plans, directions and all corresponding materials; and a Physical Education Supplement.

Access requires a code to view content. General program information can be found here: <https://catchinfo.org/modules/e-cigarettes/>. To request an Access Code for full content, complete the CATCH My Breath General Enrollment Form.

Stanford Medicine: Tobacco Prevention Toolkit

Overview: The Tobacco Prevention Toolkit is a theory-based and evidence-informed resource created by educators and researchers aimed at preventing middle and high school students' use of cigarettes, cigars/cigarillos, smokeless tobacco, hookah, and electronic cigarettes/vapes and other pod-based system (e.g. JUUL)

Features: User-friendly PowerPoints with educator notes; interactive lessons with activities; educator crash courses; online games; discussion guides; and a resource directory. This program may be adapted to connect to the Ontario Curriculum.

In development by Stanford: Parent Education Resources and a Peer-to-Peer model.

OPEN Access to the Program's Online Modules, including Unit 6 – E-Cigs/Vapes & Pod-Based:
<https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>

For further questions contact: tobprevtoolkit@stanford.edu

The Ontario Lung Association: The Talking About Series

Overview: The Talking About Series is an educational resource addressing cannabis, tobacco, vaping, and water pipes. The series includes a set of activity guides, one for each topic, to help facilitate critical discussion with young people (Grades 7 - 12) in a fun and informative manner.

Features: Each topic area has 3 lessons, each approximately 40-45 minutes in length and consisting of an introduction, a core activity, and a debrief. The resource provides sample energizers and debriefing activities. The Talking About Series has been designed to meet a portion of the "Overall and Specific Expectations" outlined in the "Substance Use and Abuse" component of the HPE Curriculum for Grades 7-12. Links can be viewed here: <https://lungontario.ca/wp-content/uploads/2019/04/Curriculum-Links-for-TAS.pdf>

OPEN Access Online Resource, including the Vaping Activity Guide:
<https://lungontario.ca/we-can-help/digital-learning-hub/talking-about-series>

For further questions contact: The Lung Association – Ontario (416) 864-9911 or Toll Free: 1 (888) 344-5864.
Email: info@lungontario.ca

ⁱ BMJ 2019;365:l2219 <http://dx.doi.org/10.1136/bmj.l2219>