

Self-Help Resources

App that provides resources about vaping, tools for quitting, and enables people to set goals and stay accountable to a quit plan.

<https://www.quashapp.com/>

Free program to reduce or quit nicotine

<https://quitnow.ca/vape-free-quitting>



Parent resources

1) Guide to having conversation with your youth

<https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/conversation-guide>

2) Step by Step conversation guide to start the conversation

<https://www2.gov.bc.ca/gov/content/vaping/talking-to-teens-about-vaping>

3) Tip sheet to help learn about vaping

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

Staff contacts

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Vaping Cessation Resources



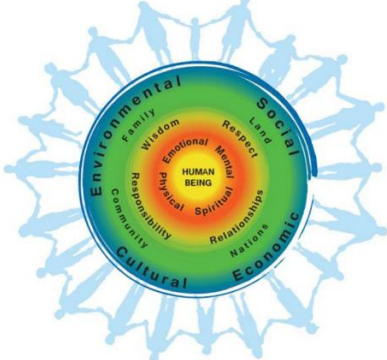
Indigenous Perspectives:

First Nations Health Authority resources to explore to add Indigenous perspective on traditional/sacred tobacco:

First Nations Health Authority www.fnha.ca

First Nations Perspective of Wellness

- A visual expression of the First Nations Perspective on Wellness – the way it has always been.
- Passed down from our Elders and traditional healers.
- Wellness belongs to every human being and their reflection of this Perspective will be unique.



<https://www.fnha.ca/wellness/wellness-for-first-nations/wellness-streams/respecting-tobacco>

<https://www.fnha.ca/about/news-and-events/news/the-dangers-of-smoking-or-vaping-commercial-tobacco>

Elementary school

1) **Clearing the cloud** - lesson plan and follow up activities to educate on the harms of vaping

<https://bclung.ca/programs-initiatives/vaping-and-lung-health/vaping-health-education-toolkits/clearing-cloud-grades-5>

2) Self help guides, videos and preventative information

<https://www.canada.ca/en/health-canada/services/smoking-tobacco/preventing/vaping.html>

3) **Youth Ambassador Program:** District run prevention program run by leadership teams at middle schools. Teens can come and educate classes on the harms of vaping.



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Middle/Secondary School

1) **I quit for me**- district run program, facilitated by Safe School and Substance Use Liaisons throughout the year

2) **Clearing the cloud** - lesson plan and follow up activities to educate on the harms of vaping

<https://bclung.ca/programs-initiatives/vaping-and-lung-health/vaping-health-education-toolkits/clearing-cloud-grades-5>

3)Self help guides, videos and preventative information

<https://www.canada.ca/en/health-canada/services/smoking-tobacco/preventing/vaping.html>