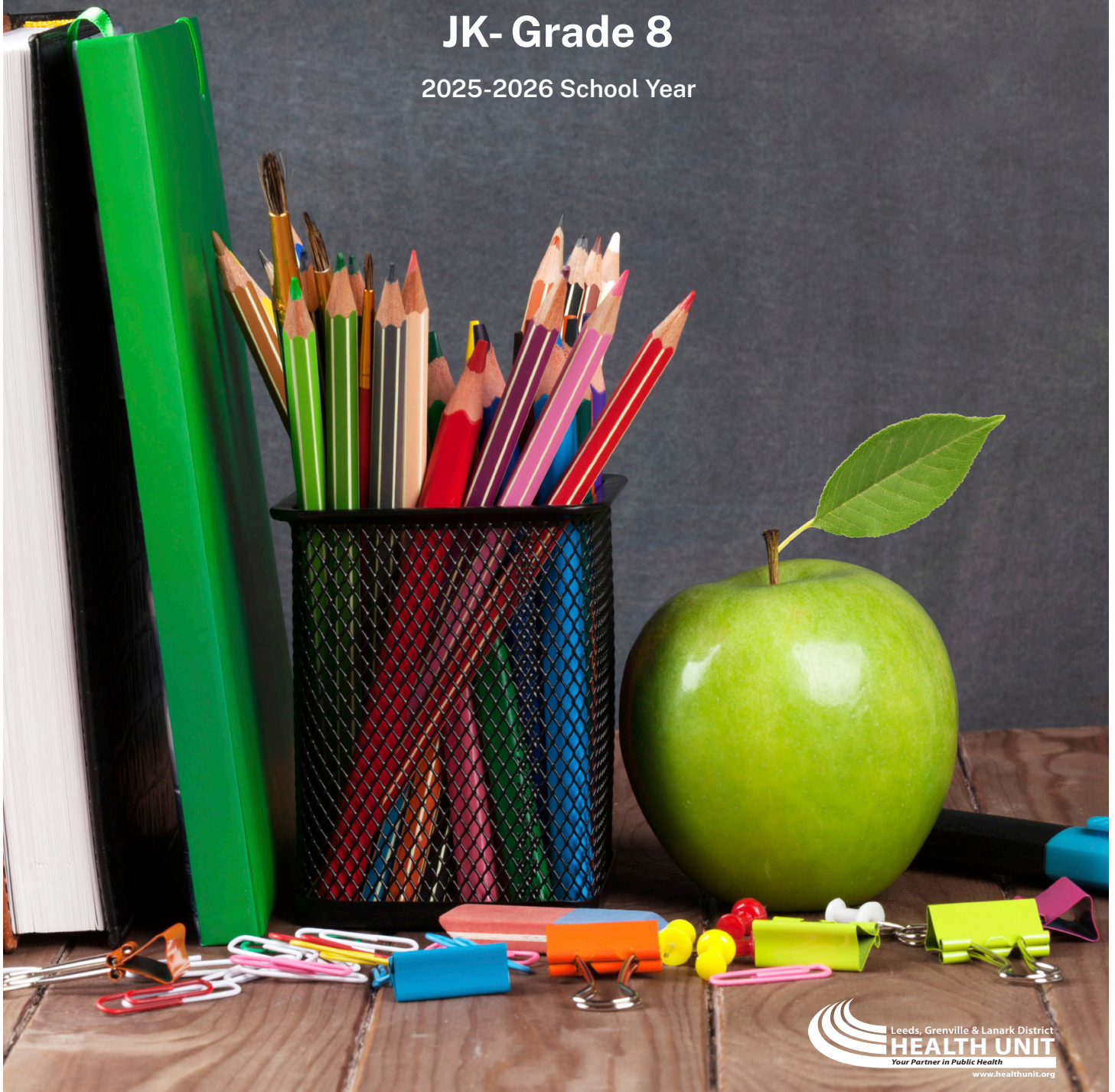


HEALTHY SCHOOLS

Resource Guide

JK- Grade 8

2025-2026 School Year



Welcome to our Healthy School Resource Guide! This guide is a 'one stop' convenient place for you to access a variety of resources to support the health curriculum, and to create a healthy school environment!

This guide focuses on the 3 priority topics identified by our school communities. They include:

- Mental Health and Wellbeing
- Healthy Growth and Development
- Substance Use Prevention (including vaping)

You will find each section divided into:

- Foundational Resources & Training for Educators
- Lesson Plans/Activities and Videos
- Connecting School to Home -- because we know how important it is to keep parents/caregivers in the loop

At the back of this guide you will find additional School Health resources from Oral Health, Triple P- Positive Parenting, Immunization, Head lice, Infection Prevention & Control, and many more health topics.

For questions or additional information related to resources, please contact our team at schoolreferral@healthunit.org.

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Mental Health & Well-being

Foundational Resources & Training for Educators

Mental Health & Well-being

[Personal resiliency tips for helpers who support students](#)

[Mentally healthy classroom reflection tool](#)

[Supporting minds strategies at a glance](#)

[SMHO: Find a resource](#)

[Community resources for youth](#)

Healthy Bodies Healthy Minds

[Mental health and weight bias in schools:](#) Supporting inclusive and safe environments to reduce weight bias and promote a positive body image.

[Creating a positive food environment in schools](#)

[Raising healthy eaters in the classroom \(Elementary\)](#)

[Physical activity fact sheet](#)

[Mental Well-being fact sheet](#)

[A tool for working with children and teens](#)

[Clever Replies to Damaging Remarks](#)

| Resources/Activities | Grades K-8 |
|-------------------------------------|--|
| Mental Health and Well-Being | <ul style="list-style-type: none">• <u>The First 10 days (& beyond):</u> Help students ease into school routines and get the school year off to a good start.• <u>Kindness in the classroom:</u> Social Emotional Learning (SEL) curriculum.• <u>School Mental Health Ontario (SMHO):</u> Supports the development of basic mental health literacy and SEL skills.• Tell Me More: Positive connections are essential for students' social development. Download our free poster and handouts/questionnaires to help get to know your students and to foster positive relationships with students, school staff, and parents/guardians.<ul style="list-style-type: none">• <u>Dear Student Poster</u>• <u>Tell Me More for Teachers</u>• <u>Tell Me More for Students</u>• <u>Tell Me More for Parents</u> |

Resources

Resources/Activities

| Grades 4-6 | | Grades 7-8 |
|---------------------------------------|---|---|
| Stress Management & Coping | <ul style="list-style-type: none"> • OPHEA: Mental Health Activities • Kid's Help Phone Self Care Checklist | <ul style="list-style-type: none"> • OPHEA: Mental Health Activities • Kid's Help Phone Self Care Checklist • Healthy bodies healthy minds fact sheet |
| Sleep | <ul style="list-style-type: none"> • Sufficient and Satisfactory Sleep Classroom Activity | <ul style="list-style-type: none"> • Sleep well: The importance of sleep for physical and mental health • Sufficient and satisfactory sleep • Healthy sleeping fact sheet |
| Screen Time & Technology | <ul style="list-style-type: none"> • OPHEA (Gr. 4): Internet Safety • OPHEA (Gr. 5): Internet Safety • OPHEA (Gr. 6): Internet Safety | <ul style="list-style-type: none"> • OPHEA (Gr. 7): Internet Safety • OPHEA (Gr. 8): Internet Safety • Digital detox: How to unplug and recharge |
| Stigma | <ul style="list-style-type: none"> • Bust stigma and stereotype activity • SMHO – Conversation starters: Helping students develop a positive mindset and reduce stigma around mental health. • SMHO (Gr. 5): Stigma • SMHO (Gr. 5): Helping Others | <ul style="list-style-type: none"> • SMHO: Societal views and impact on stigma • Talking about Mental Illness: Teacher's Guide • SMHO – Conversation starters: Helping students develop a positive mindset and reduce stigma around mental health. • SMHO (Gr. 5): Stigma • SMHO (Gr. 5): Helping Others |
| Body Image & Self-Esteem | <ul style="list-style-type: none"> • Dove: Confident me: Designed to empower students to feel confident and reach their full potential. • National Eating Disorder Information Centre (NEDIC) workshop: Aims to help children and youth appreciate diversity and build their resilience against pressures to change their appearance. | |

| Grades 4-6 | | Grade 7-8 |
|------------------------------|--|--|
| Balanced Eating | <ul style="list-style-type: none"> • <u>OPHEA</u> has many resources available for balanced eating. Below are 3 recommendations: <ul style="list-style-type: none"> • <u>Food literacy</u> • <u>Growing Chefs! Ontario</u> • <u>Food systems</u> • <u>BrightBites©</u> • <u>Canada's food guide Toolkit for Educators (ages 4 - 11)</u> • <u>Canada's food guide snapshot</u> • <u>Foodland Ontario</u> | <ul style="list-style-type: none"> • <u>OPHEA</u> has many resources available for balanced eating. Below are 4 recommendations: <ul style="list-style-type: none"> • <u>Growing Chefs! Ontario</u> • <u>Food systems</u> • <u>Taste like a chef</u> • <u>Value of food</u> • <u>Alberta Health Services</u> has many resources available. Below is a list of recommendations: <ul style="list-style-type: none"> • <u>Food detective</u> • <u>Cereal slayer</u> • <u>Thirst quencher</u> • <u>Ingredient investigation</u> • <u>Fat match</u> • <u>Sodium analyzer</u> • <u>Time crunch - what do I eat?</u> • <u>BrightBites©</u> • <u>Canada's food guide snapshot</u> |
| Movement & Physical Activity | <ul style="list-style-type: none"> • <u>Playground Activity Leaders in Schools (PALS):</u> A playground leadership program that encourages all children to participate in activities at recess. • <u>Beyond the walls</u> • <u>50 fitness activity GIFs</u> | <ul style="list-style-type: none"> • <u>Beyond the walls</u> • <u>50 fitness activity GIFs</u> • <u>Tips to get active</u> • <u>Healthy bodies healthy minds: Physical activity fact sheet</u> |

Videos

| Grades 4-6 | | Grade 7-8 |
|------------------------------|---|---|
| Stress Management & Coping | <ul style="list-style-type: none"> • How to feel feelings (4:14) • Overwhelmed: Managing feelings and racing thoughts (7:05) | <ul style="list-style-type: none"> • Mental health literacy pyramid explained (3:46) • Stress (3:52) • The 5-4-3-2-1 method: A grounding exercise to manage anxiety (4:28) • Kids Have Stress Too! What is Stress? video (0:50) |
| Sleep | | <ul style="list-style-type: none"> • Why are teens so sleepy? (3:03) • Mood matters: How food, movement & sleep can have an impact on you (4:20) |
| Screen Time & Technology | <ul style="list-style-type: none"> • Social media: Ways to stay healthy (2:07) • Responding respectfully to harmful online behaviour (Gr. 4) (5:00) • The power of positive actions: Helping others online (Gr. 5) (4:30) • Being a good digital citizen (Gr. 6) (3:42) | <ul style="list-style-type: none"> • Social media: Ways to stay healthy (2:07) • Managing your digital footprint to stay safe online (5:42) • Avoiding dangerous situations while online (5:39) |
| Stigma | | <ul style="list-style-type: none"> • Reducing stigma (4:11) |
| Body Image & Self-Esteem | <ul style="list-style-type: none"> • Confident me: Introduction to body confidence (5:37) | <ul style="list-style-type: none"> • Confident me: Introduction to body confidence (5:37) |
| Balanced Eating | <ul style="list-style-type: none"> • Why and when do we eat? (7:34) | <ul style="list-style-type: none"> • Mood matters: How food, movement & sleep can have an impact on you (4:20) |
| Movement & Physical Activity | <ul style="list-style-type: none"> • Exploring physical and health literacy (2:53) | |

Connecting School to Home

Mental Health & Well-being

[How to help your child have a mentally healthy return to school](#)

[Noticing mental health concerns for your child](#)

[By your side: Video Series](#)

[Kids have stress too: Parent and caregiver guide and activity workbook](#)

Sleep, Screen Time & Technology

[Sleep for children and youth: A fact sheet](#)

[Parenting tips for teaching good screen time habits](#)

[14 year-round ideas to break free from screens](#)

[Screen time and digital media: Advice for parents of school-aged children and teens](#)

[Social media: What parents should know](#)

[Beyond screen time: Help your kids build healthy media use habits](#)

Healthy Bodies Healthy Minds

[A tool for parenting children](#)

[A tool for parenting teens](#)

[Get active in nature: Family physical activity plan](#)

Balanced Eating

[What's for Lunch?](#)



Human Development & Sexual Health

Foundational Resources & Training for Educators

Getting Ready to Teach Sexual Health: Topics include personal values, instructional methods, ground rules, diversity, sexual and gender identity, puberty, and answering frequently asked questions.

The 'Everybody': Explains sex, gender identity, gender expression and sexual orientation.

The Sexuality Wheel: Shows how broad the idea of sexuality really is.

Gender & Sexual Identity in Schools: Provides tips for educators on how to build inclusive environments in schools.

Guide to Inclusive Language: A resource designed for educators that reviews the importance of language surrounding the topic of sexual health.

Resources

Lesson Plans

| Grade 4 | Grade 5 | Grade 6 |
|---|---|--|
| Teachingsexualhealth.ca Consider these topics*: <ul style="list-style-type: none">• Puberty | Teachingsexualhealth.ca Consider these topics*: <ul style="list-style-type: none">• Puberty• Reproduction• Anatomy & physiology | |
| | <ul style="list-style-type: none">• Puberty & the reproductive system• Self-concept & sexual orientation | <ul style="list-style-type: none">• Healthy relationships• Gender & sexual diversity: Stereotypes and assumptions |

*As this is a resource from Alberta, filtering by grade shows resources for their province's grade curriculum, which may differ from Ontario's. Topics should be considered by curriculum.

Presentations

| Grade 4 | Grade 5 | Grade 6 |
|---|--|---|
| <ul style="list-style-type: none">• Puberty | <ul style="list-style-type: none">• Puberty & growing up (A review, if needed)• Reproductive system part 1• Reproductive system part 2• Pregnancy | <ul style="list-style-type: none">• Healthy relationships• Stereotypes & assumptions |



Videos

| Grade 4 | Grade 5 | Grade 6 |
|---|--|---|
| <ul style="list-style-type: none"> • Pimples and periods (3:19) • Anatomy assigned sex at birth as male (3:06) • Anatomy assigned sex at birth as female (1:51) • Emotional changes during puberty (2:36) • Menstruation what to expect (3:18) • Wet dream (1:48) | <ul style="list-style-type: none"> • Female reproductive system (4:35) • Male reproductive system (10:23) • How do you get pregnant? (1:58) | <ul style="list-style-type: none"> • Range of gender identities (2:56) • Consent & communication (2:58) • What makes a healthy relationship (2:16) |

Additional Resources

(worksheets, websites, booklets, services)

| Grade 4 | Grade 5 | Grade 6 |
|---|---|---------|
| <ul style="list-style-type: none"> • Nothing better than a good friend | | |
| <ul style="list-style-type: none"> • Puberty kit • Puberty changes Kahoot | | |
| | <ul style="list-style-type: none"> • Always changing & growing up: Grades 5-6 workbook | |

Grade 7 and 8 Resources

Lesson Plans

| Grade 7 | Grade 8 |
|--|---|
| <p>Teachingsexualhealth.ca</p> <p>Consider these topics*:</p> <ul style="list-style-type: none"> • STBBIs • Contraception | <p>Teachingsexualhealth.ca</p> <p>Consider these topics*:</p> <ul style="list-style-type: none"> • STBBIs • Contraception • Gender identity/expression, Sexual Orientation • Consent |
| <ul style="list-style-type: none"> • Sexual health decision-making • Sexually transmitted infections | <ul style="list-style-type: none"> • Gender & sexual diversity • Healthy relationships • Making decisions about sexual health |
| <p>OPHEA has health & physical education lesson plans available. Create a free account to access all OPHEA content including lesson plans and activities.</p> | |

*As this is a resource from Alberta, filtering by grade shows resources for their province's grade curriculum, which may differ from Ontario's. Topics should be considered by curriculum.

Presentations

| Grade 7 -8 |
|---|
| <ul style="list-style-type: none"> • Sexual health • STIs part 1 • STIs part 2 • Gender & sexual diversity • Healthy relationships • Making decisions about sexual health |

Videos

| Grades 7 - 8 | |
|--|--|
| <ul style="list-style-type: none">• Setting Healthy Boundaries (3:38)• Female reproductive system review (4:35)• Male reproductive system review (10:23)• Sexting (2:20) | |
| <ul style="list-style-type: none">• How do you get pregnant? (1:58)• Understanding consent (3:03)• Contraceptives 101 (3:01)• Consent is like a bike ride (4:02)• Gender identities (2:56) | |

Additional Resources

(worksheets, websites, booklets, services)

| Grades 7 - 8 | |
|--|--|
| <ul style="list-style-type: none">• Nothing better than a good friend• Sexting | |
| <ul style="list-style-type: none">• Responsible and healthy relationships• Condom line-up game• Sexandu.ca | |

Connecting School to Home

Triple P Parenting: A positive parenting program for all families with children from 0–16 that offers a toolbox of ideas to match needs of parents. Call 1-800- 660-5853, email triplep@healthunit.org or visit [Triple P: Positive Parenting Program](#) for tips.

Caring for Kids: Outlines how gender develops through the ages, and provides tips on how parents can support their children.

Talking to Children and Teens about Sexual Health: Learn how you can prepare for and start the conversation about sexual health, and find information & resources accessible by topic or age. Note: this website is from Alberta and may have references specific to that province.

Teens Can Be Resilient!: This guide provides tips on raising resilient teens such as developing supportive relationships, and helping teens to build healthy coping skills, optimistic thinking, emotional awareness and skills for living.

Substance Use Prevention (including Vaping)

Foundational Resources & Training for Educators

Substance Use:

[OPHEA Allyship and Substance Use - Tips for Educators by Youth](#)

[OPHEA Teaching Harm Reduction regarding Substance Use - Tips for Educators by Youth](#)

[OPHEA Mental Health and Substance Use - Tips for Educators by Youth](#)

[OPHEA Understanding and Addressing Stigma Around Substance Use - Tips for Educators by Youth](#)

[OPHEA Talking to Youth about Substance Use - Tips for Educators by Youth](#)

[SMHO Substance Use and School: Opportunities to Support Students](#)

[SMHO Substance Use and School: What Youth Want Educators to Know](#)

[Cannabis: What Educators Need to Know](#)

[Understanding Substance Use](#)

[Info. Sheet - Prescription Opioids, including Fentanyl: What Educators Need to Know](#)

[Talking Pot with Youth](#)

Vaping:

[OPHEA The Educator Voice: Talking About Vaping with Students - Part 1](#)

[OPHEA The Educator Voice: Talking About Vaping with Students - Part 2](#)

[SMHO Vaping: What elementary school educators need to know](#)

[Quash Brief Conversations Toolkit](#) - a digital toolkit for those who work with youth who use nicotine products to support a simple and brief conversation about quitting.

Resources

Lesson Plans/Activities

| Grades 5-6 | | Grades 7-8 |
|---------------|--|---|
| Substance Use | <ul style="list-style-type: none"> • <u>OPHEA - Cannabis Elementary Activity Plans</u> | <ul style="list-style-type: none"> • <u>OPHEA - Cannabis Elementary Activity Plans</u> |
| Vaping | <ul style="list-style-type: none"> • <u>Public Health Sudbury and Districts – Activity: Refusal skills for vaping and e-cigarettes:</u> Activity provides youth the opportunity to learn about and practice using refusal skills when faced with peer pressure. | <ul style="list-style-type: none"> • <u>Not An Experiment - Vaping Presentation</u> • <u>Not An Experiment – Grade 7/8 Lesson Plans</u> • <u>Escape the Experiment - Escape room activity:</u> A dynamic, interactive activity intended to educate young people (grades 7–12) about the dangers of vaping. • <u>Public Health Sudbury and Districts – Activity: Refusal skills for vaping and e-cigarettes:</u> Activity provides youth the opportunity to learn about and practice using refusal skills when faced with peer pressure. • <u>What the Vape?!?!:</u> Online module that provides a critical look at e-cigarettes/vaping and how to take action. |

Videos

| Grades 5-6 | | Grades 7-8 |
|------------|--|---|
| Vaping | <ul style="list-style-type: none"> • OPHEA videos: <ul style="list-style-type: none"> • <u>Vaping: Responding to Peer Influences</u> (4:53) | <ul style="list-style-type: none"> • <u>Vaping: Factors that Influence Personal Choices</u> (4:03) • <u>Healthy Canadians - Teen vaping and nicotine</u> (2:16) |

For information on smoking and vaping legislation and cessation supports provided by the Health Unit, see “Additional Resources for School Health” section.

Connecting School to Home

Substance Use

[Cannabis: Important things to know - Kids Help Phone](#)

[Cannabis: What Parents/Guardians and Caregivers Need to Know](#)

[Info Sheet - Prescription Opioids, including Fentanyl: What parents and caregivers need to know](#)

[Drug Free Kids Canada](#)

[Triple P Parenting](#)

[Cannabis Talk Kit](#)

[1Call1Click](#)

[AccessMHA](#)

Vaping

[Talking with your Teen about Vaping: A Tip Sheet for Parents](#)

[Conversation Starters About Vaping](#)

[Not An Experiment Parent Resource – Kids Listen More Than You Think, So Let's Talk About Vaping](#)

[Quash Brief Conversations Toolkit](#) - a digital toolkit for those who work with youth who use nicotine products to support a simple and brief conversation about quitting.

Additional Resources for School Health

E-bits

E-bits is an electronic newsletter with school health information for Administrators, Educators, and Families. E-bits is sent to schools monthly (last week of each month) by the Public Health Nurse assigned to the school.

School Website

The school section on our Health Unit website can be accessed via the following link: <https://healthunit.org/for-professionals/educators/>. Our school site contains relevant information for School Administrators, Teachers/School Staff, Parents/School Councils, and Students.

ABC Booklet

The purpose of the booklet is to provide information about services for kindergarten children, and tips to keep them safe and healthy as they head off to school. It is intended to be distributed to parents at Kindergarten Registration or Welcome to Kindergarten events. To view our current ABC Booklet, please visit: https://healthunit.org/wp-content/uploads/ABCs_Booklet.pdf

Oral Health

Dental screening for signs of cavities and other concerns are provided to selected grades in elementary schools by Registered Dental Hygienist. The screening may also include a recommendation for fluoride, scaling (cleaning), and/or dental sealants. All parents or guardians will be sent home a screening report card and will only be contacted by phone if the hygienist sees an urgent condition. The [Healthy Smiles Ontario](#) program may help with the cost of dental care if paying for a child's treatment is a financial hardship for the family. For more information on oral health, please call the LGLDHU 1-800-660-5853 ext 2456 to reach an oral health team member.

School Immunizations - Grade 7 immunization program 2025/2026

The Grade 7 Immunization Information/Consent form will be sent home with all grade 7 students in September. Public Health immunization nurses will come to the school this fall and next spring to immunize the students who have returned a signed consent form. For more information visit: <https://healthunit.org/health-information/immunization/grade-7-immunizations/> or email SchoolVaccine@healthunit.org.

Looking for resources on how to prepare students for upcoming immunizations? Please check out this immunization video that can be shared with students <https://www.youtube.com/watch?v=c41HvgEKQSk>

Additional Resources for School Health

Childhood Diseases

Childhood diseases information is available on our [website](#) and on a [poster](#). For a hardcopy of the poster, contact schoolreferral@healthunit.org. The poster provides general guidance on common childhood infections, including; how the illness is spread, how to recognize the illness, when it is contagious, and when a child should be excluded. The poster also reviews the requirements for reporting to the Health Unit. To report a communicable disease, call the Health Unit at 1-800-660-5853 and ask to speak to a PHN or PHI on the Infectious Disease team.

Head Lice

Although head lice are a nuisance, they do not carry disease and therefore are not considered a health hazard. The Health Unit's role is to provide information on head lice to educators and parents. Parents should check their child's head regularly for head lice and nits in order to start treatment as soon as possible. For more information visit: <https://healthunit.org/wp-content/uploads/headlice-factsheet.pdf>.

According to [Caring for Kids](#), children with head lice should be treated and then attend school or child care as usual. 'No-nit' policies that keep children with head lice or nits after treatment away from school are not necessary.

Infection Prevention & Control

Resources to support the compulsory ***Infection Control training for the Health & Wellness SHSM***:

[Ontario Council for Technology Education](#): This SHSM Certification for Infection Control & PPE Awareness consists of 4 online modules that take approximately 2 hours to complete. There are assessment suggestions for each module at the conclusion of the training. Each module contain some basic vocabulary, PDFs and video links.

[Alberta Health Services](#): This online course will provide students with an understanding of Personal Protective Equipment from an Infection Prevention & Control perspective.

Other Infection Control Curriculum Supports:

Visit <https://healthunit.org/for-professionals/educators/infections-illnesses-diseases/infection-control-resources/> or contact your School's Public Health Nurse for lesson plans, glo germ light, infection control guessing game, or the roulette wheel with questions.

Additional Resources for School Health

Food Safety at School Resources

Food Safety Within School Kitchens - This fact sheet can help you determine what type of food preparation and service you can do from your school kitchen.

Food Safety Considerations for School Gardens - There are many benefits that everyone can experience from participating in a gardening project at school. This fact sheet outlines some food safety considerations to address to ensure the food your garden produces is safe.

Making Your School Barbecue Safe - This fact sheet outlines food safety tips to help ensure the food you serve to students, staff and visitors is safe.

Student Nutrition Programs (SNPs)

These programs are funded by the Ministry of Children, Community, and Social Services and through fundraising at the school level. These are universal programs that are meant to benefit all students.

Follow the **School Nutrition Program (SNP) Guidelines (2020)** when choosing foods offered in your SNP.

Leeds & Grenville schools receive support from **Healthy Eating for Better Learning (HEBL)** for their SNPs.

Lanark schools receive support from **Food 4 Thought** for their SNPs.

If you are delivering and/or interested in student nutrition programs, Ontario Dietitians in Public Health has developed three **learning modules** to help you to understand and apply the Nutrition Guidelines.

FoodcoreLGL's School Toolkit

This toolkit was developed with input from educators, students and community supporters. Use the ideas and resources to bring together curricula, local food, food literacy, and community engagement. Use it too to illustrate the terrific food-related projects and lessons already going on in Leeds, Grenville and Lanark Counties' schools.

Triple P Parenting

A positive parenting program that gives parents tools and strategies to help manage family life. It doesn't tell parents *how* to raise their children, but gives them the confidence and skills to build good relationships with their child, set boundaries and rules, and follow up with consequences that aren't harmful. Triple P Parenting can be delivered to school families in a seminar format, or individually to parents with children from 0–16 years of age around topics such as sleep, self-esteem, not listening, anxiety, aggression, family conflict – and many more! For support in Lanark, Leeds and Grenville, call 1-800-660-5853 and ask about Triple P or visit **www.triplep-parenting.ca**.

Additional Resources for School Health

Roots of Empathy

Roots of Empathy is an evidence-based, award-winning classroom program that has shown significant impacts on elementary school children in reducing levels of aggression, including bullying, while raising social and emotional competence and increasing empathy. The program allows students to observe and interact with a parent and baby to see firsthand the effects of a loving relationship. A Roots of Empathy Instructor guides discussions with children, encouraging them to read a baby's emotional cues and take the baby's perspective. For more information about local programs, call 1-800-660-5853 and ask about Roots of Empathy, or visit [Home - Roots of Empathy](#).

Smoke Free Ontario Act (SFOA) Legislation

The SFOA prohibits the smoking of tobacco or cannabis and the vaping of any substance on school property including the grounds associated with this school, and public areas within 20 metres of any point on the perimeter of the grounds of the school. This includes inside vehicles. School employees are required to inform staff, students and visitors of the law, post appropriate signage and ensure compliance. The "Smoke-Free" section of the health unit website has online forms to [request signage](#) or [report a school incident](#) directly to the enforcement team. Smoke Free Ontario Inspectors from the Health Unit will carry out inspections and respond to complaints.

Creating enhanced policies that go beyond the provincial legislation and address visible tobacco or vaping products, even when not in use, can help to reduce the social influence of substance use. Schools may also choose to support students with educational content for in-school suspensions or assignments following an incident under the SFOA. The recommended resources are intended to offer the student an opportunity to learn, to reflect and to be connected with supports. Connect with your school's Public Health Nurse for more information.

Cessation

Students and/or staff looking for quit support can contact the Health Unit at 1-800-660-5853 ext 2468 or email quit@healthunit.org to speak to trained cessation provider(s) who can provide behavioural support, help develop a quit smoking/vaping plan, answer questions and provide referrals to programs and services.

Here are two Health Unit approved apps that you can refer students/staff to if they are not ready to reach out to a professional yet, or want to get started in the meantime:

Quash App: this is for young people who may be interested in quitting vaping or smoking. It allows them to design and track their own quit process.

#StopVaping Challenge App: this app challenges individuals to go as long as they can without vaping. It helps track cravings and moods, and allows users to earn badges and challenge friends.

[Quash Brief Conversations Toolkit](#) - a digital toolkit for those who work with youth who use nicotine products to support a simple and brief conversation about quitting.

For more information on cessation, visit: <https://healthunit.org/health-information/smoke-free/ready-to-quit-smoking-vaping/>