



Digital Vaping Resource Kit

A Community Health Project Prepared by Thompson Rivers University School of Nursing Students Catherine Taylor & Rhiannon Wright

Introduction

This digital resource vaping kit has been prepared by Thompson Rivers University (TRU) Second Year nursing students for School District 73 (SD73) educators and staff, families, and youth. This project is part of a semester-long nursing practice experience in Community Health Nursing (CHN). The CHN process involves a series of steps that are intended to solve problems and meet the needs of the client, in this case, the SD73 community (Stamler et al., 2020). The CHN process is collaborative, goal-oriented, and strengths-based, and aims to provide an individualized plan of care to address health concerns and strive to achieve and maintain the health of the SD73 community (Stamler et al., 2020).

Vaping among youth is widely recognized as a major public health concern that poses well documented health risks, most notably respiratory health problems (Lyzwinski et al., 2022). Additionally, the nicotine contained in vaping products is addictive and is associated with impaired cognitive and neurological development in youth (Linzwinski et al., 2022). Furthermore, youth are targeted with enticing vape juice flavours and deceptive marketing practices by vaping companies (Lyzwinski et al., 2022). There is also evidence to suggest a link between nicotine dependence and the development of mental health related concerns such as "impulsivity, mood disorders, anxiety, suicidality, and depression" (Walia, 2021). Evidence suggests that those who have pre-diagnosed and/or underlying mental health issues, such as depression, are more likely to start vaping compared to those with no pre-diagnosed and/or underlying mental health issues (Templeton, 2019). Nursing students have prepared this digital vaping resource kit as a concise summary of the most relevant and helpful vaping resources for SD73 staff, families, and youth.

Nursing students would like to respectfully acknowledge that they are living and learning on the traditional lands of the Secwépemc Peoples. It is also important to recognize that tobacco use is an integral part of Indigenous culture, and that its traditional use should be respected (FNHA, n.d.). For more information on respecting tobacco, please visit

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

Rationale

- To provide an accessible resource kit for all target audiences to reduce and/or prevent vaping in youth.
- A digital resource kit can be customized and individualized based on the needs of the end user.
- The curated list of resources presented in this kit are relevant, current, and evidence-based resources that are easily accessible.

Target Audience

- Healthy Schools coordinators
- School administrators
- Educators and other school staff
- Parents and families including Parent Advisory Committees (PACs)
- Youth (middle school and high school age)

Project Focus

The project focus is to provide a digital vaping resource kit to School District 73 that will help middle and high school students, educators, and families understand basic information about vaping products and the harm they cause, understand marketing strategies aimed at youth, and provide evidence-based resources that support education, health promotion, harm reduction, and vaping cessation.

Vaping Resources for SD 73 Educators and Staff:

- **BC Lung Foundation - Vaping Health Education Toolkits**
 - https://bclung.ca/sites/default/files/1168-Vaping_InfoTeachers_Final_R2.pdf
 - PowerPoint presentations (Grade 5-7 & Grade 8-10)
 - Teacher's guide, speaking notes and links to BC curriculum
 - Suggested activities with printable activity sheets, videos, and discussion prompts
- **BC Lung Foundation - Vaping Products Information**
 - <https://bclung.ca/how-we-can-help/vaping/vaping-prevention-toolkit>
 - Complements the BC Lung Foundation PowerPoint presentations
 - Addresses questions raised by educators
 - Supplemental information to help educators discuss vaping with students

- **Centre for Addiction and Mental Health (CAMH) - What Secondary School Educators Need to Know**
 - <https://www.camh.ca/-/media/files/vaping-secondary-educator-resource-en-pdf.pdf>
 - Fact sheet with general information about vaping
 - Health risks
 - Laws around vaping
 - Ideas to promote student well-being & reduce harms of vaping
 - How vaping education fits within the curriculum
- **Interior Health - Vaping Toolkit for Schools**
 - <https://www.interiorhealth.ca/sites/default/files/PDFS/toolkit-vaping-school-properties.pdf>
 - Provides tools and resources for school staff including:
 - The role of schools in vaping prevention and best practice
 - School policy review checklists and Tobacco and Vapour Products Control Act compliance checklists
 - Ready to use signage and print resources

Vaping Resources for Families:

- **BC Lung Foundation - Vaping Products Information for Families**
 - https://bclung.ca/sites/default/files/1168-Vaping_Parent%27sHandout_Final_R2.pdf
 - Includes tips on how to:
 - Start a dialogue with your child(ren)
 - Potential questions your child may ask and suggested responses
 - Available in Chinese, Farsi, Punjabi, Tagalog, and Vietnamese
- **BC Government - Talking to teens about vaping**
 - <https://www2.gov.bc.ca/gov/content/vaping/talking-to-teens-about-vaping>
 - Information on when and how to talk to your kids about vaping and how to handle teenage risk-taking
 - Includes additional access to:
 - Health Canada: Talking to teens about vaping
 - Caring for Kids: Talking to teens about vaping
 - HealthLink BC: Parenting articles
- **School District 73 - Cannabis, Vaping, and Youth**
 - <https://www.sd73.bc.ca/en/community-parents-and-students/cannabis-vaping-and-youth.aspx>
 - School District 73 parent information session
 - General information on cannabis & vaping
 - Suggestions for parents on how to navigate teen vaping

- **Center for Addiction and Mental Health (CAMH) - Smoking and Quitting: Clean Air for All**
 - <https://www.camh.ca/-/media/files/guides-and-publications/smoking-and-quitting-en.pdf>
 - Storybook that families can use with younger child(ren) to begin the conversation about substance use, particularly smoking. Includes:
 - The importance of talking about feelings & concerns with smoking
 - Age-appropriate explanation of addiction
 - How to use the book effectively
 - Potential questions that child(ren) may ask & suggested responses
- **Partnership to End Addiction - What Families Need to Know to Protect Children, Teens, and Young Adults**
 - <https://drugfree.org/wp-content/uploads/2018/11/What-You-Need-to-Know-and-How-to-Talk-to-Your-Kids-About-Vaping-Guide-Partnership-for-Drug-Free-Kids.pdf>
 - Resource guide for families that includes:
 - The health effects of vaping
 - The signs of youth vaping
 - What parents can do to safeguard against vaping
 - Vaping-related lung injuries

Vaping Resources for Teens:

- **Not an Experiment**
 - <https://www.notanexperiment.ca/>
 - Interactive videos, general information, marketing/industry baiting tactics, health effects, & quitting resources
 - Includes quit plan apps "Quash" & "#stopvaping"
 - Addresses triggers, peer pressure, coping skills, & how/who to reach out to for support
- **BC Government: Get Help Quitting Tobacco**
 - <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/bc-smoking-cessation-program>
 - BC Pharmacare's Smoking Cessation Program
 - Covers cost of nicotine gum, lozenges, patches, & some nicotine replacement therapy to help quit smoking/vaping
 - Covers 12 weeks of treatment
 - Additional funding may be available for extra treatment
- **QuitNowBC: Quitting Vaping - 7 Tips to Make It Happen**
 - <https://www.youtube.com/watch?v=hrlib9kLNRw>
 - 7 tips to quitting vaping
 - Includes support strategies, quitting advice, importance of celebrating milestones, & access to additional support
 - Includes link to contact a 'Quit Coach' through phone or live chat

- **Kids Help Phone: Mental Health Support**
 - <https://kidshelpphone.ca>
 - Free and confidential e-mental health service available 24/7
 - Accessible online or by phone
 - 1-800-668-6868
- **Answer in Progress: Vaping - A Lesson in Irony**
 - <https://www.youtube.com/watch?v=MFKg1fS6fd4&t=3s>
 - Video that explores vaping and the law that derailed its original purpose
 - Explores The Law of Unintended Consequences

Signage and Print Materials:

- Copies of the printable postcards, ready-to-use signage, and other print material is also included with this kit
 - BC Lung Foundation - Vaping: An Overview https://bclung.ca/sites/default/files/1168-Vaping_Infographics_Final_R1.pdf
 - Health Canada - Variety of Vaping Posters, Infographics, and Graphics <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/awareness-resources.html>
 - Additional ready-to-use signage, infographics, videos, social media graphics, and tip sheets
 - No Smoking/No Vaping Sign <https://free-printable-signs.com/no-smoking-no-vaping-sign/>
 - Vancouver Coastal Health/Vancouver School Board Vaping Brochure [https://sbvsbstorage.blob.core.windows.net/docs/23357499-407f-471b-9190-2a8b51a3b950_2019_Vaping_Brochure%20\(004\)_1.pdf](https://sbvsbstorage.blob.core.windows.net/docs/23357499-407f-471b-9190-2a8b51a3b950_2019_Vaping_Brochure%20(004)_1.pdf)
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Anticipated Outcomes

- That school administrators and educators use the kit and its resources to provide vaping education in classrooms, and feel confident in discussing vaping with their students
- That PACs use the kit to present and offer information to families
- That families have consolidated information and resources they need to talk to their children about vaping.
- That students learn about the risks of vaping, and either don't start vaping, or seek assistance in quitting.

Resources & References

School-Based Resources (for administrators, educators, and staff)

1. https://bclung.ca/sites/default/files/1168-Vaping_InfoTeachers_Final_R2.pdf
2. <https://bclung.ca/how-we-can-help/vaping/vaping-prevention-toolkit>
3. <https://www.camh.ca/-/media/files/vaping-secondary-educator-resource-en-pdf.pdf>
4. <https://www.interiorhealth.ca/sites/default/files/PDFS/toolkit-vaping-school-properties.pdf>
5. <https://med.stanford.edu/tobaccopreventiontoolkit.html>

Family-Based Resources

1. https://bclung.ca/sites/default/files/1168-Vaping_Parent%27sHandout_Final_R2.pdf
2. <https://www2.gov.bc.ca/gov/content/vaping/talking-to-teens-about-vaping>
3. <https://www.sd73.bc.ca/en/community-parents-and-students/cannabis-vaping-and-youth.aspx>
4. <https://www.camh.ca/-/media/files/guides-and-publications/smoking-and-quitting-en.pdf>
5. <https://drugfree.org/wp-content/uploads/2018/11/What-You-Need-to-Know-and-How-to-Talk-to-Your-Kids-About-Vaping-Guide-Partnership-for-Drug-Free-Kids.pdf>

Teen-Based Resources

1. <https://www.notanexperiment.ca/>
2. <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/bc-smoking-cessation-program>
3. <https://www.youtube.com/watch?v=hrlib9kLNRw>
4. <https://kidshelpphone.ca>
5. <https://www.youtube.com/watch?v=MFKg1fS6fd4&t=3s>

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