Before we start…

Let’s cover some ground rules!

*Reminder that support is always available at school. Other community resources will also be shared at the end of the module.
Locate your lungs
A look inside our lungs

- Trachea
- Bronchi
- Bronchiole
- Alveoli
- Capillaries
- Diaphragm
What is commercial tobacco?
What is in commercial tobacco smoke?

How many chemicals do you think are in tobacco smoke?

- The chemicals come from three places:
  - The **tobacco plant** and **soil**
  - From the process of **burning**
  - **Added** by the Tobacco Industry
Some of the chemicals...
Tar

- Toxic
- Stains
- Cancer
Carbon monoxide (CO)
Nicotine

- Affects the developing brain
- 10 seconds to reach the brain
- Makes tobacco products addictive
Health effects
Is traditional tobacco the same as commercial tobacco?

No!
Waterpipes/Hookah
What is vaping?

Vapes

E-liquid
Effects of vaping
What is the law?

NO SMOKING
NO VAPING
(e-cigarettes)

Ontario
Why do youth start vaping?

- Curiosity
- Peer pressure or wanting to fit in
- Normalized
- Marketing
Responding to peer pressure
Positive ways to cope with stress

- Talk to someone you trust
  - Parent, friend, teacher, sibling, etc.
- Keep a journal
- Identify what is causing stress
- Label your feelings
- Positive self-talk
Stigma

To have negative feelings and negative behaviours toward specific people or groups
Reducing Harm
Recovery
Where to find help

- An adult you trust from your school, family or community

- Youth Services Bureau (24/7)
  YSB assists with service areas such as youth engagement, mental health services, community and housing services, employment services and youth justice services
  - Age 12+
  - Crisis Line: 613-260-2360
  - Crisis Chat: [https://www.ysb.ca/](https://www.ysb.ca/)

- Kids Help Phone
  This resource provides confidential mental health services to youth in Canada.
  - Age Prioritization 5-25
  - Phone (24/7): 1-800-668-6868
  - Text (24/7): Text CONNECT to 686868
  - Live Chat: (open 7 pm – midnight ET) [https://kidshelpphone.ca/live-chat-counselling/](https://kidshelpphone.ca/live-chat-counselling/)
Continued Support

**Hope for Wellness Helpline (First Nations, Métis and Inuit) (24/7)**
A resource available to all Indigenous people across Canada, to assist when there are challenges, or to help connect with other wellness supports.

- Telephone: 1-855-242-3310
- Online Chat: [https://www.hopeforwellness.ca/](https://www.hopeforwellness.ca/)

**Rural Ottawa Youth (Rural schools only)**
An organization that works together to address the gaps in mental health services for youth in rural Ottawa.

- Age 12-24
- [www.ruralottawayouth.ca](http://www.ruralottawayouth.ca)
- Instagram @RuralOttawaYouth
References

Centre for Addiction and Mental Health
Canadian Centre on Substance Abuse
Health Canada
Canadian Lung Association
Ottawa Public Health
CAPSA