

Vaping Quick Supports for Schools

Support for Students

Not all students will want to quit. Some may be open to cutting back. Students can be referred to school social work if they want support. Refer below for additional supports:

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

A youth focused quit vaping app that helps them make custom plans for quitting or cutting back. It also has the functionality to allow students to support each other to quit together.



#StopVapingChallenge: <https://stopvapingchallenge.ca/>

An app that provides students with a more “gamified” approach to quitting or cutting back with counters and integrated friend supports so students can compete to quit.



I Quit for me (Physical Booklet): <https://www.canada.ca/en/health-canada/services/publications/healthy-living/i-quit-for-me-guide-youth.html>

A guide for youth who want to quit or cut back using tobacco, cigarettes, or vapes (schools can order copies for students to use).



Support for School Staff, Parents and Caring Adults

Youth say that parents are the biggest influence in their lives. Parents and other caring adults play a key role in helping youth make decisions about vaping.

Not an Experiment: www.NotanExperiment.ca/Parents

A webpage for information on how to talk with your youth about vaping and curriculum supports.



Brief Conversations Toolkit: <https://www.quashapp.com/conversations>

A toolkit that empowers caring adults to help students make decisions about vaping.



Offence Reporting and Enforcement Support

In London and Middlesex:

For report forms go here: <https://mlhuonca.sharepoint.com/sites/SchoolPartner/SitePages/Home.aspx>

Contact for more information: smokefreeinfo@mlhu.on.ca

In Oxford and Elgin Counties and the City of St. Thomas:

For report forms go here: swpublichealth.ca/smokingcomplaints

Contact for more information: tobaccoenforcement@swpublichealth.ca