

Community Wellness Team

Tobacco, Vaping & Cannabis Resources



These days using tobacco is seen as dirty and not cool, so many teens are staying away from tobacco. Vaping is marketed as “clean,” but it’s not. What’s in the “vapour?” What does nicotine do? What can addiction look like?

In the 2019 Canadian Tobacco and Nicotine Survey* completed in December, 15% of teenagers aged 15 to 19 reported vaping in the 30 days before the survey. Over one-third of teens this age (36%) reported having tried it. Among those who had vaped recently almost 9 out of 10 indicated that they had vaped nicotine. Here are some resources to help you and your teen become more aware of health risks. Having multiple conversations with them can help build strategies to manage stress and better prepare them to stand up to peer pressure.

Resources below are suitable for Grades 5&6, teachers, and parents. Only time for one parent resource? Try the one in red below*.

Smoking	Link
Health Canada	Smoking: It will never happen to me *caution –access to a graphic poster
Government of Manitoba Health, Seniors & Active Living	Health Impacts of Tobacco Use

Vaping	Link
Health Canada	Consider the Consequences of Vaping
Government of Manitoba Health, Seniors & Active Living	Smoking Laws and Enforcement in Manitoba
Unhyped	Want the Real Facts on Vaping? Look past the vape hype.
Behind the Haze	See Through the Hype Behind those flavors are at least 31 toxic chemicals. Learn what's hiding in your vape.

Smoking & Vaping Parent & Teacher Resources	Link
Sunrise School Division	Smoke Free Policy
Health Canada	About Vaping
The Lung Association	Vaping – What you need to know
Drug Free Kids Canada	Youth and Vaping , or pdf version
Health Canada*	Talking with your teen about vaping
Government of Manitoba & the Lung Association	Cutting Through the Smoke: A Guide to Talking to Your Child About Tobacco
Louis Riel School Division	Vaping Policy Video

Support to Quit	Link
Government of Manitoba Health, Seniors & Active Living	Quitting Smoking
Manitoba Tobacco Reduction Alliance Inc. MANTRA	Quit Resources
Smoker's Helpline	Toll Free 1-877-513-5333 or Smoker's Helpline
Your Healthcare Practitioner	Need a healthcare provider? Family Doctor Finder

Cannabis	Link
Weeding out the Facts	Let's Talk Cannabis
Government of Manitoba	Cannabis in Manitoba
Health Canada	Cannabis in Canada Get the Facts

Cannabis Resources for Parents & Teachers	Link
Louis Riel School Division	Cannabis Policy Video
Manitoba School Boards	Talking to Kids About Cannabis
Canadian Centre on Substance Use and Addiction	Talking Pot with Youth