

## Background

The purpose of this list is to help teachers and schools promote a Comprehensive School Health (CSH) approach in a classroom setting. CSH is an internationally recognized, evidence-based approach for building healthy school communities. A healthy school community is one that supports the wellness of all of its members (e.g., students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.

This list is organized with two different categories of resources, 'Classroom Resources' and 'Supplementary Information'. The Classroom Resources can be used by the teacher in the classroom immediately and are applicable to teaching. Supplementary Information provides resources for teachers about a specific health topic.

This list is not meant to be an exhaustive list of resources available; but a selection of available resources reviewed by health professionals in Alberta Health Services. Please check with your local AHS contact for additional resources specific to your area. To find an AHS staff member who can support you, contact [cshresources@albertahealthservices.ca](mailto:cshresources@albertahealthservices.ca)

Questions or comments regarding this list can be directed to [cshresources@albertahealthservices.ca](mailto:cshresources@albertahealthservices.ca). Please visit the [Teaching and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

### Please Note:

The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services (AHS). Teachers should always review content to determine appropriateness for their student population. If you are uncertain about the suitability of resources within your school, check with your administration.

AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service. The resources in this document are being presented as information only. This list is reviewed annually for accuracy of content.

# Tobacco Reduction

## Classroom Resources

### Be Smart Tobacco

<b>Grades K-3</b>	Theme:	Tobacco Education	This booklet offers a story and activities related to the dangers of smoking. It also explains traditional tobacco use in Indigenous communities.
	Organization:	Alberta Health Services	<a href="https://www.albertaquits.ca/files/file/5d1bda0813e5b/K3_Activity_Book_OnlineVersion.pdf">https://www.albertaquits.ca/files/file/5d1bda0813e5b/K3_Activity_Book_OnlineVersion.pdf</a> To order printed copies visit: <a href="https://www.albertaquits.ca/helping-others-quit/healthcare-providers/tools-and-resources/order-online.php">https://www.albertaquits.ca/helping-others-quit/healthcare-providers/tools-and-resources/order-online.php</a>

### The Academy for Tobacco Prevention and Shadows of the Academy

<b>Grades 4-6</b>	Theme:	Tobacco Education	The Academy for Tobacco Prevention is a school-based teacher resource for students in grades 4-6. Interactive online lessons will provide students with factual information, help them understand the risks seen with tobacco use, teach kids ways to recognize negative social influences, and develop strategies to learn how to resist pressure to use tobacco.
	Organization:	Alberta Health Services	Shadows of the Academy is a fun and engaging card game (5th lesson in the resource) that creates a learning environment where students can use effective ways to communicate and cooperate, build confidence in recognizing and resisting negative peer pressure, and using positive social skills to reach a common goal. <a href="https://academy.albertaquits.ca/">https://academy.albertaquits.ca/</a> <div style="background-color: #004a7c; color: white; padding: 2px 5px; display: inline-block; border-radius: 5px;">LESSON PLANS</div>

## Supplementary Information for Teachers

### Action on Smoking and Health (ASH)

Theme:	Tobacco Control	As a registered not-for-profit organization, ASH provides strategies on public awareness, health advocacy, tobacco control, community mobilization, and counter marketing with the goal of reducing tobacco prevalence in Alberta. <a href="http://www.ash.ca">www.ash.ca</a>
Of Interest:	Tobacco Information	

### Canadian Cancer Society

Theme:	Cancer Prevention	The Canadian Cancer Society believes that working with government and legislators to bring about healthy public policies is a vital part of the fight against cancer. The site provides health information and resources on smoking prevention and cessation. <a href="http://www.cancer.ca">www.cancer.ca</a>
Of Interest:	Tobacco Information and Cancer Prevention	

### The Lung Association of Alberta and N.W.T.

Theme:	Health Information	Dedicated to improving the lung health of Albertans, this site provides information, tools and resources on smoking and tobacco use. <a href="http://www.ab.lung.ca">www.ab.lung.ca</a>
Of Interest:	Tobacco Information	