

Commercial Tobacco Unit Plan Implementation Overview: Part I

STOMP Lesson & Objectives	Objectives and Classroom Resources	Duration
<p>Title: Historical Overview of Commercial Tobacco</p> <p>Objective: Students will learn about the history of the commercial tobacco industry and the tactics used to target new and existing users.</p>	<p>Video</p> <ul style="list-style-type: none"> Tobacco industry video (from 9:22-13:42) <p>Reading/Resources</p> <ul style="list-style-type: none"> Commercial tobacco history Commercial tobacco marketing <p>Activities</p> <ul style="list-style-type: none"> 250-400 word Student Blog Entry on what students would say to a decision-maker about the commercial tobacco industry 	<p>45 – 60 minutes</p>
<p>Title: Factors Driving the Vaping Epidemic</p> <p>Objective: Students will learn about the various factors contributing to the youth vaping crisis in Canada.</p>	<p>Reading/Resources</p> <ul style="list-style-type: none"> Tobacco Imagery in Popular Entertainment Vaping in Canada Why Is Vaping So Popular? Vaping, Stress and Anxiety Unpacking Addiction and Nicotine Dependence* (page 16) <p>Activity</p> <ul style="list-style-type: none"> Understanding My Stress 	<p>45 – 60 minutes</p>
<p>Title: Information Versus Misinformation</p> <p>Objective: Students will learn to consider information and sources, and how misinformation can manipulate decisions related to substance use.</p>	<p>Video</p> <ul style="list-style-type: none"> STOMP Video (0:01-1:48) <p>Reading/Resources</p> <ul style="list-style-type: none"> Vaping Has Long-Term Health Effects Debunking Misconceptions About Vaping Would You Eat This? Don't Breathe It. <p>For teachers only:</p> <ul style="list-style-type: none"> Understanding Substance Use <p>Activity</p> <ul style="list-style-type: none"> Culture Jamming (2-3 lessons) 	<p>Multiple 30-45 minute lessons</p>
<p>Culminating Activity</p>	<p>Words of Warning</p>	<p>2-3 lessons</p>



Commercial Tobacco Unit Plan Implementation Overview: Part II

STOMP Lesson & Objectives	Objectives and Classroom Resources	Duration
<p>Title: How Habits Work</p> <p>Objective: Students will learn how habits work and the components of the habit cycle.</p>	<p>Readings/Resources</p> <ul style="list-style-type: none"> • How Habits Work* • Recognizing Triggers* (page 17) • I Quit For Me • How to Identify Healthy and Unhealthy Habits* (pages 15-17) • Stages of Change Fact Sheet <p>Activity</p> <ul style="list-style-type: none"> • Introduce Habit Tracker Template* 	
<p>Title: Decision-Making and Healthy Lifestyles</p> <p>Objective: Students will learn how they can change their habits.</p>	<p>Readings/Resources</p> <ul style="list-style-type: none"> • Breaking An Unhealthy Habit* (page 2 of PDF) • Video: Quitting The Vape • Choosing Alternative Rewards* • How Long Does It Take to Imprint a New Habit* (page 26) • Staying Committed to Healthy Habits* (pages 21-22, 24) <p>Activities</p> <ul style="list-style-type: none"> • The Quest for Quitting* • Navigating Nicotine Dependence* 	<p>Multiple 30-45 minute lessons</p>
<p>Title: Habit Stacking and Habit Tracking</p> <p>Objective: Students learn about habit stacking and habit tracking.</p>	<p>Readings/Resources</p> <ul style="list-style-type: none"> • Tracking Habits* (pages 34-35) • What Is Habit Stacking?* (page 27) • Thinking Big and Acting Small* (page 25) • Keystone Habits* (page 26) <p>Activity</p> <ul style="list-style-type: none"> • Fill Out Your Habit Tracker Using Template* 	<p>30 - 45 minutes</p>



Part II cont'd

STOMP Lesson & Objectives	Objectives and Classroom Resources	Duration
<p>Title: How Environment Shapes Behaviour</p> <p>Objective: Students will learn to evaluate their social and physical environments and relationships to support their health and well-being.</p>	<p>Readings/Resources</p> <ul style="list-style-type: none"> • Developing Self Awareness* (pages 18, 24) • How Environment Shapes Behaviour* <p>Activities</p> <ul style="list-style-type: none"> • Design A Habit-Able Environment* • Responding To Risk* 	<p>Multiple lessons</p>
<p>Title: Building Refusal Skills</p> <p>Objective: Students will build skills and competence on how to refuse substances.</p>	<p>Videos</p> <ul style="list-style-type: none"> • Consider the Consequences • Youth Vaping Video • Making Safer Choices <p>Resources</p> <ul style="list-style-type: none"> • Rethinking Conversations About Substance Use <p>Activity</p> <ul style="list-style-type: none"> • Not an Experiment Escape Room 	<p>Multiple lessons</p>
<p>Culminating Activity</p>	<p>Refusal Skills Activity*</p>	<p>30-45 minutes</p>



Commercial Tobacco Unit Plan Implementation Overview: Part III

(Part III can be done in class or as part of wider school health goals throughout the school year)

STOMP Lesson & Objectives	Objectives and Classroom Resources	Duration
<p>Title: Brainstorming STOMP Interventions</p> <p>Objective: Students brainstorm and strategize what issues need to be addressed in their school and gather evidence to support their chosen intervention(s).</p>	<p>Reading/Resources</p> <ul style="list-style-type: none"> • Student-Centered Learning Toolkit* (Pages 9-11, 16-24) • 15 Intervention Ideas* • Ideas For Action <p>Activity</p> <ul style="list-style-type: none"> • Student-Centered Learning Toolkit* (Pages 49-36) 	<p>60 – 120 minutes</p>
<p>Culminating Group Activities</p>	<p>STOMP: Taking Action*</p> <ul style="list-style-type: none"> • Establishing Group Norms* • Empathy Mapping* • Action Planning and Goal Setting* 	<p>60-90 minutes</p>

Note: All of the resources and activities marked with an * can be accessed in our [STOMP Kit](#)

Additional activities for grades 7-8: <https://phecanada.ca/teaching-tools/stomp/additional-resources/vaping-prevention-lesson-plans-for-grades-7-8>