

Annex C

Section 3.2.6.8

Education, communication, training and public awareness (Article 12)

Publication	Relationship to 3.2.6.8	Reference Material Source
Quit 4 Life	4-step program designed to help Canadians aged 14 to 19 quit smoking. Includes: facilitator's guide, booklet, magnet, business card, counter top display, note pads, repositionable floor stickers, and posters.	http://www.quit4life.com/handbook_e.asp
On the Road to Quitting	A program to identify individual smoking habits and explore quitting options for adults and young adults.	http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/road-voie-eng.php
Health Canada Tobacco website	Portal for all manner of tobacco information and links to resources as they relate to tobacco as a health concern. Included topic areas : About Tobacco Control; FAQs and Facts; Legislation; Quit Smoking; Research; Resources; Second-Hand Smoke; Smoking and Your Body; Your Community; Youth Zone.	http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php
Health Canada First Nations, Inuit and Aboriginal Tobacco website	Portal for all manner of tobacco information and links to resources as they relate to tobacco as a First Nations, Inuit and Aboriginal health concern.	http://www.hc-sc.gc.ca/fniah-spnia/substan/tobac-tabac/index-eng.php
Make Your Home and Car Smoke-free: A Guide to Protecting Your Family from Second-hand Smoke	Educational guide which is intended to help families eliminate second-hand smoke from their homes and cars.	http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/second-guide/index-eng.php Related material: hardcopy booklet, magnet, decal and poster.
Help Your Child Stay Smoke-free: A guide to protecting your child against tobacco use	Educational guide which builds awareness of dangers of second-hand smoke and provides suggestions for making home and car smoke-free.	Hard copy only

Publication	Relationship to 3.2.6.8	Reference Material Source
FIRST NATIONS RESOURCES: Kicking the Addiction	Inuit and First Nations-specific smoking cessation program.	Hardcopy only Includes: facilitator's guide; flipchart presentation; "z-card" factsheet with tips on quitting; 4 other fact sheets
Towards a Healthier Workplace: A Guidebook on Tobacco Control Policies	Guidebook is designed to help employees and employers who are preparing to create or strengthen tobacco control policies in their workplaces.	http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/work-trav/index-eng.php Related material: Booklet
Smoking Cessation in the Workplace: A Guide to Helping Your Employees Quit Smoking	A guide for employers and others who promote health in the workplace. It outlines the reasons why workplaces should get involved and support employees' efforts to cut down or quit smoking. Provides practical, relevant material on smoking cessation that can be used either as part of a comprehensive wellness program or as an initiative on its own. Explains the kinds of smoking cessation activities that can be offered, outlining the necessary steps, and includes handouts, tools and a list of further resources and references.	http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/cessation-renoncement/index-eng.php Related material: Binder and CD
It Will Never Happen to Me	Poster designed to build awareness of and educate youth to the harmful effects of tobacco.	http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/scoop-primeur/never-jamais-eng.php

