



Building Skills for Healthy Choices: Online and On the Move

Youth are regularly exposed to information and influences that can shape their attitudes, beliefs, and behaviours. Schools play an important role in helping students develop critical thinking skills, evaluate information, and make informed decisions that support their health and well-being.

October provides an opportunity to explore topics such as media literacy, vaping, nicotine use, substance use, and healthy decision-making in age-appropriate ways.

This month, consider:

- ✓ Encouraging critical thinking about media messages, online content, and social influences.
- ✓ Supporting healthy coping, communication, and decision-making skills.
- ✓ Encouraging active school travel through initiatives like **Walktober** and **International Walk to School Month**.



Supporting informed
choices helps youth develop
healthy habits for life.

Program Spotlight

Smoking/Vaping Enforcement

The School Smoking/Vaping Enforcement Youth Education Program is an interactive online program for students who are caught smoking or vaping on school property. It explores the risks associated with smoking, vaping, and nicotine use.

Schools complete a witness statement to send to the TBDHU Tobacco Enforcement and then issue codes to the student to access the online program. Students then complete the program independently and submit their certificate of completion to Tobacco Enforcement.

For more information contact enforcement@tbdhu.com



Opportunities & Events

Schools can connect with TBDHU and community partners to support student well-being, decision-making, and active transportation throughout October.



National Media
Literacy Week
October 26-30



School Health
Consultations



Youth Wellness
Champions
Recruitment



Food & Nutrition
Education



International
Walk to School
Month

Healthy Choices Resources

Developing critical thinking and decision-making skills is an important part of supporting lifelong health and well-being. Explore the resources below for tools, information, and practical strategies related to media literacy, active transportation, and youth well-being.

Teacher Resource

Media Literacy & Digital Citizenship

- Supports critical thinking and informed decision-making.
- Helps students analyze media messages and online content.
- Classroom-ready resources for media literacy learning.



[www.mediasmarts.ca/
mlw-teachers-hub](http://www.mediasmarts.ca/mlw-teachers-hub)



Family Resource

Talking About Vaping

- Supports conversations about vaping and nicotine use.
- Provides practical tips for discussions with youth.
- Encourages healthy and informed decision-making.



www.tbdhu.com/vaping



Additional Resource

Wayfinder: Active School Travel

- Encourages walking, wheeling, and active transportation.
- Supports daily physical activity and independence.
- Provides resources for schools, families, and communities.



[www.ststb.ca/en/about/
active-school-transportation](http://www.ststb.ca/en/about/active-school-transportation)

