



List of Resources Consulted by Topic

Smoking

<https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/tobacco-behind-smoke-infographic/infographic-white-tobacco-behind-smoke-eng.pdf>

<https://www.canada.ca/en/health-canada/services/publications/healthy-living/smoking-it-will-never-happen-me.html>

<https://www.lungcancerCanada.ca/Lung-Cancer/Causes/Smoking.aspx>

<https://www.lung.ca/lung-health/lung-info/lung-statistics/smoking-and-tobacco-statistics>)

<https://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/live-smoke-free/what-is-second-hand-smoke/?region=on>

<https://www.canada.ca/en/health-canada/services/publications/healthy-living/smoking-it-will-never-happen-me.html>

Second-Hand Smoke

<https://www.canada.ca/en/health-canada/services/smoking-tobacco/avoid-second-hand-smoke/second-hand-smoke/dangers-second-hand-smoke.html>

<https://www.canada.ca/en/health-canada/services/health-concerns/tobacco/faqs-facts/tobacco-behind-smoke-about-smoking-your-body-you.html>

<https://www.healthlinkbc.ca/healthlinkbc-files/second-hand-smoke>

Health Benefits of Quitting Smoking

<https://smokershelpline.ca/quit-plan-public/reading-article?ActivityCode=VOL4-ACT001&IsPublic=true>

Cannabis

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/effects.html>

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/mental-health.html>

<http://afm.mb.ca/wp-content/uploads/2015/11/Basics-Sheet-Cannabis-FINAL.pdf>

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/effects.html>

https://www.ottawapublichealth.ca/en/public-health-topics/cannabis.aspx?utm_source=citynews%20ottawa&utm_campaign=citynews%20ottawa&utm_medium=referral

Vaping

<https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html>

<https://www.canada.ca/en/services/health/campaigns/vaping.html>

Planning to Quit Smoking

<https://www.healthline.com/health/smoking/nicotine-withdrawal#symptoms>

<https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=ack9352>

<https://www.wechu.org/smoking-and-vaping/quit-smoking>

Quit Smoking Myths

<https://www.concordia.ca/cunews/offices/provost/health/topics/quitting-smoking/disputing-myths.html>

<https://www.webmd.com/smoking-cessation/features/10-persistent-myths-about-smoking>

<https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/SmokingMyths-trh.pdf>

<https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/SmokingMyths-trh.pdf>