

Tier 1

Student Education & Awareness

Administrator, Educator Resources and/or Youth Resources

EVERFI Vaping: Know the Truth [National youth online vaping prevention curriculum for middle and high school students] www.everfi.com

Catch My Breath [5-12th grade, free best practices prevention program] <https://letsgo.catch.org>

Stanford Tobacco Prevention Toolkit [5-12th grade, free best practices prevention program] <https://med.stanford.edu/tobaccopreventiontoolkit.html>

American Heart Association Tobacco-Free Schools Toolkit

Tobacco Education Resource Library and Vaping Prevention and Education Resource Center <https://digitalmedia.hhs.gov/tobacco/educator-hub>

You and Me, Together Vape-Free Curriculum <https://med.stanford.edu/tobaccopreventiontoolkit/you-and-me-together-vape-free-curriculum.html>

Presentations in Health &/or Science Classes [included in the curricula]

- Science Kits:
 - Does Vaping Expose You to Toxic Chemicals? [Science Take-Out \(sciencetakeout.com\)](http://sciencetakeout.com)
 - Are Flavored E-cigarettes Harmful? [Science Take-Out \(sciencetakeout.com\)](http://sciencetakeout.com)

Establish partnerships with Community Drug Free Schools Coalitions in your locality:

- Engage youth leaders in outreach and/or messaging.
- Collaborate to collect survey data to identify the problem or local condition.
- Apply environmental strategies to prevention: “CADCAs Seven Strategies for Creating Effective Community Change”: <https://prevention.nd.gov/sites/default/files/CADCA%207%20Strategies%20for%20Strategic%20Planning.pdf>

SAMHSA resources/”Tips for Teens: The Truth About e-Cigarettes <https://store.samhsa.gov/sites/default/files/d7/priv/pep19-12.pdf>

Tobacco Free Kids <https://www.tobaccofreekids.org/>

Upstate New York Poison Center https://www.upstate.edu/poison/pdf/e_cigs_teens.pdf

“Wellness Quit Kits” and Student-led Initiatives - bags for students promoting Social-Emotional Learning, good health, and positive decision-making [Examples of possible items: rubber band or silicon bracelet, stress ball, gum, or candy (cinnamon), bubbles, playdoh, rubbing stone - some or all of these could be part of a ‘basic kit’ with additional items tailored for each student]. Get creative! Assist youth in developing student-led initiatives and messaging campaigns through the creation of posters, stickers for bathrooms and common areas with customized referral information. Establish support groups and Quit Kits to help with nicotine withdrawal, gum, candy, & inspirational messages with links to teen cessation resources.

NYS Smokers Quitline www.nysmokefree.com/FactsAndFAQs/Vaping

Parent Resources

Parents Against Vaping E-Cigarettes [PAVe] <https://www.parentsagainstvaping.org/>

Parents Text “QUIT” to 202-899-7550 to receive daily advice to help youth quit.

“Talk They Hear You” <https://www.samhsa.gov/talk-they-hear-you>

“Talk it Over” <https://talkitover.org/vaping/>

WNY Youth Anti-Vaping Coalition <https://www.wnycdc.com/vaping.html>

Operation Parent: Handbook & Webinars [Two versions --Elementary & Secondary-- of Handbook - covers vaping & marijuana [pages 27-28 Elementary; pages 29-31 MS/HS] <https://www.operationparent.org>

Upstate New York Poison Center https://www.upstate.edu/poison/pdf/e_cigs_parents.pdf

District Awareness Opportunities: Required Parent Programs, PSAs [developed by youth and guided by school staff]; School Newsletter Articles; District developed online presentations [Webex or recorded]

Tier 2

Review School Policies & Code of Conduct: Alternative to Suspension

American Lung Association: In-depth Program [Intervention for nicotine dependence, education, prevention, tobacco, and health – Alternative to Suspension] <https://lung.org/INDEPTH>

Healthy Futures Curriculum – Stanford Med: <https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures.html>

Teen Cessation

Drop the Vape <https://www.nysmokefree.com/FactsAndFAQs/Vaping>

Teen Smoke Free: [Live chat assistance; identification of social-emotional triggers; tips to reduce anxiety and depression] <https://Teen.smokefree.gov/quit-vaping>

American Lung Association: NOT for Me: [An interactive web-based program to help teens quit vaping] <https://notforme.org/>

ACT (Ask, Counsel, Treat) to Address Youth Cessation Training, American Lung Association: [One hour online course for healthcare professionals, school personnel and community members in youth supportive roles] <https://lung.training/courses/act-to-address-youth-cessation.html>

Truth Initiative: <https://truthinitiative.org/>
Texting Program: <https://truthinitiative.org/thisis-quitting>

American Academy of Pediatrics: Behavioral Cessation Supports for Youth and Young Adults <https://www.aap.org/en/patient-care/tobacco-control-and-prevention/youth-tobacco-cessation/behavioral-cessation-supports-for-youth/>

Tier 3

Identification of Community Resources for Counseling and/or Medical Referrals for Youth Seeking Treatment

The American College of Preventive Medicine: Tobacco Cessation Resources for Youth – Tools and resources for parents, teachers and counselors on tobacco and nicotine cessation <https://www.acpm.org/initiatives/tobacco-cessation/tobacco-cessation-resources/>

SBIRT: Screening, Brief Intervention and Referral to Treatment (SBIRT) is an evidence-based approach to identify individuals who use alcohol and other drugs (substances) at risky levels. <https://oasas.ny.gov/sbirt#:~:text=Adolescent%20Screening%20Tools>

This inventory is not designed to reflect an endorsement or recommendation of the programs or resources listed, but to be used as a starting point by school personnel as they tackle the issue in their district. It is important to approach use of this tool with a critical lens – researching each reference to determine if a program is either evidence-based or evidence-informed for the specific population and/or concern identified.



www.wnycdc.com/vaping