

**HEALTHY** kids are tobacco **FREE**

**Smoke Free | Vape Free**



# Tobacco/E-Cigarette Resources for Schools

Resources for educators and parents to prevent the use of e-cigarettes and to help nicotine dependent youth quit.

For Further Information, Training, or Program Support

**Georgia Tobacco Free Youth Project**

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(404) 791-7406

Website: [www.ccapsa.org](http://www.ccapsa.org)

## SCHOOL-BASED EDUCATIONAL PROGRAMS



### **“Catch My Breath”**

A best-practices youth E-cigarette and JUUL prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of E-cigarettes, including JUUL devices.

**One Pager:** <https://catchinfo.org/wp-content/uploads/2018/10/CATCH-My-Breath-One-Pager.pdf>

**Website:** [https://catchinfo.org/modules/ecigarettes/?utm\\_source=SocialSEOppc&utm\\_medium=CPC&gclid=Cj0KCQiApyvvhBRDXARIsALnNoK1fozskIUAgE0qDAKBf4I9A0ncbcvgLw83dmv22Rq7g5aDVyZ4NK0aAq4dEALw\\_wcB](https://catchinfo.org/modules/ecigarettes/?utm_source=SocialSEOppc&utm_medium=CPC&gclid=Cj0KCQiApyvvhBRDXARIsALnNoK1fozskIUAgE0qDAKBf4I9A0ncbcvgLw83dmv22Rq7g5aDVyZ4NK0aAq4dEALw_wcB)



### **Stanford Tobacco Prevention Toolkit**

Theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing students' use of tobacco and nicotine. This resource can be adapted to fit the individual needs of educators and students in all types of settings, including elementary, middle and high schools; community-based organizations; and health-related agencies.

**Website:** <https://med.stanford.edu/tobaccopreventiontoolkit.html>



### **Addiction Policy Reform**

A nation-wide non-profit organization dedicated to eliminating addiction as a major health problem. This website offers a range of information including treatment and recovery options, overdose awareness campaigns, preventative methods, and more.

**Website:** <https://www.addictionpolicy.org/>

### **Vaping: The Hit your Brain Takes Video**

**Website:** [https://www.youtube.com/watch?v=aasKIDz9ZX4&feature=emb\\_logo](https://www.youtube.com/watch?v=aasKIDz9ZX4&feature=emb_logo)



### **Stanford Tobacco Prevention Toolkit** **Stanford Healthy Futures Curriculum**

This curriculum describes the health problems associated with e-cigarettes/vapes, helps students develop an individualized plan for setting goals related to his/her e-cigarettes/vape use, and provides resources to help students quit e-cigarettes/vapes.

**Website:** <https://med.stanford.edu/tobaccopreventiontoolkit.html>

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### **American Lung Association** **INDEPTH™**

Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is a convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.

**Website:** <https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html>

### **E-cigarettes & Wellness Policies: Resources for Schools**

This training shares solutions that schools can use to create a comprehensive approach to tobacco-free schools, such as updating school wellness policies and using evidenced-based programs to help teens quit tobacco products.

REGISTER for **FREE** online training.

**Website:** <https://event.on24.com/eventRegistration/EventLobbyServlet?target=reg20.jsp&referrer=https%3A%2F%2Fwww.lung.org%2Fstop-smoking%2Fhelping-teensquit%2Findepth.html&eventid=2077429&sessionid=1&key=9D1D72DFC2D5BBC89992A824BD39CA5E&regTag>

## QUIT SMOKING & VAPING



### **Truth Initiative** **Quit Smoking and Vaping Tools**

<https://www.fda.gov/tobacco-products/public-health-education/real-cost-campaign>

### **This is Quitting**

*This free quit-vaping and quit-smoking mobile program is designed specifically for teens and young adults. Youth can enroll by texting "DITCHJUUL" to 887-09.*

<https://www.scholastic.com/youthvapingrisks/#grades9-12>



### **BecomeAnEX®**

*(Must be 13 or older) Includes a customized quit plan, text messages for support, interactive guides and tools, expert advice and tips from Mayo Clinic and an active, supportive EX Community.*

<https://www.becomeanex.org/>



### **Centers for Disease Control (CDC)** **QUIT SMOKING**

[https://www.cdc.gov/tobacco/quit\\_smoking/index.htm?s\\_cid=osh-stu-home-nav-002](https://www.cdc.gov/tobacco/quit_smoking/index.htm?s_cid=osh-stu-home-nav-002)



### **U.S. Department of Health & Human Services** **Smokefree Teen**

<https://teen.smokefree.gov/>

### **SmokefreeTXT**

*For the teens who would rather get their quit info via text message, SmokefreeTXT sends six weeks of teen-friendly quit texts to their cell phones.*

<https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>



### **My Last Dip**

*For chewing tobacco users.*

<https://mylastdip.com/>



### **Georgia Department of Public Health Quit Line** 1 (877) 270-STOP [1 (877) 270-7867]

### **"Ready to Quit" Resource Page**

<https://dph.georgia.gov/ready-quit>