







	<p>Youth-Centered Tobacco Educational Resources</p> <p>Mostly FREE Educational Programs</p>	
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NOTICE: The list below is limited to evidence-based/informed programs and resources that are mostly free. Please note this is not an exhaustive list of tobacco/vaping prevention programs. Some schools and communities have funding available for paid programs, and we encourage them to use their resources to support evidence-based tobacco prevention programs that best meet their needs, capacity, and budget.

Resource	Description	Website
	<p>ASPIRE (A Smoking Prevention Interactive Experience) is a free online prevention education resource from The University of Texas MD Anderson Cancer Center. ASPIRE delivers tobacco prevention education to teens and adolescents at a self-directed pace that allows students to navigate through interactive learning modules and quizzes. The ASPIRE curriculum is available in English and Spanish and aligns with both national education standards</p>	<p>Click here to access the website</p>
	<p>CATCH My Breath is a free, evidence-based youth vaping prevention program with published evidence of reducing students' likelihood to vape. Aligned to national and state education standards, CATCH My Breath can be taught by individuals who serve youth in grades 5-12, including educators, local and state government agencies, public health specialists, and community volunteers. The program includes active student-centered learning facilitated by peer leaders, in-class activities, teacher education, online resources and take-home materials for parents.</p>	<p>Click here to access the website</p>
	<p>Stanford REACH lab's Tobacco Prevention Toolkit is a theory-based and evidence-informed educational resource created by educators and researchers aimed at preventing middle and high school students' use of cigarettes, cigars/cigarillos, chew, hookah, and electronic cigarettes. The toolkit is comprised of a collection of curricula, lessons, programs, and resources catered to prevent and reduce adolescent and young adult tobacco/nicotine use, including:</p> <p>-You and Me, Together Vape-Free Curriculum: a vaping prevention curriculum that addresses key factors in youth e-cigarette use by correcting misperceptions, strengthening refusal skills against marketing and peer influence, reducing stress and depression, improving coping, and lowering both intention and use of e-cigarette products.</p> <p>-The PRIDE Collection: a four-lesson evidence-based curriculum on nicotine/tobacco and cannabis. The curriculum includes a middle and high school program that include four lessons, approximately 50 minutes each. Each lesson provides activities, online quiz games, and worksheets in addition to</p>	<p>Click here to access the website. Educational modules on all topics listed left for educators, administrators, parents/guardians, and anyone who works with youth.</p>




	<p>presentations, resources, and other materials aimed at addressing key factors associated with youth e-cigarette and cannabis use, including changing adolescents' attitudes towards and misperceptions about e-cigarettes and cannabis; increasing their refusal skills to pulls of flavors, marketing, and social media; reducing stress and depression which have been linked to e-cigarette and cannabis initiation and use; improving coping; and decreasing intentions and actual use of all products.</p> <p>--Healthy Habits, Healthy Planet: a three-lesson curriculum that focuses on the impacts of tobacco products on the environment. This curriculum focuses on helping young people understand the environmental risks of tobacco. From the lifespan of growing to disposing of tobacco products to impacts on both the indoor and outdoor environments, this curriculum will help students think critically about the impacts of tobacco on the environment.</p> <p>--What's Menthol Got to Do With It? A two-lesson curriculum on menthol nicotine/tobacco products and how they are marketed to attract different populations.</p> <p>--Un-PACK-ing Cigarettes: Designed to discuss the rise of the tobacco industry, and the technology involved around it. This lesson also discusses health effects, ingredients, the history of tobacco, and health factors associated with cigarette use.</p> <p>--Let's Be Smokeless: Tobacco-Free: a lesson aimed at addressing key factors associated with smokeless tobacco, understanding the risks of use, and exploring the history of smokeless tobacco.</p> <p>--Hookah TellMe? A lesson aimed at addressing key factors associated with hookah use, and underuse and the risks.</p>	
<p>K-12 FREE DIGITAL LESSONS</p>  <p>Vaping: Know the truth</p> <p>Middle and High School Vaping Prevention Resources & Tools to Help Students Quit</p>	<p>Vaping: Know the Truth is a digital course gives students core knowledge around the health effects associated with using vaping products (nicotine, cannabis, or co-use) and offers resources to help young people quit if they already vape. It was created by Truth Initiative, the public health organization behind truth®, the nationally recognized youth tobacco prevention and education campaign, and Kaiser Permanente, in collaboration with the American Heart Association. The course has been updated with two new lessons that address the health risks and consequences of short- and long-term cannabis use and is available to schools by EVERFI for grades 8-12 in English and Spanish.</p>	<p>Click here to access the website</p>


	<p>The Project ALERT curriculum focuses on curbing teenage nonusers from experimenting with alcohol, marijuana, tobacco, vaping, and other drugs, as well as preventing experimenters from becoming regular users. This classroom program is for middle school students.</p>	<p>Click here to access the website</p>
	<p>Know the Risks: A Youth Guide to E-Cigarettes</p> <p>Downloadable PPT with script and instructions from the CDC Office on Smoking and Health. The site also includes a parent presentation and several helpful handouts.</p>	<p>Click here to access the website</p>



FREE Alternative to Suspension Programs


NOTICE TO SCHOOLS:





The list of Alternative to Suspension (ATS) programs below is limited to evidence-based/informed programs and resources that are mostly free. Please note that this is not an exhaustive list of Alternative to ATS programs that may be available. While some schools and communities have funding for paid ATS programs, we encourage them to support evidence-based ATS programs that best meet their needs, capacity, and budget.

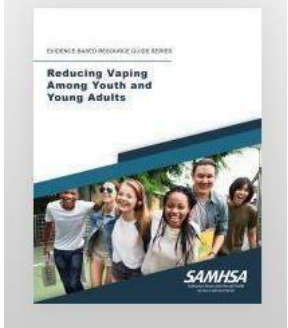
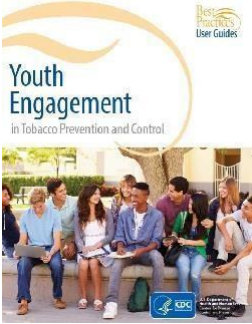


Resource	Description	Website
	<p>The My Healthy Future Course is part of the Tobacco Prevention Toolkit's Healthy Futures Program. This course is for any student caught using tobacco/vaping on school campus, or anyone working with students who want to quit. This SELF-PACED course can be completed independently by students in 40-60 minutes.</p> <p>The Our Healthy Futures curriculum has two versions (2 or 4 hours) that can be facilitated with just one student or in a group setting. While time may be limited, it is recommended that students first complete the My Healthy Future Course alone, followed by some teacher-student interaction using the Our Healthy Futures curriculum.</p>	Click here to access the website
	<p>INDEPTH is an alternative to suspension 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.</p>	Click here to access the website
	<p>Schools Supporting Students to Quit Tobacco Use, as an Alternative to Suspension: Lessons from the Field from the CDC, provides resources and lessons showcasing school districts across the country that are implementing tobacco prevention programs as an alternative to out-of-school suspension for students who violate tobacco-free policies.</p>	Click here to access the website.

	Youth Cessation Programs	
Resource	Description	Website
	<p>The Ex Program is the Truth Initiative's e-cigarette and vaping text-message based quitting program. Young people enroll by texting VAPEFREENC to 88709 to receive tailored support based on age, tobacco products, quit journey stage, and more. The program is available in English and Spanish.</p>	<p>Click here to access the website</p>
 <p>N-O-T: Not On Tobacco</p>	<p>N-O-T is an evidence-based teen smoking and vaping cessation program. It was designed with teenagers in mind and addresses issues that are specifically important to them. The program takes a holistic approach with each session using different interactive learning strategies based on Social Cognitive Theory of Behavior Change that can then be applied and practiced in everyday life and encourages a voluntary change for youth ages 14 to 19. It includes 10, 50-minute sessions.</p>	<p>Click here to access the website</p>
	<p>The American Lung Association's NOT for Me, is a self-guided, mobile-friendly, web-based program that gives teens the resources to quit vaping, smoking, or chewing tobacco products. This digital modality presents self-paced sessions, and includes related topics, such as fitness, stress management and communication.</p>	<p>Click here to access the website</p>
	<p>Live Vape Free – is a vaping cessation program for youth and young adults aged 13-26 that is part of QuitlineNC. Teens and young adults can text VAPEFREENC to 873373 to join. Young people over age 18 will receive two weeks of nicotine replacement therapy.</p>	<p>Learn more here.</p>

 	<p>From the Rescue Agency, <i>Quit the Hit</i> is a cessation support group that educates young people about how to quit vaping through group chats on Instagram. Created in partnership with Hopelab and UCSF's Center for Tobacco Control Research and Education, <i>Quit the Hit</i> provides five weeks of online quit support in groups of 10-15 participants with active moderation by a cessation coach.</p>	<p>Click here to access the website</p>
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Fact Sheets and Other Materials for Youth		
Resource	Description	Website
 <p>FDA</p>	Order or download tobacco prevention posters and download tobacco prevention social media messages. Many are available in Spanish.	Click here to access the website
	CDC's webpage on e-cigarettes and young people includes facts and links to many related pages.	Click here to access the website
 <p>smokeSCREEN</p>	smokeSCREEN is a video game produced by the play2PREVENT lab at the Yale Center for Health and Learning Games, with funding from CVS Health Foundation. The game helps youth learn "to refuse situations that feel like peer pressure as well as know the two areas to build skills," known as Refusal Power and Know Sense.	Click here to access the website Read press release .
	National Institute on Drug Abuse for Teens. Facts and a data infographic on teens and e-cigarettes	Click here to access the website
	High school student Cole Kosch produced a documentary on vaping among middle and high school students. Cole's documentary, <i>Shining a Light on Teen Vaping</i> , has received a lot of attention not only from his school and the Boy Scouts of America, for which Cole initially produced the video as a part of his Eagle Scout project, but it has also been sent to multiple film festivals and shared with the American Lung Association and the American Medical Association.	Click here to access the website
	The media gallery contains hundreds of vaping prevention and cessation ads in the form of images, videos, GIFs, audio, e-cigarette warning labels, and infographics. The gallery is a great place for practitioners to view the free and publicly available anti-vaping ads that are part of current or past campaigns from federal, state, and local organizations.	Click here to access the website

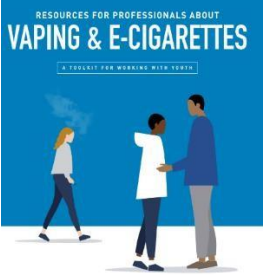





	<p>CDC launched the <i>Empower Vape-Free Youth</i>TM campaign in 2023 to encourage middle and high school educators to speak with students about the risks of e-cigarettes and nicotine addiction. The campaign also provides resources for educators to help students avoid or quit vaping</p>	<p>Click here to access the website.</p>
	<p>Take Down Tobacco is the Campaign for Tobacco-Free Kids' signature platform for empowering young people to fight Big Tobacco. Alongside a movement of elected leaders, parents, teachers, healthcare providers and advocates, they ensure young people have a seat at the table as we work together toward a tobacco-free generation.</p>	<p>Click here to access the website.</p>
	<p>Truth Documentary: Black Lives Black Lungs (15 minutes) Explores the history, marketing tactics and impact of the tobacco industry targeting African Americans with menthol tobacco products. The webpage also includes a video: "The Journey of a Stolen Leaf," and a Google Doc: "The Actionzine."</p>	<p>Click here to access the website</p>
	<p>The American Heart Association is empowering teens and young adults to make a difference in the fight against vaping and other tobacco use. The Tobacco Endgame movement is a campaign of the American Heart Association's grassroots advocacy network, called You're the Cure. Includes school and community activities for groups and individuals.</p>	<p>Click here to access the website</p>

	Guides and Other Materials for Adults/Organizations	
Resource	Description	Website
	<p>Reducing Vaping Among Youth and Young Adults</p> <ul style="list-style-type: none"> • An overview of current approaches and challenges • Current evidence on effectiveness of specific interventions • Practical information to consider when selecting and implementing programs and policies • Examples of programs and policies including lessons learned <p>Resources for evaluation and quality improvement</p>	Click here to access the website
	The CDC's Best Practices User Guide: Youth Engagement document gives program managers information on how to engage youth as a part of a comprehensive tobacco control program.	Click here to access the website
	Released at the 8th National LGBT Health Equity Summit in Kansas City, MO, MPOWERED: Best and Promising Practices for LGBT Tobacco Prevention and Control is an invaluable resource and a document unlike anything before for our community; one that will truly raise the bar for the development of future best practice documents.	Click here to access the website
	Brought to you by the CVS Health Foundation, CATCH Global Foundation, and Discovery Education, the Be Vape Free initiative aims to impact elementary, Middle, and High Schools nationwide to prevent the use of e-cigarettes by our nation's youth. Through no-cost, standards-aligned resources for educators, self-paced modules for students, and a Parent and Community Tool Kit, the creators hope to create a united front and cultivate a vape-free generation.	Click here to access the website




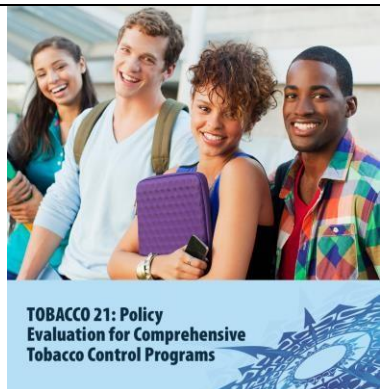
Youth-Centered Tobacco Prevention & Cessation Programs & Resources for Educators, Counselors, Nurses & Coaches

Resource	Description	Website
 <p>Partnership™ for Drug-Free Kids <i>Where families find answers</i></p>	<p>“What You need to Know” and “How to Talk with Your Kids About Vaping.” The information here and in the vaping guide is meant to help you understand vaping, its appeal to youth and what research says about the known and unknown risks.</p>	<p>Click here to access the website</p> <p>Vaping Guide</p>
	<p>Quick Facts on the Risks of E-Cigarettes for Kids, Teens, & Young Adults</p> <p>The CDC has created downloadable one-pagers for teachers and parents to help educate them on the risks of e-cigarette use, nicotine, and ways to prevent use.</p>	<p>Click here to access the website</p>
<p>Anuvia Video</p>  <p>Life With a Teen Addicted to Vaping High Point Mom Kelly Kinard's Story Anuvia</p>	<p>Anuvia Prevention and Treatment Center of Charlotte developed this video of NC mother Kelly Kinard telling the story of her son Luka's struggle with vaping addiction.</p>	<p>Click here to access the website</p>
 <p>INDEPTH Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health</p> <p>THE VAPE TALK</p>	<p>The Vape Talk blog post is intended to help parents talk about vaping with their kids and includes a downloadable guide.</p>	<p>Click here to access the website</p>
 <p>PAVE PARENTS AGAINST VAPING E-CIGARETTES</p>	<p>PAVe (Parents Against Vaping e-cigarettes), founded by three concerned moms, is a grassroots group that seeks to educate parents about the dangers of e-cigarettes; advocate for the health and safety of our kids with regards to their widespread use of these products, and activate members to work for action against e-cigarette companies when and if necessary.</p>	<p>Click here to access the website</p> <p>Click here to access the podcast</p>



Youth-Centered Tobacco Prevention & Cessation Programs & Resources for Educators, Counselors, Nurses & Coaches

	<p>Fast Facts on Youth Vaping, FDA Toolkit. An easy-to understand toolkit with facts on youth vaping and e-cigarette use. This free, downloadable toolkit covers topics like the health and safety risks of vaping, how vapes work, and the signs and symptoms of nicotine addiction. A Spanish language version is available.</p>	<p>Click here to access the website.</p>
	<p>CDC's E-cigarettes, or Vaping Products, Visual Dictionary</p>	<p>Click here to access the website</p>
	<p>Truth Initiative's Vaping Lingo Dictionary</p>	<p>Click here to access the website</p>
	<p>Live Vape Free – Online Course for Concerned Adults Support for Adults such as having discussions with youth around vaping or dealing with issues that may arise due to their child's usage of e-cigarettes or other tobacco products.</p> <p>A self-paced learning at the comfort and convenience of home that includes a variety of learning options, self- assessments. Offers easy mobile access from any device.</p>	<p>Click here to access the website</p>
	<p>CDC's webpage with information on how parents, teachers, counselors, and coaches can help students make smart choices for their health by avoiding e-cigarettes.</p>	<p>Click here to access the website</p>
	<p>Curious about tobacco product regulation? Visit this page to stay up to date on FDA actions around tobacco products.</p>	<p>Click here to access the website</p>

Youth-Centered Tobacco Prevention & Cessation Programs & Resources for Educators, Counselors, Nurses & Coaches

Education About Effective Policy Working with Partners to Build Support		
Resource	Description	Website
	Comprehensive resource for organizations working to counteract tobacco product sales and marketing at the point of sale. Offers evidence-based descriptions of the problem, policy solutions, advocacy materials, news updates , and an image gallery exposing tobacco industry tactics at the point of sale.	Click here to access the website
	The Center for Black Health & Equity is committed to the pursuit of health justice for people of African descent. The Center is reinventing and strengthening its position as the leading source of education and advocacy for tobacco and cancer health disparities affecting African Americans.	Click here to access the website
	The Public Health Law Center supports tobacco control policy change and the tobacco control movement throughout the U.S., developing resources on the most effective legal and policy measures that health leaders and policymakers can use to control the epidemic of tobacco use in the U.S. and abroad.	Click here to access the website
	Trinkets and Trash (T&T) is a surveillance system and archive that monitors, collects, and documents current and historic tobacco products and tobacco industry marketing materials and tactics (such as advertisements, direct mailings, e-mails, sweepstakes, coupon promotions, and brand websites) for research and educational purposes. Visitors to T&T's website (trinketsandtrash.org) can search for, read descriptions of and capture images of these items for educational use.	Click here to access the website
	The Centers for Disease Control and Prevention's Office on Smoking and Health developed this guide to help state, local, territorial, and tribal health departments plan and implement evaluation of the federal law to raise the minimum legal sales age (MLSA) for tobacco products to 21 years (T21 laws). Guidance in this document can also support evaluation of state, local, territorial, and tribal T21 laws that may mirror or are more stringent than the federal T21 law.	Click here to access the website.

Youth-Centered Tobacco Prevention & Cessation Programs & Resources for Educators, Counselors, Nurses & Coaches

	<p>The Truth Tobacco Industry Documents archive (formerly known as the Legacy Tobacco Documents Library) was created in 2002 by the UCSF Library. The archive was built to house and provide permanent access to tobacco industry internal corporate documents produced during litigation between US States and the seven major tobacco industry organizations and other sources. Juul documents were recently added. These internal documents give a view into the workings of one of the largest and most influential industries in the United States. See Litigation Documents for more information on these lawsuits including links to legal documents.</p>	<p>Click here to access the website</p>
	<p>The Thirdhand Smoke Research Consortium was established by California's Tobacco-Related Disease Research Program (TRDRP).</p> <p>The Consortium brings together researchers from a variety of scientific disciplines and institutions throughout California to advance our understanding of the relationships among thirdhand smoke and vapor exposure and human health.</p>	<p>Click here to access the website</p>

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