






# Youth-Centered Tobacco Prevention & Cessation Programs & Resources

Facilitator Type: Teachers, Tobacco Educators, Counselors, Nurses

FREE Educational Programs		
Resource	Description	Website
 <p><b>Take Down Tobacco Training Program</b></p>	<p><b>What:</b> One-hour tobacco 101 training on the toll of tobacco and 20-minute Session: The Rise of Vaping  <b>Who:</b> Youth new to tobacco prevention.  <b>Why:</b> To educate and engage youth to #BeTheFirst tobacco-free generation  <b>Where:</b> Meeting or classroom with audiovisual equipment capabilities</p>	<p><a href="http://www.takingdowntobacco.org">www.takingdowntobacco.org</a></p> <p>Go online and register to unlock training options</p>
 <p><b>Aspire- A Smoking Prevention Interactive Experience</b></p>	<p><b>Program:</b> online, bilingual curriculum-based tobacco prevention program for middle and high school students ages 11 to 18. Pre- and post-test surveys, Quizzes after each module, certificate of completion, Reporting system.  <b>Endorsements:</b> SAMHSA, National Cancer Institute and the Cochrane Review</p>	<p><a href="https://www.mdanderson.org/about-md-anderson/community-services/aspire.html">https://www.mdanderson.org/about-md-anderson/community-services/aspire.html</a></p>
 <p><b>Youth E-Cigarette Prevention Program</b></p>	<p>Curriculum target age: middle school and high school youth. CATCH My Breath is evidence-based and Includes active student-centered learning facilitated by peer leaders. In class-activities, teacher education, online resources, and take-home materials for parents.</p> <p>There is also:</p> <ul style="list-style-type: none"> <li>• <b>Health at Home Version for Home Schooling Virtual Field Trip</b></li> <li>• <b>Vaping, Lung Health, &amp; Infectious Diseases Pre-recorded grade 6 lessons</b></li> <li>• <b>CATCH My Breath Student Service Learning Projects</b> is a selection of projects (with scholarship opportunities) designed to help students make a meaningful impact in their community by preventing youth vaping.</li> </ul>	<p><a href="https://www.catch.org/pages/health-at-home">https://www.catch.org/pages/health-at-home</a></p> <p><a href="https://www.bevapefree.org/virtual-field-trip/?utm_source=journey&amp;utm_medium=email&amp;utm_campaign=april20_cep&amp;utm_content=vft">https://www.bevapefree.org/virtual-field-trip/?utm_source=journey&amp;utm_medium=email&amp;utm_campaign=april20_cep&amp;utm_content=vft</a></p> <p><a href="https://www.catch.org/bundles/37722">https://www.catch.org/bundles/37722</a></p> <p><a href="https://www.catch.org/pages/health-at-home#cmb-infectious-disease">https://www.catch.org/pages/health-at-home#cmb-infectious-disease</a></p>
	<p><b>The Tobacco Prevention Toolkit</b> 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.</p> <p><b>Excellent resource directory</b></p>	<p><a href="http://med.stanford.edu/tobaccopreventiontoolkit.html">http://med.stanford.edu/tobaccopreventiontoolkit.html</a>  <i>Educational modules for educators, administrators, parents/guardians, and anyone who works with youth.</i></p> <p><a href="http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html#positive-youth-development">http://med.stanford.edu/tobaccopreventiontoolkit/resource-directory.html#positive-youth-development</a></p>




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	<p><b>PowerPoint Presentation for Youth: Know the Risks: A Youth Guide to E-Cigarettes</b></p> <p>Downloadable PPT with script and instructions from the CDC Office on Smoking and Health</p>	<p><a href="https://www.cdc.gov/tobacco/basic-information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html?s_cid=OSH_misc_M148">https://www.cdc.gov/tobacco/basic-information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html?s_cid=OSH_misc_M148</a></p>
	<p><b>Youth E-Cigarette Use Microlearning Videos</b></p> <p>The Tobacco Control Network (TCN) collaborated with the CDC Office on Smoking and Health (OSH) to produce this pair of youth e-cigarette use microlearning videos, a long form and a short form video, to assist TCN members in their efforts to address youth e-cigarette use.</p>	<p><a href="http://tobaccocontrolnetwork.org/resources/#open-panel">http://tobaccocontrolnetwork.org/resources/#open-panel</a></p>
<p>K-12 FREE DIGITAL LESSONS</p>  <p><b>Vaping: Know the truth</b></p> <p>Middle and High School Vaping Prevention Resources &amp; Tools to Help Students Quit</p>	<p><b>NEW! Vaping: Know the Truth</b></p> <p>from Truth Initiative and Kaiser Permanente, in collaboration with the American Heart Association — educates young people about the dangers associated with e-cigarettes and provides resources to help them quit. The curriculum is made available to schools by EVERFI fo grades 8-12</p>	<p><a href="https://everfi.com/courses/k-12/vaping-prevention/">https://everfi.com/courses/k-12/vaping-prevention/</a></p>
	<p><b>Truth Documentary: Black Lives Black Lungs</b> (15 minutes)</p> <p>Explores the history, marketing tactics and impact of the tobacco industry targeting African Americans with menthol tobacco products. Brief summary of the documentary: <a href="https://truthinitiative.org/research-resources/targeted-communities/black-lives-black-lungs-documentary-shows-how-menthol">https://truthinitiative.org/research-resources/targeted-communities/black-lives-black-lungs-documentary-shows-how-menthol</a></p>	<p><a href="https://www.lincolnmondy.com/">https://www.lincolnmondy.com/</a></p>
	<p><b>Minnesota campaign</b> in partnership with Essentia Health, includes a facilitator and student materials.</p>	<p><a href="https://www.essentiahealth.org/dont-blowitteacherguide/">https://www.essentiahealth.org/dont-blowitteacherguide/</a></p>
	<p>The <b>American Heart Association</b> is empowering teens and young adults to make a difference in the fight against vaping and other tobacco use. The <b>Tobacco Endgame</b> movement is a campaign of the American Heart Association's grassroots advocacy network, called You're the Cure.</p>	<p><a href="https://tobaccoendgame.yourethecure.org/">https://tobaccoendgame.yourethecure.org/</a></p>

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FREE Alternative to Suspension Programs		
Resource	Description	Website
 <p><b>A Smoking Prevention Interactive Experience</b></p>	<p><b>Program:</b> online, bilingual curriculum-based tobacco prevention program for middle and high school students. Pre- and post-test surveys, quizzes after each module, certificate of completion, reporting system. Perfect for Alternative to Suspension. <b>Endorsements:</b> SAMHSA, National Cancer Institute and the Cochrane Review.</p>	<p><a href="https://www.mdanderson.org/about-md-anderson/community-services/aspire.html">https://www.mdanderson.org/about-md-anderson/community-services/aspire.html</a></p>
	<p><b>Healthy Futures is the Stanford Tobacco Prevention Toolkit's Alternative to Suspension Program.</b> It 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.</p>	<p><a href="http://med.stanford.edu/tobaccopreventiontoolkit/curriculums/HealthyFutures.html">http://med.stanford.edu/tobaccopreventiontoolkit/curriculums/HealthyFutures.html</a></p>
	<p><b>(INDEPTH) is an alternative to suspension</b> 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>	<p><a href="https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html">https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html</a></p>



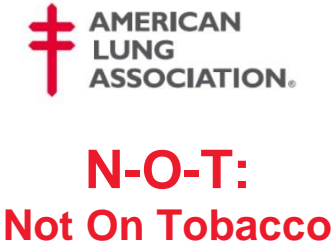

## NOTICE TO SCHOOLS:

The curricula listed above are **evidence-based and free**. The CDC warns schools to seek evidence-based programs to prevent youth tobacco use – including vaping – and to support students in quitting. The fact that a program is funded by a tobacco company makes it less effective, because such sponsorships can make students less skeptical of tobacco companies. Read and download the [CDC Evidence Brief](#) on this topic and seek [recommended programs](#) to help your students.

If you have a question about a curriculum, please contact your local health department or Tobacco Control Regional Manager: <https://tobaccopreventionandcontrol.ncdhhs.gov/about/localtpcgroups.htm>




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Youth Cessation Programs		
Resource	Description	Website
	<p><b>SmokefreeTeen</b> has a specific program to help teens quit vaping. There is also a SmokefreeTXT program and the quitStart App. All these resources are provided by National Cancer Institute as part of the <a href="https://www.smokefree.gov">Smokefree.gov</a> series.</p>	<p><a href="https://teen.smokefree.gov/quit-vaping">https://teen.smokefree.gov/quit-vaping</a></p> <p><a href="https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup">https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup</a></p> <p><a href="https://teen.smokefree.gov/become-smokefree/quitstart-app">https://teen.smokefree.gov/become-smokefree/quitstart-app</a></p>
	<p><b>This is Quitting</b> is the Truth Initiative's e-cigarette text-based quitting program. Teens joining by texting "<b>DITCHVAPE</b>" to <b>88709</b>. Parents and other adults looking to help young people quit should text "<b>QUIT</b>" to <b>(202) 899-7550</b>.</p>	<p><a href="https://truthinitiative.org/thisisquitting">https://truthinitiative.org/thisisquitting</a></p>
	<p><b>N-O-T</b> is a proven 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.</p>	<p><a href="https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco">https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco</a></p>
	<p>The American Lung Association's has launched <b>NOT for Me</b>, a self-guided, mobile-friendly web-based program that gives teens the resources to quit vaping, smoking, or chewing tobacco products. This new digital modality is based off ALA's <b>Not On Tobacco (N-O-T)</b> youth cessation in-person group program curriculum which has 25 years of proven success in helping young tobacco users gain strength, health and freedom from nicotine addiction and tobacco dependency.</p>	<p><a href="https://notforme.org/">https://notforme.org/</a></p>



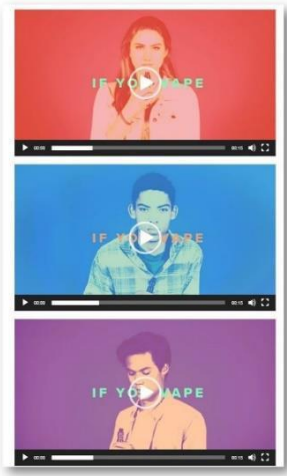

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	<p><b>QuitlineNC</b> provides free cessation services to any North Carolina resident who needs help quitting tobacco use, including vaping. Telephone Service is available 24/7 toll-free at 1-800-QUIT-NOW (1-800-784-8669) Spanish: 1-855-Dejelo-Ya (1-855-335-3569). WebCoach is available 24 hours a day online. Text “Ready” to 200-400.</p> <p><b>Live Vape Free – Youth Vaping Program</b> Youth ages 13-17 will enroll through a text option <b>VAPEFREENC</b>. Youth may also text “<b>Coach</b>” for immediate access to coach. Specially trained coaches work with adolescents.</p>	<p><a href="https://www.quitlinenc.com/">https://www.quitlinenc.com/</a> Text “Ready” to 200-400 Ages 18 and up</p> <p><a href="https://myquitforlife.com/mve/?client=LVFNC&amp;clientId=11501525">https://myquitforlife.com/mve/?client=LVFNC&amp;clientId=11501525</a> Text VAPEFREENC to 873373 Ages 13-17</p>
 	<p>From the Rescue Agency, <b>Quit the Hit</b> is a cessation support group that educates young people about how to quit vaping through group chats on Instagram. Created in partnership with <u>Hopelab</u> and <u>UCSF’s Center for Tobacco Control Research and Education</u>, <b>Quit the Hit</b> provides 30 days of online quit support in groups of 10-15 participants with active moderation by a cessation coach.</p>	<p><a href="https://quitthehitnow.com/">https://quitthehitnow.com/</a></p>




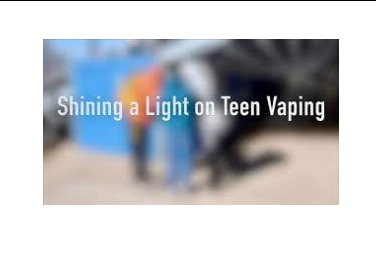

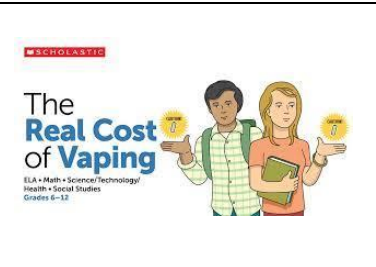

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Fact Sheets and Other Materials for Youth		
Resource	Description	Website
	Order or download tobacco prevention posters and download tobacco prevention social media messages.	<a href="https://digitalmedia.hhs.gov/tobacco/">https://digitalmedia.hhs.gov/tobacco/</a>
	CDC's webpage on e-cigarettes and young people includes fact sheets, infographics, links to e-cigarettes and vaping associated lung injury (EVALI) and more.	<a href="https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-">https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-</a>
	Youth educational website developed by Seattle and King County Public Health	<a href="https://escapethevape.org/">https://escapethevape.org/</a>
	Take Down Tobacco Day (formerly Kick Butts Day) is a national day of activism that empowers youth to stand out, speak up and seize control against tobacco.	<a href="https://www.tobaccofreekids.org">https://www.tobaccofreekids.org</a>
	<p><b>Rethink Vape: A Risk Communication Campaign for Teens on E-Cigarettes</b></p> <p>Researchers at the Eastern Virginia Medical School worked with teens and experts and used a great deal of formative research and message testing to develop the campaign Rethink Vape. The campaign includes <a href="#">video ads</a>, a microsite (<a href="http://rethinkvape.org">rethinkvape.org</a>), and social media sites (@rethinkvape). Based on themes garnered in initial research, the campaign communicated three messages to teens: what's in the vapor, health risks, and connections to big tobacco. Review the content and contact <a href="mailto:Ann.Staples@dhhs.nc.gov">Ann.Staples@dhhs.nc.gov</a> for details.</p>	<a href="http://rethinkvape.org">rethinkvape.org</a>
 <p>smokeSCREEN</p>	<p><b>SmokeScreen</b> is a video Game produced by 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.</p>	<a href="http://www.play2prevent.org/">http://www.play2prevent.org/</a> Read <a href="#">press release</a> .

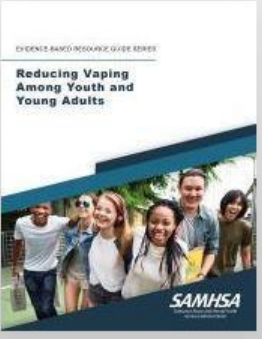
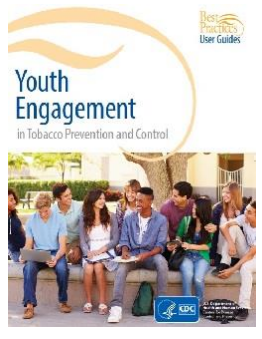


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	<p>The Massachusetts Department of Health has put together resources including facts on products and tips for parents on how to talk to their kids about vaping and engage the community. There is also a toolkit for schools to help address the issue.</p>	<p><a href="https://makesmokinghistory.org/danger-s-of-vaping/">makesmokinghistory.org/danger-s-of-vaping/</a></p>
	<p>National Institute on Drug Abuse for Teens. Facts and infographic on teens and e-cigarettes</p>	<p><a href="https://teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes">https://teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes</a></p>
<p>Anuvia Videos Featuring Luka Kinard</p> 	<p>Anuvia Prevention and Recovery Center of Charlotte has developed a video featuring Juul addict in recover Luka Kinard. The video is posted along with short versions perfect for social media.</p>	<p><a href="https://www.youtube.com/playlist?list=PL32H3L_mTb-LZNLOVbwTUuWYASdNOcsSK">https://www.youtube.com/playlist?list=PL32H3L_mTb-LZNLOVbwTUuWYASdNOcsSK</a></p>
	<p>High school student, Cole Kosch, produced a documentary regarding vaping in 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 the 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.</p>	<p><a href="https://www.lung.org/blog/teen-vaping-dangers-documentary">https://www.lung.org/blog/teen-vaping-dangers-documentary</a>  <a href="https://www.teenvaping.org/">https://www.teenvaping.org/</a>  <a href="https://www.youtube.com/watch?v=ZC5K75zi-vE">https://www.youtube.com/watch?v=ZC5K75zi-vE</a></p>
	<p><b>Know the Risks:</b> Surgeon General's Website on E-cigarettes and young people. This site contains many resources, including facts, PSAs, a parents' tip sheet and more.</p>	<p><a href="https://e-cigarettes.surgeongeneral.gov/">https://e-cigarettes.surgeongeneral.gov/</a></p>
	<p>With these cross-curricular resources from Scholastic and the FDA, students will analyze informational text, collect, and present data, and evaluate marketing messages. For independent student work, you can assign videos, student reading, and a digital tool at the middle school and high school student pages.</p>	<p><a href="https://www.scholastic.com/youthvapingrisks/index.html">https://www.scholastic.com/youthvapingrisks/index.html</a></p>
	<p>The Tobacco Prevention and Control Branch of NCDHHS has several resources including an infographic on NC tobacco prevention activities and NC DPH e-cigarette health advisory materials.</p>	<p><a href="https://www.tobaccopreventionandcontrol.ncdhhs.gov/youth/index.htm#ecigham">https://www.tobaccopreventionandcontrol.ncdhhs.gov/youth/index.htm#ecigham</a></p>

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	<p><b>Reducing Vaping Among Youth and Young Adults</b></p> <ul style="list-style-type: none"> <li>• An overview of current approaches and challenges</li> <li>• Current evidence on effectiveness of specific interventions</li> <li>• Practical information to consider when selecting and implementing programs and policies</li> <li>• Examples of programs and policies including lessons learned</li> </ul> <p>Resources for evaluation and quality improvement</p>	<p><a href="https://store.samhsa.gov/product/Reducing-Vaping-Among-Youth-and-Young-Adults/PEP20-06-01-003">https://store.samhsa.gov/product/Reducing-Vaping-Among-Youth-and-Young-Adults/PEP20-06-01-003</a></p>
	<p>The CDC has designed a Best Practices User Guide: Youth Engagement document. This guide gives program managers information on how to engage youth as a part of a comprehensive tobacco control program.</p>	<p><a href="https://www.cdc.gov/tobacco/stateandcommunity/best-practices-youth-engagement/index.html">https://www.cdc.gov/tobacco/stateandcommunity/best-practices-youth-engagement/index.html</a></p>
	<p>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.</p>	<p><a href="https://www.lgbthealthlink.org/Projects/MPOWERED-LGBT-Tobacco-Prevention-Best-Practices">https://www.lgbthealthlink.org/Projects/MPOWERED-LGBT-Tobacco-Prevention-Best-Practices</a></p>
	<p>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, we hope to create a united front and cultivate the first vape-free generation.</p>	<p><a href="https://www.bevapefree.org/">https://www.bevapefree.org/</a></p>







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Media Campaigns		
Resource	Description	Website
	<p><b>This Free Life</b> is FDA’s public education campaign designed to prevent and reduce tobacco use among LGBT older teens and young adults who use tobacco occasionally.</p> <p>Through the use of authentic and credible messages from tobacco-free members of the LGBT community, the campaign encourages these young adults to draw inspiration from their peers to also live tobacco-free.</p>	<a href="https://www.fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/ThisFreeLifeCampaign/default.htm">https://www.fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/ThisFreeLifeCampaign/default.htm</a>
 <p><b>Fresh Empire</b></p>	<p><b>Fresh Empire</b> is FDA’s public education campaign to promote a tobacco-free life by educating youth through Hip Hop-inspired events, videos and contests. The public education campaign is designed to prevent and reduce tobacco use among at-risk multicultural youth ages 12-17.</p>	<a href="https://freshempire.betobaccofree.hhs.gov">https://freshempire.betobaccofree.hhs.gov</a>
	<p>Dedicated to defending teens from tobacco companies lies and deceptions, truth produces television and digital content to encourage teens to reject tobacco and to unite against the tobacco industry. Includes information on tobacco and social justice.</p>	<a href="https://www.thetruth.com/">https://www.thetruth.com/</a>
	<p><b>Truth Orange – Safer ≠ Safe</b> is a Truth Initiative Campaign. In these ads, truth combats the notion that e-cigarettes are safer than cigarettes. Truth states that, “Good, solid research can take decades to compile, and we just aren’t there yet with e-cigs, vapes, and JUUL. We don’t know yet the impact these products could have on our health. But what we know so far definitely gives us pause.”</p>	<p><a href="https://www.youtube.com/playlist?list=PLDVVQDN6OECnkDWTaZoMIZH81376hREHF">https://www.youtube.com/playlist?list=PLDVVQDN6OECnkDWTaZoMIZH81376hREHF</a></p> <p>Want to test your knowledge on vaping? Take this Truth Quiz:</p> <p><a href="https://www.thetruth.com/quizzes/vaping-juuling">https://www.thetruth.com/quizzes/vaping-juuling</a></p>

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	<p>Tobacco Free California has parent resources on nicotine addiction and how to help youth and young adults. This includes a guide on flavors and various toolkits.</p>	<p><a href="https://www.flavorshookkids.org/">https://www.flavorshookkids.org/</a></p> <p><a href="https://www.youtube.com/playlist?list=PLurbAZks39wiewy3SiBZlU7J_p6b2AkxnM">https://www.youtube.com/playlist?list=PLurbAZks39wiewy3SiBZlU7J_p6b2AkxnM</a></p>
<p>Escape the Vapes</p> 	<p>Youth prevention ad developed by Talk It Out Cleveland County (NC), a Substance Abuse Prevention Coalition</p>	<p><a href="https://www.escapethevapes.com/">https://www.escapethevapes.com/</a></p>
	<p>The FDA launched the campaign, “This Free Life,” in 2016 to prevent and reduce tobacco use among LGBT young adults who occasionally smoked cigarettes. The campaign primarily used digital-only marketing tactics, including online and streaming video, digital advertisements, and social media, in select markets throughout the United States. Campaign messaging featured authentic and credible voices from the tobacco-free LGBT community to educate the audience on the negative consequences of smoking.</p>	<p><a href="https://www.fda.gov/tobacco-products/free-life-campaign">https://www.fda.gov/tobacco-products/free-life-campaign</a></p>
<p>The Real Cost</p> 	<p>The Real Cost is the FDA’s public education campaign originally created to educate at-risk teens about the harmful effects of cigarette smoking. Now the campaign includes smokeless tobacco and vapes as well as combustible cigarettes.</p> <p><b>New</b> “Addiction isn’t Pretty” video campaign aimed at reducing youth vaping.</p>	<p><a href="https://therealcost.betobaccofree.hhs.gov/?g=t">https://therealcost.betobaccofree.hhs.gov/?g=t</a></p> <p><a href="https://www.youtube.com/results?search_query=the+real+cost+addiction+isn%27t+pretty+">https://www.youtube.com/results?search_query=the+real+cost+addiction+isn%27t+pretty+</a></p>


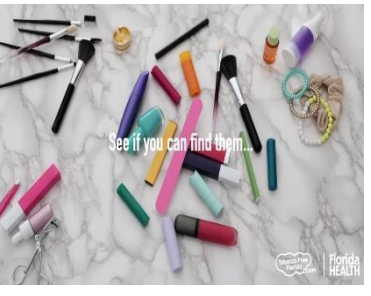




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For Parents		
Resource	Description	Website
	<p>The Massachusetts Department of Health has put together resources that include facts on products, tips for parents on how to talk to their kids about vaping and engage the community. There is also a toolkit for schools to help address the issue.</p>	<p><a href="https://makesmokinghistory.org/dangers-of-vaping/">makesmokinghistory.org/dangers-of-vaping/</a></p>
	<p>What You need to Know and How to Talk with Your Kids About Vaping. The information here and in the <a href="#">vaping guide</a> is meant to help you understand vaping, its appeal to youth and what research says about the known and unknown risks.</p>	<p><a href="https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/">https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/</a></p> <p><a href="#">Vaping Guide</a></p>
	<p><b>Quick Facts on the Risks of E-Cigarettes for Kids, Teens, &amp; Young Adults</b></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><a href="https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html">https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html</a></p>
<p>Anuvia Video:</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><a href="https://www.youtube.com/watch?v=4y1HHu4mXjo">https://www.youtube.com/watch?v=4y1HHu4mXjo</a></p>
	<p><b>The Vape Talk</b> is intended to help parents talk about vaping with their kids and includes a downloadable guide.</p>	<p><a href="https://www.lung.org/stop-smoking/vape-talk/">https://www.lung.org/stop-smoking/vape-talk/</a></p>



# Youth-Centered Tobacco Prevention & Cessation Programs & Resources

Facilitator Type: Teachers, Tobacco Educators, Counselors, Nurses

	<p><b>PAVe</b> (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><b>PARENT TOOLKIT</b></p> <p><b>PODCAST</b></p>	<p><a href="https://www.parentsagainstvaping.org">https://www.parentsagainstvaping.org</a></p> <p><a href="https://www.parentsagainstvaping.org/parent-toolkit">https://www.parentsagainstvaping.org/parent-toolkit</a></p> <p><a href="https://pave.buzzsprout.com/?eType=EmailBlastContent&amp;eld=d4401adf-1bfd-48eb-abd6-56c9d042f60f">https://pave.buzzsprout.com/?eType=EmailBlastContent&amp;eld=d4401adf-1bfd-48eb-abd6-56c9d042f60f</a></p>
	<p>Florida has developed a video to help parents identify vaping products among their teens' belongings.</p>	<p><a href="https://www.youtube.com/watch?v=htAsfUEoEC4&amp;feature=youtu.be">https://www.youtube.com/watch?v=htAsfUEoEC4&amp;feature=youtu.be</a></p>
	<p>Through their Protect Kids: <b>Fight Flavored E-Cigarettes</b> campaign, The Campaign for Tobacco Free Kids has developed a robust set of free, online resources to help parents help their kids.</p>	<p><a href="http://fightflavoredcigs.org/resources-for-parents/?eType=EmailBlastContent&amp;eld=88cccfb9-b298-46be-aac6-54a9a45a7f2b">http://fightflavoredcigs.org/resources-for-parents/?eType=EmailBlastContent&amp;eld=88cccfb9-b298-46be-aac6-54a9a45a7f2b</a></p>
	<p>CDC's E-cigarettes, or Vaping Products, Visual Dictionary</p>	<p><a href="https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf">https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf</a></p>
	<p>Truth Initiative's Vaping Lingo Dictionary</p>	<p><a href="https://truthinitiative.org/research-resources/emerging-tobacco-products/vaping-lingo-dictionary">https://truthinitiative.org/research-resources/emerging-tobacco-products/vaping-lingo-dictionary</a></p>
 <p><b>QuitlineNC</b></p>	<p><b>Live Vape Free – Online Course for Concerned Adults</b></p> <p>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><b>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.</b></p>	<p><a href="https://myquitforlife.com/mve/?client=LVFNC&amp;clientId=11501525">https://myquitforlife.com/mve/?client=LVFNC&amp;clientId=11501525</a></p>




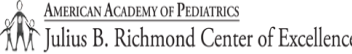

# Youth-Centered Tobacco Prevention & Cessation Programs & Resources

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	<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><a href="https://www.cdc.gov/tobacco/features/back-to-school/index.html">https://www.cdc.gov/tobacco/features/back-to-school/index.html</a></p>
	<p>FDA and the American Academy of Pediatrics (AAP) collaborated to develop a video series featuring pediatricians answering common questions about youth e-cigarette use. FDA also created a new webpage that includes these video and other tobacco education resources for parents and educators.</p>	<p><a href="https://www.fda.gov/tobacco-products/public-health-education/tobacco-education-resources-parents-and-teachers?utm_source=CTPEblast&amp;utm_medium=email&amp;utm_term=stratout&amp;utm_content=landingpage&amp;utm_campaign=vapinged">https://www.fda.gov/tobacco-products/public-health-education/tobacco-education-resources-parents-and-teachers?utm_source=CTPEblast&amp;utm_medium=email&amp;utm_term=stratout&amp;utm_content=landingpage&amp;utm_campaign=vapinged</a></p>


# Youth-Centered Tobacco Prevention & Cessation Programs & Resources

Facilitator Type: Teachers, Tobacco Educators, Counselors, Nurses

Educate About Effective Policy Working with Partners to Build Support		
Resource	Description	Website
	<p>Comprehensive resource for organizations working to counteract tobacco product sales and marketing at the point of sale (POS). Offers evidence-based descriptions of the problem, policy solutions, advocacy materials, <a href="#">news updates</a>, and an <a href="#">image gallery</a> exposing tobacco industry tactics at the point of sale.</p>	<p><a href="http://countertobacco.org/">http://countertobacco.org/</a></p>
 <p>Take Down Tobacco Training Program</p>	<p>The Rise of Vaping course has been updated with all the latest on e-cigarettes, including recent policy changes and what's currently on the market. A shortened Take Down Tobacco 101 course with all the evidence-based facts and knowledge you need in just 35 minutes. A streamlined Become a Trainer learning path that makes it easier to guide trainings in your school or community - users will take the newly updated Prepare to Guide a Training to get ready to guide EITHER a Take Down Tobacco 101 or The Rise of Vaping.</p>	<p><a href="http://www.takingdowntobacco.org">www.takingdowntobacco.org</a></p> <p>Go online and register to unlock training options</p>
	<p>The Center for Black Health &amp; Equity is committed to the pursuit of health justice for people of African descent.</p> <p>Located within "The CENTER," NAATPN, is reinventing and strengthening its position as the leading source of education and advocacy for tobacco and cancer health disparities affecting African Americans</p>	<p><a href="https://centerforblackhealth.org/">https://centerforblackhealth.org/</a></p>
 <p>AMERICAN ACADEMY OF PEDIATRICS Julius B. Richmond Center of Excellence</p>	<p>The American Academy of Pediatrics Julius B. Richmond Center of Excellence offers tools and resources to help clinicians and communities, as well as supports research and policy development to create a healthy environment for children, adolescents, and families.</p> <p>Vaping curriculum was recently introduced that includes 11 sessions. This curriculum focuses on addressing youth E-cigarette prevention and cessation based on current evidence and best practices.</p>	<p><a href="https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Richmond-Center/Pages/default.aspx">https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Richmond-Center/Pages/default.aspx</a></p> <p><a href="https://services.aap.org/en/learning/e-cigarette-curriculum/">https://services.aap.org/en/learning/e-cigarette-curriculum/</a></p>
 <p>PUBLIC HEALTH LAW CENTER Tobacco Control Legal Consortium</p>	<p>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.</p>	<p><a href="https://publichealthlawcenter.org/topics/commercial-tobacco-control">https://publichealthlawcenter.org/topics/commercial-tobacco-control</a></p> <p><a href="https://publichealthlawcenter.org/topics/commercial-tobacco-control/e-cigarettes">https://publichealthlawcenter.org/topics/commercial-tobacco-control/e-cigarettes</a></p>


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 	<p>Formerly known as Youth Empowered Solutions, <b>YES! for Equity</b> is now located within the Partnership for Southern Equity family.</p> <p><i>YES! for Equity</i> is a national training and movement-building force built on the belief that racial equity and inter-generational power-sharing are essential to creating change.</p> <p>YES! for Equity offers adult leader trainings, and youth staff led training for groups of youth to become competent community advocates to address the policy, systems, and environmental changes they would like to see happen in their communities.</p>	<p><a href="https://psequity.org/yes-for-equity/">https://psequity.org/yes-for-equity/</a></p>
	<p>The Tobacco Control Network (TCN) is comprised of the tobacco control program managers and additional staff from each U.S. state and territorial health agency and the health department of the District of Columbia. This wide representation allows the TCN to access a wealth of expertise and experience from across the country. Formed in 1994, the network's primary function was to facilitate information sharing between the NCI-funded ASSIST Program, the CDC-funded IMPACT program, and other national partners.</p>	<p><a href="http://tobaccocontrolnetwork.org/about-us/">http://tobaccocontrolnetwork.org/about-us/</a></p>
	<p>Trinkets and Trash (T&amp;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&amp;T's website (<a href="http://trinketsandtrash.org">trinketsandtrash.org</a>) can search for, read descriptions of and capture images of these items for educational use.</p>	<p><a href="https://www.trinketsandtrash.org/about.html">https://www.trinketsandtrash.org/about.html</a></p>
	<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. These internal documents give a view into the workings of one of the largest and most influential industries in the United States. See <a href="#">Litigation Documents</a> for more information on these lawsuits including links to legal documents.</p>	<p><a href="https://www.industrydocuments.ucsf.edu/tobacco/">https://www.industrydocuments.ucsf.edu/tobacco/</a></p> <p><a href="https://smokingcessationleadership.ucsf.edu/resources/factsheets">https://smokingcessationleadership.ucsf.edu/resources/factsheets</a></p>
	<p>AMPLIFY! Cessation Support Stop Smoking &amp; Vaping Resources is a space that helps African Americans overcome the social, emotional, and physical challenges of living without nicotine and provides resources on how to overcome barriers related to quitting tobacco use.</p>	<p><a href="https://www.amplify.love/mission">https://www.amplify.love/mission</a></p>

# Youth-Centered Tobacco Prevention & Cessation Programs & Resources

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	<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 exposure and human health.</p>	<p><a href="https://thirdhandsmoke.org/resources/">https://thirdhandsmoke.org/resources/</a></p>
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Updated October 2021