

Youth-Centered Tobacco Educational Resources FREE Educational Programs		
Resource	Description	Website
<p><b>Take Down Tobacco</b></p> 	<p><b>What:</b> A series of basic and advanced online trainings on tobacco control advocacy. Sessions run 20-60 minutes each and build upon each other.</p> <p><b>Who:</b> Youth interested in tobacco use prevention.</p> <p><b>Why:</b> To educate and engage youth to <b>#BeTheFirst</b> tobacco-free generation</p> <p><b>Where: Groups:</b> Meeting or classroom with audiovisual equipment capabilities. <b>Individuals:</b> computer</p>	<p>Click <a href="#">here</a> to access the website</p> <p>Register to unlock training options</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.</p> <p><b>Endorsements:</b> SAMHSA, National Cancer Institute and the Cochrane Review</p>	<p>Click <a href="#">here</a> to access the website</p>
	<p>Peer-reviewed, evidence-based, English and Spanish curriculum for middle school and high school youth. CATCH My Breath 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>Click <a href="#">here</a> to access the website</p> <p>Click <a href="#">here</a> for Be Vape Free Virtual Field Trip</p>
	<p><b>The Tobacco Prevention Toolkit: “You and Me Together Vape-Free”</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. Includes specific lessons on <b>hookah</b> and <b>smokeless tobacco</b>. Includes <b>two elementary school lessons</b>.</p> <p><b>Cannabis Awareness &amp; Prevention Toolkit</b></p> <p><b>Resource Directory</b> includes help for parents, school policies, positive youth development and other helpful materials.</p>	<p>Click <a href="#">here</a> to access the website. Educational modules on all topics listed left for educators, administrators, parents/guardians, and anyone who works with youth.</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>Vaping: Know the Truth</b>  from Truth Initiative and Kaiser Permanente, in collaboration with the American Heart Association, this program 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 for grades 8-12 in English and Spanish</p>	<p>Click <a href="#">here</a> to access the website</p>
	<p><b>Truth Documentary: Black Lives Black Lungs</b> (15 minutes)  Explores the history, marketing tactics and impact of the tobacco industry targeting African Americans with menthol tobacco products.</p>	<p>Click <a href="#">here</a> to access the website</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. Includes school and community activities for groups and individuals.</p>	<p>Click <a href="#">here</a> to access the website</p>
	<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>Click <a href="#">here</a> to access the website</p>

FREE Alternative to Suspension Programs		
Resource	Description	Website
	<p><b>The My Healthy Future Course</b> 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 <b>SELF-PACED</b> 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 <a href="#">here</a> to access the website
	<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>	Click <a href="#">here</a> 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 <a href="#">here</a> to access the website.

### NOTICE TO SCHOOLS:

The curricula listed above are **evidence-based/evidence informed and free**. The CDC warns schools to seek evidence-based/evidence informed 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 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>

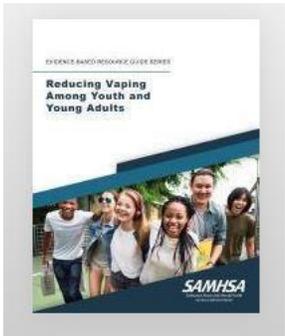
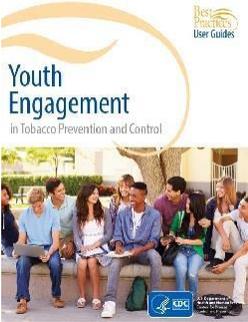
Youth Cessation Programs		
Resource	Description	Website
	<p><b>This is Quitting</b> is the Truth Initiative’s e-cigarette text-based quitting program. Teens join by texting <b>"VAPEFREENC" to 88709</b>. Parents and other adults looking to help young people quit should text <b>"QUIT" to (202) 899-7550</b>.</p>	<p>Click <a href="#">here</a> to access the website</p>
 <p><b>N-O-T: Not On Tobacco</b></p>	<p><b>N-O-T</b> 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 <a href="#">here</a> to access the website</p>
	<p>The American Lung Association’s <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 <a href="#">Not On Tobacco (N-O-T)</a>®. It is made up of eight self-paced sessions, and includes related topics, such as fitness, stress management and communication.</p>	<p>Click <a href="#">here</a> to access the website</p>
	<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). Register online at <a href="http://www.quitlinenc.com">www.quitlinenc.com</a> or text “Ready” to 34191.</p> <p><a href="#">Live Vape Free</a> – is a vaping cessation program for youth and young adults aged 13-26. Youth over age 18 will receive two weeks of nicotine replacement therapy.</p>	<p>Click <a href="#">here</a> to access the website</p> <p><b>Text “Ready” to 34191</b> <b>Ages 18 and up</b></p> <p><a href="#">Learn more here.</a></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 Hopelab and UCSF’s Center for Tobacco Control Research and Education, <b>Quit the Hit</b> provides five weeks of online quit support in groups of 10-15 participants with active moderation by a cessation coach.</p>	<p>Click <a href="#">here</a> to access the website</p>

Fact Sheets and Other Materials for Youth		
Resource	Description	Website
	Order or download tobacco prevention posters and download tobacco prevention social media messages. Many are available in Spanish.	Click <a href="#">here</a> to access the website
	CDC's webpage on e-cigarettes and young people includes facts and links to many related pages.	Click <a href="#">here</a> to access the website
 <p>smokeSCREEN</p>	<b>smokeSCREEN</b> 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 <a href="#">here</a> to access the website Read <a href="#">press release</a> .
	National Institute on Drug Abuse for Teens. Facts and a data infographic on teens and e-cigarettes	Click <a href="#">here</a> 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 <a href="#">here</a> to access the website
	<a href="#">The media gallery</a> contains hundreds of vaping prevention and cessation ads in the form of images, videos, GIFs, audio, e-cigarette warning labels, and infographics. <a href="#">The gallery</a> 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 <a href="#">here</a> to access the website
	CDC launched the <i>Empower Vape-Free Youth</i> <sup>™</sup> 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	Click <a href="#">here</a> to access the website.



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.

Click [here](#) to access the website.

	<b>Guides and Other Materials for Adults/Organizations</b>	
<b>Resource</b>	<b>Description</b>	<b>Website</b>
	<p>Reducing Vaping Among Youth and Young Adults</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>Click <a href="#">here</a> to access the website</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>Click <a href="#">here</a> to access the website</p>
	<p>Released at the 8th National LGBT Health Equity Summit in Kansas City, MO, <b>MPOWERED: Best and Promising Practices for LGBT Tobacco Prevention and Control</b> 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>Click <a href="#">here</a> to access the website</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, the creators hope to create a united front and cultivate a vape-free generation.</p>	<p>Click <a href="#">here</a> to access the website</p>
	<p>The Project ALERT curriculum focuses on curbing teenage non-users 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 <a href="#">here</a> to access the website</p>

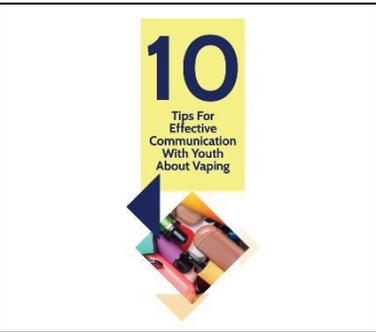
# Youth-Centered Tobacco Prevention & Cessation Programs & Resources

Facilitator Type: Teachers, Tobacco Educators, Counselors, Nurses

Resource	Description	Website
 <p><b>Partnership</b> 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 <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>Click <a href="#">here</a> to access the website</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>Click <a href="#">here</a> to access the website</p>
<p><b>Anuvia Video</b></p>  <p><b>Life With a Teen Addicted to Vaping</b> 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 <a href="#">here</a> to access the website</p>
 <p><b>AMERICAN LUNG ASSOCIATION.</b></p> <p><b>THE VAPE TALK</b></p>	<p><b>The Vape Talk blog post</b> is intended to help parents talk about vaping with their kids and includes a downloadable guide.</p>	<p>Click <a href="#">here</a> to access the website</p>
 <p><b>PAVe</b> PARENTS AGAINST VAPING E-CIGARETTES</p>	<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>Click <a href="#">here</a> to access the website</p> <p>Click <a href="#">here</a> to access the podcast</p>

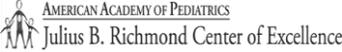
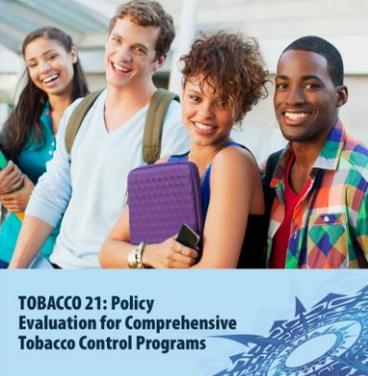
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	<p>Fast Facts on Youth Vaping, FDA Toolkit. An easy-to-understand toolkit with facts on youth vaping and e-cigarette use. This free, downloadable toolkit covers topics like the health and safety risks of vaping, how vapes work, and the signs and symptoms of nicotine addiction. A Spanish-language version is available.</p>	<p>Click <a href="#">here</a> to access the website.</p>
	<p>CDC's E-cigarettes, or Vaping Products, Visual Dictionary</p>	<p>Click <a href="#">here</a> to access the website</p>
	<p>Truth Initiative's Vaping Lingo Dictionary</p>	<p>Click <a href="#">here</a> to access the website</p>
	<p><b>Live Vape Free – Online Course for Concerned Adults</b>          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.   <i>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.</i></p>	<p>Click <a href="#">here</a> to access the website</p>
	<p>There are all sorts of reasons why youth pick up vaping and tobacco. And as parents/adults, it's tough to have legit conversations about it. Heck, it's hard to talk to youth about a lot of stuff, so MCPH is here to help you navigate through difficult conversations. These tips came straight from youth! When asked how they'd like the adults in their lives to engage in a discussion about vaping, these were their top suggestions. This is available in both a digital infographic and printable brochure.</p>	<p>Click <a href="#">here</a> to access the infographic</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 <a href="#">here</a> 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 <a href="#">here</a> to access the website</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. 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>Click <a href="#">here</a> to access the website</p>
	<p>The Center for Black Health &amp; 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.</p>	<p>Click <a href="#">here</a> to access the website</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>Click <a href="#">here</a> to access the website</p> <p>Click <a href="#">here</a> to access the e-cigarette curriculum</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>Click <a href="#">here</a> to access the website</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>Click <a href="#">here</a> to access the website</p>
	<p>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.</p>	<p>Click <a href="#">here</a> to access the website.</p>

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 <p>UCSF Center for Tobacco Control Research and Education</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. 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 <a href="#">Litigation Documents</a> for more information on these lawsuits including links to legal documents.</p>	<p>Click <a href="#">here</a> to access the website</p>
 <p>THIRDHAND SMOKE Resource Center</p>	<p>The Thirdhand Smoke Research Consortium was established by California’s Tobacco-Related Disease Research Program (TRDRP).  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 <a href="#">here</a> to access the website</p>

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