

VAPING/E-CIG RESOURCES

TOOLS FOR SUCCESSFUL PREVENTION

FOR SCHOOLS

Click on the logos for links to free classroom education programs, prevention campaigns and restorative practices

CATCH My Breath™

an evidence-based youth e-cigarette and vaping prevention program specific to grades 5-12.



The Real Cost of Vaping

Scholastic partnered with the FDA to create lessons and activities for grades 6-8 and 9-12.

"The Real Cost" campaign

Free materials you can order or download—posters, TV ads, social media images and web content.

Stanford University Tobacco Prevention Toolkit

a theory-based and evidence-informed educational resource created by educators and researchers aimed at preventing middle and high school student use of tobacco and nicotine products.



Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH)

sponsored by the American Lung Association, a new, convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way.

Vaping: Know the Truth

a national youth vaping prevention curriculum designed to educate students about the health dangers of e-cigarette use. This free digital learning experience was developed by Truth Initiative, Kaiser Permanente and the National Heart Association. It is available to schools by leading social impact education innovator, EVERFI.



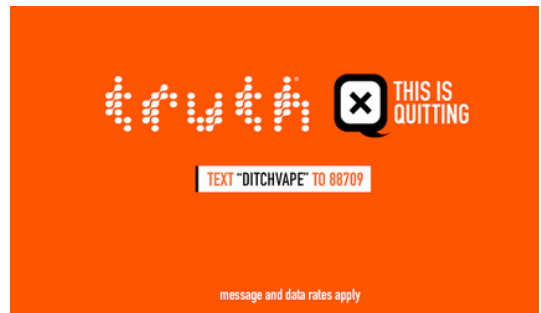
YOUTH SUPPORTS AND CESSATION RESOURCES

Join the movement to quit!
Local and nation wide resources for youth. Click logos for links

The Truth Initiative

a 24/7 support network. Truth Initiative is a nonprofit tobacco control organization dedicated to achieving a culture where all youth and young adults reject tobacco.

DITCHVAPE



N-O-T Not On Tobacco

Proven teen smoking and vaping cessation program.

Takingdowntobacco.org

#Be the first tobacco-free generation
a comprehensive youth advocacy training program created by the Campaign for Tobacco-Free Kids in partnership with the CVS Health Foundation.



How to quit vaping

sponsored by Health and Human Services and the National Institutes of Health.

Download the app quitSTART or try Smokefree TXT by signing up online or texting QUIT to 47848.

Connecticut Quit Line

funded through the Connecticut Department of Public Health -tools to help people quit their tobacco use including e-cigarettes.

Signup on the web page or call 1-800-QUITNOW (1-800-784-8669) to reach a coach.

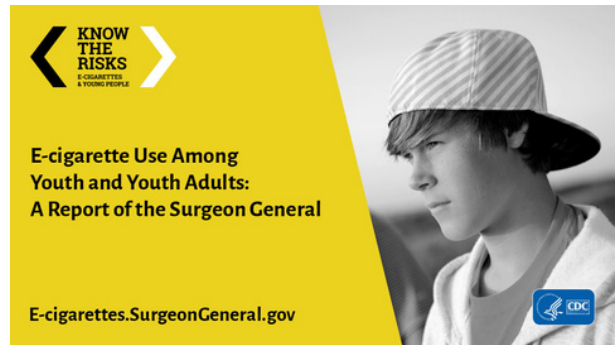


PARENT RESOURCES

Educational materials for parents and tools for how to start the conversation. Logos are links

Know the Risks- E-Cigarettes and Young People

This web page was developed based on The 2016 Surgeon General's Report on e-cigarette use among youth and young adults. Find fact sheets, PSAs and tips on how to start the conversation with kids about the dangers of vaping.



The Vape Talk

A guide from the American Lung Association to empower parents to have the important conversation about vaping. It includes a conversation guide.

PAVe- Parents Against Vaping E-Cigarettes

A national advocacy and education organization powered by volunteers. They offer information and resources to help adults understand the causes and extent of the youth vaping epidemic, health risks of vaping, and how to recognize the signs and offer support to their own children.



FOR PREVENTION PROFESSIONALS

Resources, campaigns, and hand-out materials



CT Clearinghouse

a program of Wheeler Clinic, Inc., and funded by the Connecticut Department of Mental Health and Addiction Services. They provide Information on substance use and mental health disorders, prevention and health topics. Call them to order vaping pamphlets and brochures or search their online library. Call (860) 793-9791

Tips for Teens: The Truth About E-Cigarettes

Fact sheet for teens (can be ordered or downloaded).



Prevention and Treatment Resource Press and

PG Creative Prevention Campaigns materials and posters for purchase.



POLICIES AND NEWS

Stay current on policies and safeguards around vaping

Truth Initiative

Its primary aims include conducting tobacco control research and policy studies, organizing community and youth engagement programs and developing digital cessation and prevention products.

Sign up for their weekly email update
follow them on social media



The Centers for Disease Control

Under the U.S Department of Health and Human Services.

Find articles, info graphics and the latest information on EVALI (E-cigarette or vaping product use-associated lung injury).

FDA

Compliance check inspections of tobacco product retailers at the federal level.
Search capability by town/city.



State of CT Dept of Consumer Protection

To look up e-cigarette registered dealers:

- Click on Drug Control- Pharmacy, Pharmacists
- Check "Dealers of ENDS or Vapor Products"
- Scroll down to the bottom of the screen and hit continue
- Download roster

FOR MORE INFORMATION
CONTACT US
203-743-7741



WCTC