



Tobacco-Free Virtual Toolkit Vaping Prevention Programs

Schools can utilize vaping prevention programs to educate and prevent tobacco use among elementary, middle, and high school students. These programs were evaluated using the approved K-12 Georgia Standards of Excellence for Health Education by the Georgia Board of Education. The Georgia Tobacco Use Prevention Program created a rubric of vaping prevention programs including the number of program sessions, length, and additional resources provided by the programs. The programs included in this rubric are not an exhaustive list of vaping prevention programs.

Catch My Breath created by Coordinated Approach to Child Health (CATCH)

The CATCH My Breath (CMB) core curriculum for grades 5-12 is an evidence-based youth nicotine vaping prevention program developed in response to the youth vaping epidemic. It also develops general critical thinking and refusal skills that empower youth to make responsible decisions about all kinds of harmful substances.

Reaching beyond the evidence-based core curriculum, the expansion lessons enable schools to provide a comprehensive substance misuse education starting in kindergarten. Lessons for grades K-4 are included in this section as research has demonstrated that early prevention is the only effective deterrence of substance abuse in high school students and that introducing instruction in this area starting in early elementary school will reduce the impact of substance misuse.

Website: [CATCH My Breath](#)

Vaping: Know the Truth created by Truth Initiative

Vaping: Know the truth is a new national youth vaping prevention curriculum created by Truth Initiative and Kaiser Permanente, in collaboration with the American Heart Association, to educate students about the dangers of e-cigarette use. This free digital learning experience was developed as part of Truth Initiative's nationally recognized truth campaign. In addition to encouraging students to live vape-free lives, this self-led interactive curriculum offers resources to help young people who are currently using e-cigarettes to quit through Truth's first-of-its-kind text message quit vaping program This is Quitting, which is already helping over 400,000 youth and young adults on their journeys to quit.

Website: [Vaping: Know the truth](#)

ASPIRE (A Smoking Prevention Interactive Experience)

A Smoking Prevention Interactive Experience is a free, bilingual, online curriculum, fully aligned with National Education Standards, as well as with 21st Century Skills, that helps middle and high school teens learn to be tobacco-free while explaining the dangers of tobacco and nicotine use. In this latest version, students travel through interactive modules and complete quizzes. They will hear testimonials from former smokers, healthcare professionals, and cancer survivors.

Website: [ASPIRE](#)

Vaping Prevention & Education Resource Center

The Vaping Prevention and Education Resource Center is an online resource center of science-based, standards-mapped materials that teachers can use to help their students avoid vaping and nicotine addiction. The resource center features numerous age-appropriate, cross-curricular resources for teachers and parents to promote learning and begin having open conversations about youth vaping and tobacco use. In addition to content designed for teachers, FDA also developed materials for parents and teens. All content at the resource center is free, easy to navigate, and optimized for each audience.

Teachers will find lesson plans, interactive tools, infographics, and videos with vaping facts and tips about how to teach teens about the dangers of e-cigarette use. Parents will find fact sheets, videos, and resources to help them understand and recognize vapes, talk with their children, and keep the conversation going over time. Students will find real-life stories and relatable content to help them understand vaping, nicotine addiction, common myths about e-cigarettes, and how to say "no" to vaping.

Website: [Vaping Prevention and Education Resource Center](#)

Know the Risks: A Youth Guide to E-cigarettes Presentation

CDC's Office on Smoking and Health (OSH) developed this presentation to educate youth on e-cigarettes, including the health risks, the factors that lead to e-cigarette use, and what youth can do to avoid all tobacco products, including e-cigarettes. This resource is intended for adults who educate or serve youth ages 11 – 18 (teachers, youth ministers, coaches, scout leaders, etc.). Utilizing the talking points and information for users document, the presenter does not require additional information, or permission to deliver the presentation.

Website: [Know the Risks: A Youth Guide to E-cigarettes](#)

Stanford Medicine Tobacco Prevention Toolkit

The You and Me, Together Vape-Free curriculum includes a middle and high school program with 6 lessons, approximately 50 minutes each. It also includes a two-lesson elementary school version, approximately 50 minutes each. Every lesson provides activities, online quiz games, and worksheets in addition to presentations, resources, and other materials aimed at addressing key factors associated with youth e-cigarette use, including changing adolescents' attitudes towards and misperceptions about e-cigarettes; increasing their refusal skills to pull of flavors, marketing, and social media; reducing stress and depression which have been linked to e-cigarette initiation and use; improving coping; and decreasing intentions and actual use of all e-cigarette products.

These 6 in-class sessions are reinforced outside of the classroom with follow-up discussion guides that provide open-ended questions and activities for youth to discuss various e-cigarette-related topics with a trusted adult and/or peer in order to open dialogue between youth and adults. The curriculum is meant to reach all youth, including those at the highest risk of tobacco use, racial/ethnic minorities, students in continuation and alternative schools, and those identifying as LGBTQ+.

Website: [Stanford Medicine Tobacco Prevention Toolkit](#)