

## Youth Cessation and Prevention Initiatives

### 1. Take Down Tobacco Training Program

- **Description:** Training on tobacco use health effects and vaping prevention education. This program initiates the youth population to **#BeTheFirst** tobacco-free generation.
- **Location:** Virtual (must have A/V equipment)
- **URL:** [www.takingdowntobacco.org](http://www.takingdowntobacco.org)

### 2. ASPIRE: A S m o k i n g P r e v e n t i o n I n t e r a c t i v e s s e n t e r i e n c e

- **Description:** A curriculum-based tobacco prevention program for a youth population ages 11-18. This program includes pre-and post-surveys, quizzes following each module, completion certificate, and reporting system capturing progress.
- **Location:** Virtual
- **URL:** <https://www.mdanderson.org/about-md-anderson/community-services/aspire.html>

### 3. Catch My Breath: Youth E-Cigarette Prevention Program

- **Description:** This program is an evidence-based tobacco prevention initiative that includes active student-centered learning facilitated by peer leaders. Moreover, this program includes resources for facilitators such as class activities, teacher education, online resources, and take-home materials for parents. Additionally, there is a wide variety of educational resources in this program such as Health at Home Version for Home Schooling, Virtual Field Trip, Vaping, Lung Health, & Infectious Disease, and Pre-recorded grade 6 lessons. CATCH my breath student service-learning projects (includes scholarships) is a selection of projects designed to help students make an impact in their community to prevent vaping.
- **Location:** Virtual
- **URL:** <http://catchinfo.org/modules/e-cigarettes/>

### 4. Stanford Medicine: The Tobacco Prevention Toolkit

- **Description:** This toolkit is a theory-based and evidence-informed education resource created by researchers and educators at Stanford University. The toolkit is aimed to prevent the use of tobacco-related products (cigarettes, cigars/cigarillos, chew, hookah, and e-cigarettes) among middle and high school students.
- **Location:** Virtual
- **URL:** <https://med.stanford.edu/tobaccopreventiontoolkit.html>

## 5. Food and Drug Administration (FDA): Real Cost of Vaping

- **Description:** This contains cross-curricular resources from Scholastic and the FDA for middle and high school students. Resources will provide insight to informational text, collect, and present data, and evaluate marketing messages on vaping prevention.
- **Location:** Virtual
- **URL:** <https://www.scholastic.com/youthvapingrisks/index.html>

## 6. Center for Disease Control (CDC): Know the Risks: A Youth Guide to E-Cigarettes

- **Description:** This resource is a PowerPoint presentation created by the CDC Office of Smoking and Health (OSH) for the youth population on e-cigarette prevention. It increases education on health risks, factors leading to e-cigarette use, and what the youth population can do to avoid tobacco products, including e-cigarettes.
- **Location:** Virtual
- **URL:** [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)
- **Note:** This presentation must be downloaded. Instructions and a script for users has been uploaded to this URL.

## 7. Tobacco Control Network: Youth E-Cigarette Use Microlearning Videos

- **Description:** This resource was created in collaboration with the Center for Disease Control (CDC) Office of Smoking and Health (OSH). Microlearning videos address education on e-cigarette use and health risks, through two videos (long and short version).
- **Location:** Virtual
- **URL:** <https://tobaccocontrolnetwork.org/resources/#open-panel>

## 8. American Heart Association (AHA): #QUITLYING

- **Description:** This is an engagement campaign that empowers the youth population, schools, and communities to denounce JUUL and other e-cigarette companies. Additionally, this campaign has various resources such as facilitator education, lesson plans, and an interactive website that reveals the myths and truths about tobacco use.
- **Location:** Virtual
- **URL:** <https://tobaccoendgame.yourethecure.org/>

## 9. Substance and Mental Health Service Administration (SAMHSA): Reducing Vaping among Youth and Young Adults

- **Description:** This resource provides an overview of e-cigarette-related challenges and approaches for prevention. Moreover, this resource includes practical information, e-cigarette education lessons, and guidance for implementing programs and policies.
- **Location:** Virtual
- **URL:** <https://store.samhsa.gov/product/Reducing-Vaping-Among-Youth-and-Young-Adults/PEP20-06-01-003>

## 10. TRUTH on Vaping: Know the Truth

- **Description:** In collaboration with the American Heart Association, The Truth Initiative and Kaiser Permanente educate the youth population on the dangers of e-cigarette use and provides resources for quitting. A curriculum on e-cigarette prevention and education is made available by EVERFI for grades 8-12.
- **Location:** Virtual
- **URL:** <https://everfi.com/courses/k-12/vaping-programs-for-high-school-students/>

## 11. TRUTH Documentary: Black Lives Black Lungs

- **Description:** This fifteen-minute documentary provides a brief history of marketing tactics and the impact of the tobacco industry on Black Americans with menthol tobacco products.
- **Location:** Virtual
- **URL:** <https://lincolmondy.com/black-lives-black-lungs>

## 12. American Lung Association: Addressing Tobacco Use in Black Communities

- **Description:** Lung-related health disparities among Black Americans are increasingly disproportionate in America. This resource features a variety of culturally competent training, videos, and various relevant materials all focused on three items. The first is building competence which discusses the racist history of tobacco in Black communities, the second is encouraging connectedness which encourages building better community partnerships and allies, and the third is confidence to act, which distributes educational materials, resources, and pieces of training to equip a toolkit.
- **Location:** Virtual
- **URL:** <https://www.lung.org/getmedia/a13f1949-8d58-4e99-bed0-f28bcd18acfc/addressing-tobacco-use-in-black-comm-toolkit.pdf>

### 13. American Lung Association: Tobacco Prevention: Healthy Air Campaign

- **Description:** Preventing tobacco use among the youth population by providing policy resources, events, and tobacco-free initiatives.
- **Location:** Virtual
- **URL:** <https://www.lung.org/policy-advocacy/healthy-air-campaign>

### 14. Texas, Say What!

- **Description:** This engagement initiative invites Texas students, communities, and schools to take part in combatting Big Tobacco's powerful marketing strategies aimed at the youth population. Starting April 1, 2022, Texas-Tobacco-Free Kids Day will launch, in accordance with this a mini-grant kit and download materials have been promoted and can be requested today.
- **Location:** In-Person/Virtual
- **URL:** <https://txsaywhat.com/ttfkd.html>

### 15. Texas Department of Health and Human Services: Texas Tobacco Quitline

- **Description:** Patients over the age of thirteen-years-old qualify for five sessions to receive assistance on quitting tobacco products. With a provider referral nicotine replacement therapy (NRT) can be issued to patients.
- **Location:** Virtual/On-phone
- **URL:** <https://www.yesquit.org/>

### 16. Smoke-free Teen

- **Description:** This program encourages teens to quit e-cigarettes and other tobacco products. Giving access to multiple resources to the youth population makes it easier to quit. Resources include SmokefreeTXT for Teens, QuickStart App, building a quit plan, utilization of social media platforms, and experts on demand.
- **Location:** Virtual
- **URL:** <https://teen.smokefree.gov/>

### 17. Smoke-free TXT

- **Description:** This program is a text messaging service that connects individuals who are ready to quit smoking with the correct steps to take and resources to help. Sign up by clicking the link below.
- **Location:** Virtual/On-phone
- **URL:** <https://smokefree.gov/tools-tips/text-programs/quit-for-good/smokefreetxt>

### 18. Become an Ex

- **Description:** This resource provides a customized quit plan, text messages for support quitting smoking or vaping interactive guides and tools, expert advice/tips from Mayo Clinic, and active support from the EX-Community of real tobacco users who have been through it all.
- **Location:** Virtual
- **URL:** <https://www.becomeanex.org/>

### 19. Youth Advocacy in Tobacco Control: Youth Engagement Alliance

- **Description:** This program provides support for youth population in tobacco control through regional networks, quarterly webinars, a clearinghouse of resources, and coordinator camp, our national conference.
- **Location:** Virtual
- **URL:** <https://youthengagementalliance.org/>

### 20. Smokefree Vaping Reality Check

- **Description:** The Smokefree.gov Initiative's newest tool for teens, Vaping Reality Check helps teens assess their level of nicotine dependence, negative consequences of vaping, and their readiness to change their e-cigarette use. This tool complements Smokefree Teen's suite of Quit Vaping resources and provides personalized feedback for teens who are less sure that they want to quit, but are interested in thinking more about what vaping may be costing them.
- **Location:** Virtual
- **URL:** <https://teen.smokefree.gov/quit-vaping>