

# Evidence-based Vaping Prevention Lessons for Elementary, Middle, and High Schools

This section provides a brief overview of nationally and state recognized vaping prevention programs that educate youth on the health effects of nicotine vaping and e-cigarette products.

## **ASPIRE**

- Developed by University of Texas MD Anderson Cancer Center for Grades 6-12
- Free five, self-paced, online learning modules and quizzes that deliver tobacco prevention education in English and Spanish
- Testimonials from former smokers, healthcare professionals, and cancer survivors
- Decreased likelihood of vaping and cigarette smoking among high school students

## **BOTVIN**

- Developed by Botvin Life Skills Training for [Elementary](#), [Middle](#), and [High Schools](#) (Grades 3-10)
- Paid program focused on substance abuse prevention
- Focused on increasing self-esteem, developing healthy attitudes and improving knowledge of essential life skills
- Designed to help youth develop personal, social, and drug-resistant skills

## **CATCH MY BREATH**

- Developed by University of Texas Health Science Center at Houston School of Public Health for Grades 5-12
- Free four, in-person or virtual peer-led lessons that empower youth to make informed decisions about the use of e-cigarettes
- Half as likely to experiment with e-cigarettes compared to students outside the program

## **IN THE AIR**

- Developed by New England Prevention Technology and Transfer Care Network for Grades 6-12
- Free [graphic novel](#) written to foster conversations with young people around vaping, choices about substance use, and social factors
- Available in English, Spanish, and Portuguese

## **YOU AND ME, TOGETHER VAPE FREE**

- Developed by Stanford Medicine's REACH Lab for Grades 6-12
- Free six, in-person or virtual lessons that aim to educate youth on key facts about e-cigarette use and common myths

## **VAPING: KNOW THE TRUTH**

- Developed by Truth Initiative and Kaiser Permanente in collaboration with the American Heart Association for Grades 8-12
- Free six, self-paced, digital vaping prevention lessons that educate youth on the harmful effects of vaping and e-cigarettes
- Pre- and post-learning assessments that offer real-time scoring

### **VAPING PREVENTION AND EDUCATION**

- Developed by FDA's Center for Tobacco Products for Grades 6-12
- Free cross-curriculum resources to help inform students on the dangers of vaping
- Teacher lesson plans (3), reading guides, student activities, videos, and parent fact sheets

### **VAPING UNVEILED**

- Developed by Breathe New Hampshire for Grades 6-12
- Free vaping prevention education presentations in remote or digital formats on a case-by-case basis
- Printable fact sheets and resource lists on [website](#)

### **VAPE-FREE SCHOOL INITIATIVE**

- Developed by American Lung Association for school personnel
- Membership program upon completion of training of [INDEPTH](#) (Alternative to Suspension) or [Not On Tobacco](#) (Cessation) programs
- Toolkit with school vaping policy guidance and ways to share accomplishments with students, parents, and the wider community

### **LIFE OF AN ATHLETE**

- Developed by NH Interscholastic Athletic Association (NHIAA) with support from the thirteen Bureau of Drug and Alcohol Services' Substance Misuse Prevention Networks for New Hampshire high school student athletes (14-18 years old)
- Free (for participating NHIAA schools) program which uses the intrinsic value of athletics to empower and motivate students to drive a cultural shift related to substances
- Training manual for teacher/coach

### **PROJECT ALERT**

- Developed by researchers at RAND for adolescent students (typically 7th and 8th graders). Today, with 30+ years of use, this program is taught in schools in all 50 states, as well as abroad.
- Free substance use prevention program proven to motivate students against drug use, provide skills and strategies to resist drugs, and establish new non-use attitudes and beliefs
- All materials and training are provided free of charge

### **SMART TALK**

- Developed by Stanford Medicine's REACH Lab for Middle Schools (Elementary and High School curricula are forthcoming)
- Free five, in-person or virtual lessons that aim to educate youth on key facts about cannabis use and misperceptions

