



# Tobacco and Vaping Resources

The ability to breathe clean, smoke-free air is an important element of a healthy school and community. Adopting and enforcing a 100 percent Tobacco-Free School Policy will help to create a healthy school campus environment for all students, staff, and visitors to California's public schools and ensure that another generation of youth grows up tobacco-free.

Nearly all tobacco use begins in youth and young adulthood, so it is critical that we prevent it during the school years. Surveys conducted showed that roughly 25 percent of 8th graders and 41 percent of 10th graders have tried e-cigarette and that one in four high schoolers are current vapers. The cigarette smoking prevalence rate for California high school students has always been relatively low. However, the emergence of electronic cigarettes (e-cigarettes) has dramatically reversed this public health achievement.

Evidence shows that youth who use e-cigarettes are more likely to also use traditional cigarettes. Tobacco-free school policies that are consistently enforced to promote and reflect norms that tobacco use is not an acceptable behavior are associated with decreased tobacco-use prevalence among adolescents.

As the research shows, observing others using tobacco has a significant influence on children. The importance of de-normalizing tobacco use through positive role modeling cannot be overlooked. A no-tolerance policy enables administrators to take a stronger stand; allows staff, volunteers, parents, and students to participate in enforcement; and sends a stronger prevention message to young people

## **Cessation**

Research tells us that half of all young people who use tobacco want to quit. Offering cessation classes or helping to link students who violate the policy to community-based cessation programs will motivate students to quit and introduce skills and techniques they can use to accomplish this. It will also help students develop coping methods to prevent relapse. In many instances, the student is suspended as a punishment for violating the school's tobacco free policy. However, this does nothing to address the underlying issue and rarely helps a student with their ongoing tobacco addiction. Ideally, suspension should be used as a last resort for students who refuse to participate in the provided support and education and/or continue to violate school policy.

[Kick It California - Home \(https://kickitca.org/\)](https://kickitca.org/) is a free program that helps kick smoking, vaping, and smokeless tobacco with the help of proven, science-based strategies. Kick It California's one-on-one coaching uses proven methods to provide structure, support, and strategies to help students quit. This program does not require specific documentation and can be used for students without disciplinary issues due to vaping, but wants resources to quit. The [mobile app](#) is also available to check in, build and track their progress.

[YVAPE](#) is a free educational program housed within Kick it California for students ages 12-18 who are caught vaping at school. YVAPE is available to California public middle and high schools who can enroll students and serves as an alternative to suspension, but the student and parent(s) must sign the [YVAPE Consent](#) form in order to participate. To sign up, the school administrator can register their campus by emailing [yvape-support@health.ucsd.edu](mailto:yvape-support@health.ucsd.edu). Once enrolled, navigate to the [YVAPE resource page](#) and click on "[Kick It California - Student Referral Form](#)" located at the top of the page. This will provide administrators the process and required documents needed.

[Healthy Futures Nicotine | Tobacco Prevention Toolkit | Stanford Medicine](#) is an Alternative-to-Suspension program geared for students who have been caught using e-cigarettes (or really any tobacco product) and/or for any students who are interested in trying to quit. It is recommended that the curriculum be used as an educational opportunity in lieu of a suspension (alternative to suspension) for first time offenses, but if a student is suspended, it is strongly encouraged to provide the Healthy Futures intervention as an educational support in addition to the suspension.

[This is Quitting \(truthinitiative.org\)](http://truthinitiative.org) is a text-based program that provides free and anonymous text messages designed to help young people quit vaping. The first-of-its-kind quit program incorporates messages from other young people like them who have attempted to, or successfully quit, e-cigarettes. The messages provided show the real side of quitting, both the good and the bad, to help young people feel motivated, inspired and supported throughout their quitting process.

[Smokefree \(https://smokefree.gov/\)](https://smokefree.gov/) Smoke-free teen allows the child to create self-help plans and navigate through the system at their pace. It addresses many issues with vaping and delivers facts and tools to help reduce and quit vaping. Counselors and text services are also available once the student is ready for extra help.

[Vaping Prevention Remote-Learning Curriculum](#) is utilized for teachers and school staff to provide remote teaching and lead a class via zoom or other platforms.



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## Toolkits

[Tobacco Prevention Toolkit | Tobacco Prevention Toolkit | Stanford Medicine](#) provides resources such as curriculum, videos, posters and factsheets that can be used by either the parent dealing with a vaping child, or staff administrators wanting to provide periods of instruction to classrooms or a selected group of individuals.

- [You and Me, Together Vape-Free Curriculum | Tobacco Prevention Toolkit](#)
- [E-Cigs/Vapes & Pod-Based | Tobacco Prevention Toolkit | Stanford Medicine](#)
- [Stanford Medicine Free Resources Flyer](#)
- [Stanford Medicine webinars](#)

## Tobacco Use Prevention Education (TUPE)

The project aims to build the capacity of TUPE programs by using a collaborative approach to highlight model programs and best practices, share resources, and support data-driven continuous improvement efforts. The [TUPE Canvas Course Catalog video](#) provides a brief introduction into the services provided.

- [TUPE Canvas Enrollment Instructions](#) will guide you through setting up a TUPE canvas account and browse a catalog of instructional material.