



# RESOURCE GUIDE

## Nicotine Prevention Options for Youth-Serving Organizations



# INDEX

01

Overview

02

Alternative to Suspension & Citation

03

Cessation

04

Curriculum

05

Contact Information & Additional Resources

# OVERVIEW

Implementing a multi-component, comprehensive approach to address nicotine addiction including the youth e-cigarette epidemic is recommended by the American Lung Association and other public health organizations including the Nicotine Prevention Alliance of Central Wisconsin.

To effectively prevent youth nicotine use, it is important to use a diverse range of strategies and interventions in order to create community level change. While each of the resources included in this guide can be effective, they will be most effective when combined together. **Use the table below to help you plan and choose at least one program from each section of the resource guide to work toward.** Circumstances may not allow you to implement programs from each section. Organizations can tailor the programs to best fit their staff time along with class and extracurricular schedules. Use the chart below to fill out your selections.

ALTERNATIVE TO SUSPENSION & CITATION	CESSATION	CURRICULUM	OTHER RESOURCES

# ALTERNATIVE TO SUSPENSION & CITATION

Using punitive measures like suspension and expulsion to penalize student violations of a school tobacco policy is not always effective. According to the Department of Health Services Commercial Tobacco Prevention and Treatment Program, effective school policies address the underlying addiction to nicotine instead of purely punitive measures, which do not deter continued use and may exacerbate the problem. While schools have an interest in prohibiting behavior that is disruptive and harmful to health, schools may consider weighing the severity of the infraction with the consequences and effectiveness of the punishment. As such, schools seeking to avoid punitive measures in their tobacco-free policy may consider the following, non-exhaustive list of alternative to suspension programs:

## Select one option:

	Organization	Cost	Age Group	Format	Setting	Facilitator Training	Program Duration
<a href="#">INDEPTH</a>	American Lung Association	Free	Middle School and High School	Adult-led program	Group or one-on-one	Online training, 60 minutes	4 sessions, 50 minutes each
<a href="#">INDEPTH Online</a>	American Lung Association	Free	Middle School and High School	Online course	Individual	Online training, 60 minutes	4 modules, 2 hours total
<a href="#">MY Healthy Futures Online</a>	Stanford University	Free	Middle School and High School	Online course followed by adult/youth interaction	Individual and one-on-one or group	Live, facilitated training, 60 minutes	40-60 minutes
<a href="#">Nicotine 101</a>	3 <sup>rd</sup> Millennium Classrooms	Cost per student	High School and College	Online course	Individual	None	1 hour
<a href="#">OUR Healthy Futures</a>	Stanford University	Free	Middle School and High School	Adult-led program	Group or one-on-one	Live, facilitated training, 60 minutes	2 and 4 hour options
<a href="#">VapeEducate</a>	VapeEducate	Cost per student	Middle School and High School	Online course	Individual	None	4 hours

# CESSATION

Most e-cigarettes (vapes) contain nicotine, the addictive drug in cigarettes and other tobacco products. Nicotine can harm the developing adolescent brain, may lead to addiction, and may increase the risk for future addiction to other drugs. Offering quit resources is critical to support prevention. The goal of every program is to educate students about nicotine dependence and cravings and ultimately guide them through the process of identifying their own reasons for chewing, smoking or vaping tobacco products. Unless an additional cost is outlined, the resources listed are free.

## Select one option:

	Organization	Cost	Age Group	Format	Setting	Facilitator Training	Program Duration
<a href="#">N-O-T: Not on Tobacco</a>	American Lung Association	\$400 Facilitator training	Middle School and High School	Adult-led program	Group	Online training, on-demand	10 sessions lasting 50 minutes each
<a href="#">NOT for Me</a>	American Lung Association	Free	Middle School and High School	Online course	Individual	Not applicable	Varies
<a href="#">SmokefreeTXT for Teens</a>	National Cancer Institute	Free	Middle School and High School	Text	Individual	Not applicable	Varies
<a href="#">WI Tobacco Quitline/Live Vape Free</a>	UW Center for Tobacco Research and Intervention	Free	Middle School and High School	Text or Phone	Individual	Not applicable	Varies

# CURRICULUM

Strong coping and problem-solving skills are known protective factors against youth substance misuse. Organizations can tailor the programs to best fit their staff time along with class and extracurricular schedules.

## Select one option:

	Organization	Cost	Age Group	Format	Setting	Facilitator Training	Program Duration
<a href="#">Botvin Lifeskills Training</a>	National Health Promotion Associates	\$250 Facilitator training \$240-\$300 Curriculum set	Elementary School, Middle School, High School	Adult-led program	Group	One-day training is \$250	10-15 sessions lasting 45 minutes each. Programs are designed to be flexible and interactive.
<a href="#">You and Me, Together Vape-Free</a>	Stanford Medicine Tobacco Prevention Toolkit	Free	Elementary School, Middle School, High School	Adult-led program	Group	Self-guided	6 sessions lasting 50 minutes each along with two elementary school sessions lasting 50 minutes each.
<a href="#">Tobacco Education Resource Library</a>	U.S. Food and Drug Administration	Free	Middle School and High School	Adult-led program	Group	Self-guided	Varies

# CONTACT INFORMATION & ADDITIONAL RESOURCES

## **Additional Resources:**

**School Discipline Practices: A Public Health Crisis and an Opportunity for Reform**  
(ChangeLab Solutions)

**Schools Supporting Students to Quit Tobacco Use as an Alternative to Suspension: Lessons from the Field** (Centers for Disease Control)

**Screening, Brief Intervention, and Referral to Treatment for Substance Use** (Substance Abuse and Mental Health Services Administration)

**Student Commercial Tobacco Use In Schools: Alternative Measures** (Public Health Law Center)

**Tobacco-Free School District: Model Tobacco Policy, Administrative Rules, & Code of Conduct** (American Heart Association)

**Have Questions?  
Contact Staff  
HERE**

**or scan the QR code**

