

E-Cigarettes/Vape Resource List

Information:

U.S. Surgeon General - Knowing the Risks: E-Cigarettes and Young People

- An informational website for youth and adults that includes a fact sheet, video, frequently asked questions and parent tip sheet.
- <https://e-cigarettes.surgeongeneral.gov>

Campaign for Tobacco Free Kids –JUUL and Youth: Risking E-Cigarette Popularity

- A fact sheet on JUUL, including information about the devices, use among youth, health concerns, and marketing.
- <https://www.tobaccofreekids.org/assets/factsheets/0394.pdf>

NH Partner Websites on (e-cigarettes/vaping/juuling)

- <https://www.dhhs.nh.gov/dphs/tobacco/e-cigarettes.html>
- <https://www.breathenh.org/lung-health/e-cigarettesvaping>
- <https://www.nnepc.org/national-news/what-is-juuling>

Programs:

CATCH My Breath Youth E-Cigarette Prevention Program

- A school based prevention program with lesson plans for middle school (grades 6-8) and high school (grades 9-12) teachers.
- <https://catchinfo.org/modules/e-cigarettes>

Stanford Medical Tobacco Prevention Toolkit

- A toolkit for teachers with in-classroom units and lesson plans on e-cigarettes, tobacco & nicotine.
- <http://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>

MD Anderson Center, ASPIRE Program

- An online interactive program aimed to motivate teens to be tobacco free with videos, animations and interactive activities. Students can earn a certificate of completion upon finishing the program
- <https://www.mdanderson.org/about-md-anderson/community-services/aspire.html>

Scholastic and FDA

- The Real Cost of Vaping – understanding the dangers of teen e-cigarette use
- <http://www.scholastic.com/youthvapingrisks/>

Other:

Application: Truth Initiative: E-Quit Phone App for (youth and parents) Text: QUIT to 202-804-9884

Video: Juulers Against Juul (6 minute YouTube Video done by youth) <https://youtu.be/7EsNG7RcStQ>