

RESOURCE PACKET FOR SCHOOLS

The following information includes evidence-based strategies and programs we recommend schools consider, including youth education and advocacy, curriculum, treatment, and alternative to suspension programs.

Model policy language available if your school district is looking to implement policies that help prevent vaping. We recommend school districts use a comprehensive approach using multiple evidence-based strategies and programs.

VAPING & E-CIGARETTE USE AT SCHOOLS

Community Activities



Listening Sessions
Host in-person or virtual listening sessions for community members.

Athletic Code/Parent-Teacher Night Presentations (pre-recorded video)

Pre-recorded videos, under 20 minutes, aimed at athletic code readings or parents.

Community Nights PTO/PTA

Available for in-person or virtual education events.

School Board Presentations

Presentations and discussion with school board members around the issue and the case for Alternative to Suspension & Treatment. In-person or virtual.

School Activities



Policy & Handbook
Best practice policy & Handbook language recommendations.



Staff Training
In-person or virtual training with staff on basics and emerging trends for e-cigarettes.



Advisory Videos
Short videos on the role of targeted marketing by big tobacco aimed at middle school and HS.




Alternative to Suspension/Treatment TA
Technical Assistance and limited funding for training and implementation of programs like INDEPTH and N-O-T.

NICOTINE DEPENDENCY EDUCATION AND TREATMENT

Community Education/Resources for Parents & Caregivers

There's no way of sugar coating how addictive vaping is once a young person starts. It's important to talk to your child about vaping and understand the risks and warning signs.




 lung.org/quit-smoking/helping-teens-quit/talk-about-vaping



 parentsagainstvaping.org



 truthinitiative.org/our-top-issues/vaping-issue



Essentia Health

Don't Blow It: Anti-Vaping Campaign

 essentiahealth.org/services/tobacco-cessation/dont-blow-it-anti-vaping-campaign

Treatment & Cessation

Receiving medications and/or face-to-face counseling make you **twice as likely to quit tobacco for good compared with phone counseling alone**. People who meet with their counselor three or more times have a 50 percent quit rate after six months.



*MN QuitLine service is free 24/7 to any Minnesota resident for coaching, text messaging, email support, and NRT medication



- **Call 1-800-QUIT-NOW (784-8669)**



*MN teen ages 13-17 specific quit line. Teens can text to chat with a coach, and receive youth specific materials



- **Text "Start My Quit" to 36072**



- **Call 1-888-7AI-QUIT (724-7848)**

"the vape talk" for peer to peer resources



- **Call or Text 1-800-HEY-NORM**

External Resources



- General resources on Commercial Tobacco and Cessation Programs.



Lung.org/ecigs



- E-Cigarettes, Vapes, and other Electronic Nicotine Delivery Systems (ENDS)



FAD.gov/tobacco



- Video ads and communication on e-cigarettes related to teens and youth



FAD.gov/tobacco



- Information on Electronic Smoking Devices (ESDs)



FAD.gov/tobacco



PUBLIC HEALTH
LAW CENTER
at Mitchell Hamline School of Law

- Examples of model policy language, toolkits and litigation tracker specific to Minnesota



Publichealthlawcenter.org



- Tobacco industry watch globally and locally.



Tobaccofreekids.org



- Curriculum Programs from Elementary - High School



Med.stanford.edu/tobacco



- Alternative to Suspension Education Programs for Middle - High School



Catch.org

VAPE DETECTORS: NOT EVIDENCE- BASED



We are not promoting the use of vape detectors, as they are not a best practice solution.

Instead, we highly recommend:

1. Live Vape Free and other cessation resources are promoted to the youth in the school, and;
2. The school's tobacco-free policies are updated to include electronic smoking devices, and;
3. The policy has an equitable enforcement section (alternative to suspension).

There are no peer-reviewed studies about the efficacy of vape detectors.




Therefore, these devices are not included in model tobacco-free k-12 school policy language. Installing vape detectors can impact positive school climate efforts and lead to or contribute to a culture of punitive discipline around tobacco and nicotine use. As you know, punitive approaches to substance use can make students feel disconnected from school and impact their trust in the adults in their school. In addition, simply suspending young people who get caught may worsen the problem and put a disproportionate burden on kids who are already marginalized and struggling.

Vape detectors are only tracking the problem and not truly preventing or treating it. The detectors might tell school administration that youth are vaping in the bathroom but it will likely just encourage youth to move the problem to another location where there isn't a detector. Some questions that school administrators should ask when considering installing vape detectors:

- Does the school have a comprehensive tobacco-free school policy that includes e-cigarettes and important definitions?
- Would the school monitor all areas on campus or just bathrooms?
- If the detector identifies youth vaping in bathrooms, how will the school respond?
- Are school staff who are going into bathrooms to track vaping trained in brief interventions?
- Does the school have people on campus who are equipped to help treat youth addiction to nicotine?
- Is the school educating the students about the dangers of e-cigarette use and raise awareness of the problem?

An alternative to suspension or citation, INDEPTH is offered as an option to students in violation of school tobacco, vaping or nicotine use policies. The program is administered by an adult facilitator in either a one-on-one or group format in a school or community setting. It consists of four sessions, approximately 50 minutes each, geared toward youth and focused on tobacco use, vaping, nicotine dependence, establishing healthy alternatives, and making the change to be free of all tobacco products, including e-cigarettes.

How **INDEPTH** Works:

-  Schools connect with the American Lung Association
-  Facilitators complete an online INDEPTH training
-  Facilitators prepare and implement the INDEPTH program

Increasing Quit Readiness

“INDEPTH offers students the chance to think about how they might like to change their relationship with tobacco to **reduce risks and increase the chances that they will be able to achieve the goals they have for themselves.**”

– INDEPTH Facilitator

Student Comments

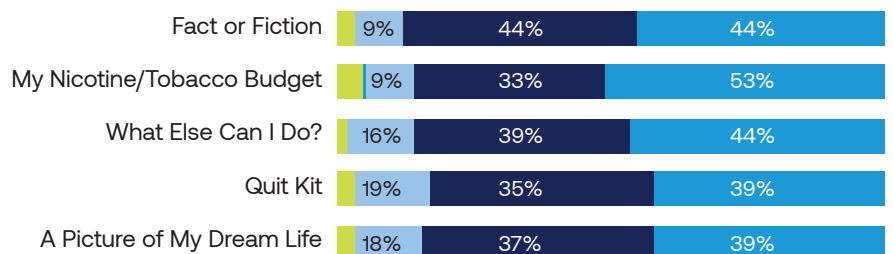
- “Enjoyed all of the facts.”
- “Showed me that the school cared.”
- “It was focused on the student.”
- “I wasn’t afraid to speak up.”
- “Held me accountable.”

60%

of student participants reported that they were **willing to quit using tobacco products, including e-cigarettes**, after completing the INDEPTH program.

Most students reported that INDEPTH activities influenced them to make a plan to stop using nicotine/tobacco products:

Level of Influence: ● Don't recall ● Not at all ● A little bit ● A lot





Why N-O-T?

- Based on more than 20 years of research and evaluation
- Almost 97% of the participants said they liked the N-O-T program
- 87% agreed or strongly agreed that being in a group was helpful when trying to quit vaping or using tobacco
- N-O-T participants were twice as likely to quit using tobacco than teens who received just advice and brochures
- Most teens who quit their tobacco use, including e-cigarettes, through the N-O-T program were still tobacco- and vape-free for at least 18 months after the program ended.

Let's help teens quit together!

Quitting vaping or tobacco use isn't easy—but it's easier with the right help. The American Lung Association's N-O-T Not On Tobacco® program gives youth options, resources and support to quit for good! N-O-T is a quit vaping and tobacco use program for teens. It helps youth develop a plan that guides them on their quit journey. They'll also get the support they need to remain vape-free and tobacco-free for life!

What youth will learn:

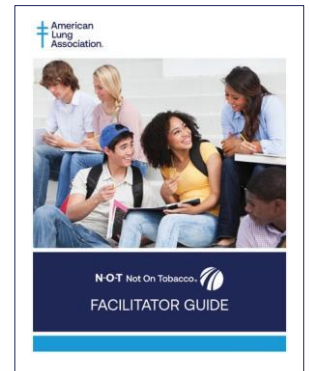
- How to stop making excuses for not quitting
- Why they vape or use tobacco and what it will be like when they quit
- How nicotine in e-cigarettes and tobacco products affects their mind and body
- How to overcome nicotine dependence
- Getting ready for their quit day
- Benefits of quitting
- What to do if they slip
- Getting support from their friends and family
- Managing stress and avoiding weight gain
- How to stay tobacco-free and vape-free for good



N-O-T Not on Tobacco® Works!

We can help youth end their addiction:

- N-O-T is a voluntary cessation program for youth who are ready to begin their quit journey.
- N-O-T is taught by a trained and certified adult in ten, 50-minute sessions.
- Effective in a small group setting format (6-10 participants)



How N-O-T is implemented:

Adults or organizations who wish to facilitate N-O-T must register to take a 6/7-hour online, on-demand, self-paced [N-O-T Facilitator Training Course](#). The registration fee is \$400 per facilitator **(training scholarships are available, contact information below)** and includes:

- 3-year facilitator certification
- Facilitator curriculum and participant workbook to print on demand
- Includes facilitator training and access to INDEPTH alternative to suspension or citation program
- Recertification training webinars for 3-year renewal for those who implement at least one program during their certification period

Contact American Lung Association in Minnesota:

Pat McKone, Senior Director |
Public Policy and Advocacy

pat.mckone@lung.org
(218) 726-4723

Nahelani Parsons, Manager |
Public Policy and Advocacy

nahelani.parsons@lung.org
(651) 337-5104

Reba Mathern-Jackson, Senior Manager |
Public Policy and Advocacy

reba.mathernjacobson@lung.org
(701) 354-9719