



# New Hampshire Partners Against Youth Vaping in Schools

## Vape/E-cigarettes Resource List

### Information:

#### **NH Partner Websites on (vape/e-cigarettes)**

- Breathe New Hampshire: [breathenh.org/lung-health/e-cigarettesvaping](http://breathenh.org/lung-health/e-cigarettesvaping)
- Department of Health and Human Services, Division of Public Health Services, Bureau of Population Health and Community Services, Tobacco Prevention and Cessation Program  
[dhhs.nh.gov/dphs/tobacco/e-cigarettes.html](http://dhhs.nh.gov/dphs/tobacco/e-cigarettes.html)
- Northern New England Poison Center [nnepc.org/national-news/what-is-juuling](http://nnepc.org/national-news/what-is-juuling)

#### **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 a parent tip sheet. [e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov)

#### **CDC Centers for Disease Control and Prevention** Get the facts about electronic cigarettes, their health effects and the risks of using e-cigarettes. [cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](http://cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)

- Teachers and Parents: That USB stick might be an e-cigarette [cdc.gov/tobacco/basic\\_information/e-cigarettes/teacher-parent/pdfs/parent-teacher-ecig-p.pdf](http://cdc.gov/tobacco/basic_information/e-cigarettes/teacher-parent/pdfs/parent-teacher-ecig-p.pdf)
- Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults  
[cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](http://cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)
- Presentation for Youth: Know the Risks: A Youth Guide to E-cigarettes  
[www.cdc.gov/tobacco/basic\\_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html)

#### **Truth Initiative** - [truthinitiative.org/research-resources/topic/emerging-tobacco-products](http://truthinitiative.org/research-resources/topic/emerging-tobacco-products)

Safer ≠ Safe videos: [youtube.com/playlist?list=PLDVVQDN6OECnkDWTaZoMIZH81376hREHF](https://youtube.com/playlist?list=PLDVVQDN6OECnkDWTaZoMIZH81376hREHF)

#### **Smokefree.gov:** Smokefree teens - [teen.smokefree.gov/](http://teen.smokefree.gov/)

#### **Tobacco Free California:**

- Video of vape devices that look like other common things.  
[youtube.com/watch?time\\_continue=24&v=fjDP8rTktWw](https://youtube.com/watch?time_continue=24&v=fjDP8rTktWw)
- Still Blowing Smoke: [stillblowingsmoke.org/](http://stillblowingsmoke.org/)

#### **Juulers Against Juul** (6 minute YouTube Video done by youth) [youtu.be/7EsNG7RcStQ](https://youtu.be/7EsNG7RcStQ)

## **Programs:**

### **Breathe New Hampshire - Vaping Unveiled Program**

- This free program provides youth, teens, community members, parents and educators the opportunity to learn more about the impact of vaping, Juuling and nicotine addiction on youth, including the latest trends in NH. [breathenh.org/programs/vaping-unveiled](http://breathenh.org/programs/vaping-unveiled)

### **CATCH My Breath Youth E-cigarette & JUUL Prevention Program**

- A school based prevention program with lesson plans for middle school (grades 5/6 & 7/8) and high school (grades 9-12) teachers as well as a new service learning project. [catchinfo.org/modules/e-cigarettes](http://catchinfo.org/modules/e-cigarettes)

### **Campaign for Tobacco Free Kids**

- **JUUL and Youth: Rising E-Cigarette Popularity** [tobaccofreekids.org/assets/factsheets/0394.pdf](http://tobaccofreekids.org/assets/factsheets/0394.pdf)
- **How Schools Can Help Students Stay Tobacco-Free** [tobaccofreekids.org/assets/factsheets/0153.pdf](http://tobaccofreekids.org/assets/factsheets/0153.pdf)
- **Taking Down Tobacco** – is a comprehensive youth advocacy-training program. It empowers youth to create change. <https://www.takingdowntobacco.org>

### **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. [mdanderson.org/about-md-anderson/community-services/aspire.html](http://mdanderson.org/about-md-anderson/community-services/aspire.html)

### **Stanford Medical Tobacco Prevention Toolkit**

- A toolkit for teachers with in-classroom units and lesson plans on e-cigarettes, tobacco & nicotine. Additional tools due out by end of 2019. [med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html](http://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html)

### **Scholastic and FDA**

- The Real Cost of Vaping – understanding the dangers of teen e-cigarette use [scholastic.com/youthvapingrisks/](http://scholastic.com/youthvapingrisks/)

## **Quit Services: Phone/Apps/Text:**

### **NH Tobacco Helplines:**

**Teens:** call or text 1-855-891-9989 or enroll online at [MyLifeMyQuit.org](http://MyLifeMyQuit.org)

**Adults:** call 1-800-QUIT-NOW or enroll online at [QuitNowNH.org](http://QuitNowNH.org)

**Truth Initiative:** E-Quit Phone App for (youth and parents) Text: “DITCHJUUL” to 88709

Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs [truthinitiative.org/research/resources/quitting-smoking-vaping/quitting-e-cigarettes](http://truthinitiative.org/research/resources/quitting-smoking-vaping/quitting-e-cigarettes)

**Smokefree.gov:** phone app and text message sign up

[teen.smokefree.gov/become-smokefree/quitstart-app\\_](http://teen.smokefree.gov/become-smokefree/quitstart-app_)

[teen.smokefree.gov/become-smokefree/smokefreeteen-signup](http://teen.smokefree.gov/become-smokefree/smokefreeteen-signup)

## **NH Partners Against Youth Vaping in Schools**

Breathe New Hampshire

Department of Health and Human Services, Division of Public Health Services, Tobacco Prevention and Cessation Program;

Division for Behavioral Health, Bureau of Drug and Alcohol Services, Prevention and Education Services

Department of Education, Bureau of Student Wellness,

Greater Manchester Regional Public Health Network / Makin it Happen

Lakes Region Partnership for Public Health

Life of an Athlete / New Hampshire Interscholastic Athletic Association

Nashua Prevention Coalition

Northern New England Poison Center

Tobacco Free New Hampshire Network