




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

