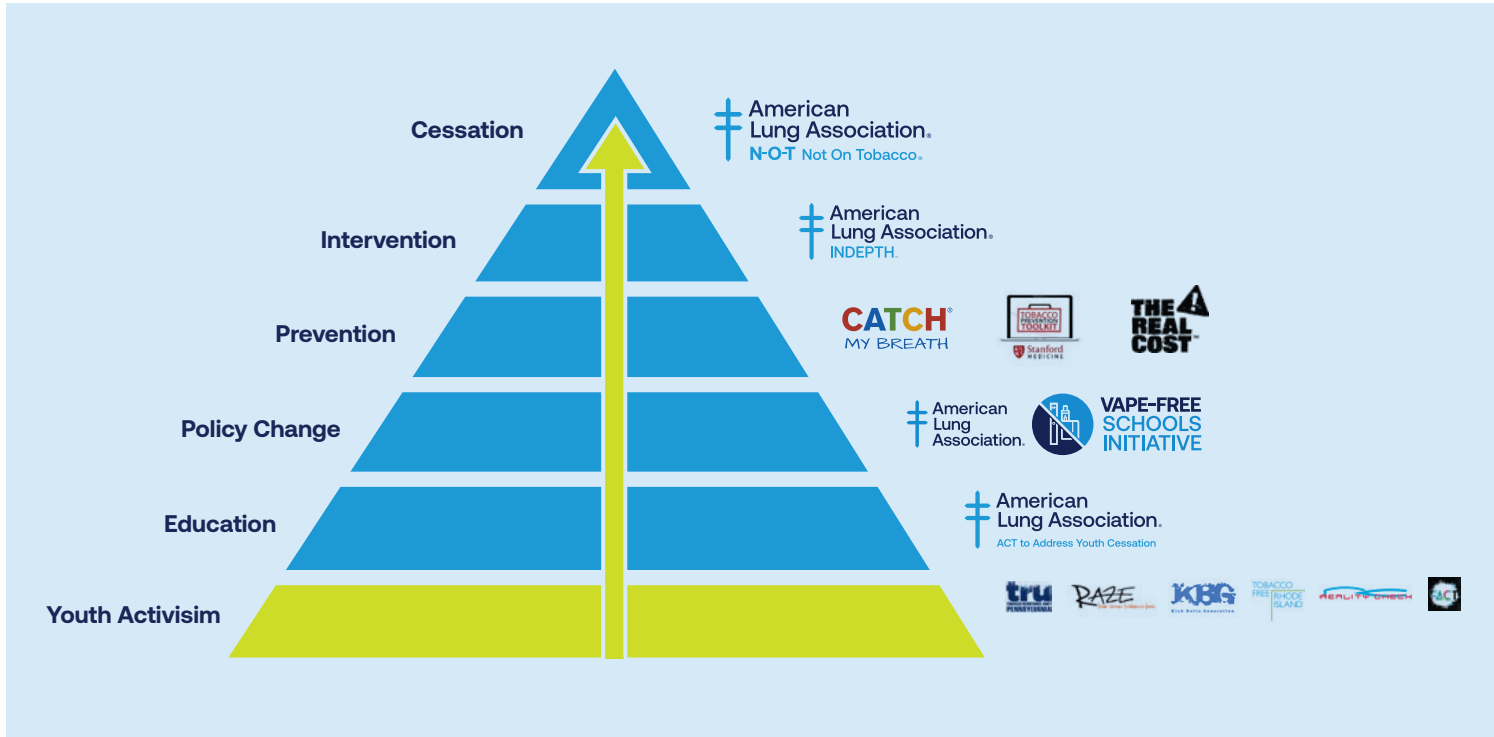


The American Lung Association recommends a multi-component comprehensive public health approach to addressing the youth vaping epidemic through strategies inclusive of systems change, education, intervention and cessation.



Component 1: Promoting youth activism through a student engagement program, such as Delaware’s Kick Butts Generation, FACT in Wisconsin, Pennsylvania’s Tobacco Resistance Unit (TRU), Reality Check in New York, Tobacco-Free Rhode Island or West Virginia’s RAZE, a statewide youth-led movement to work towards creating tobacco-free futures for all. Youth members are between the ages of 12 and 18 and include students who care about the impact of tobacco use on public public health, seek to stay informed about the real dangers of vaping and smoking and find creative ways to share that knowledge with the world.

Component 2: Educating all school counselors, teachers, coaches and administration in the American Lung Association’s ACT to Address Youth Cessation Training, a one-hour on-demand, online course that provides an overview for school personnel in youth/adolescent supportive roles in conducting a brief intervention for teens who use tobacco. Based on the American Academy of Pediatrics’ Youth Tobacco Cessation: Considerations for Clinicians, the session outlines the steps of Ask, Counsel, Treat, and provides guidance, support and best practices for effectively delivering ACT as a brief intervention for adolescents who identify as currently using tobacco, including e-cigarettes. Complete the course here: <https://lung.training/courses/act-to-address-youth-cessation.html>



Component 3: Conduct an assessment of your current tobacco-free campus policy at all school building locations through American Lung Association’s Vape Free Schools Initiative to identify gaps that may exist in your current policies on school buildings and campuses grades K-12 through American Lung Association’s Vape Free Schools Initiative and determine strategies for strengthening it to provide a comprehensive public health approach to countering the e-cigarette epidemic. Take the assessment here: <https://lung.training/courses/policy-assessment-and-toolkit.html>

Component 4: Prevention education for grades 5-12 through the evidence-based vaping prevention program such as [CATCH My Breath](#), the [Stanford Medicine’s Tobacco Prevention & Vaping Toolkit](#) or the [FDA’s The Real Cost of E-Cigarette Prevention Campaign](#).

Component 5: Intervention programming for identified teens who use tobacco and tobacco-free campus policy student violators through [American Lung Association’s INDEPTH® program](#), an evidence-based alternative to suspension/citation program for grades 5-12. Training to deliver this adult-led in-person intervention program is available through <https://lung.training/courses/indepth.html>. An English-language online on-demand version is currently in development and will be launched for the 2023/2024 school year. A Spanish-language online on-demand version will be made available shortly after.

Component 6: Cessation programming for teens who use tobacco wanting to quit made available through [American Lung Association’s Not-On-Tobacco®](#), a voluntary cessation program tailored specifically for youth ages 14-19 and available either via a [trained and certified](#) adult-facilitator-led group class in-person or virtually or self-paced online at NOTforMe.org. A Spanish-language online on-demand version will be launched and made available for the 2023/2024 school year.

Call to Action: The American Lung Association invites all school administration to partner with us in implementing this comprehensive multi-tiered public health approach to addressing the e-cigarette epidemic among our youth throughout the school district and target communities you serve. We are here to support you with the evidence-based and proven-effective programs and resources necessary in creating a tobacco-free future for our next generations. Together we can make a difference. For more information, please contact us at youthprograms@Lung.org.