



Education Resources for Schools: E-cigarettes, Vaping and JUULing

Healthy Lamoille Valley (HLV) collected resources on the topic of E-cigarettes, Vaping and JUULing to be shared with teachers, staff, and students. Thank you for your efforts towards substance use prevention of our youth.

WHAT YOU CAN FIND WITHIN:

- Educational resources that have been vetted (please take note of the sources of additional information you use, as the tobacco industry creates their own information, as well.)

Presentation outlines and follow up lessons can be shared upon request.

Recommended videos:

What is a Vape Device: (1:53)

https://www.youtube.com/watch?v=fDYBJuAXy00&feature=youtu.be&list=P LwVxvUtgsPsgZvsQmKxV7U6b8DNY_Uolu

JUULers Against JUUL (6:24) <https://www.youtube.com/watch?v=7EsNG7RcStQ>
(7th grade and up)

Or Counter Balance Vermont Town Meeting (1:00):

https://www.youtube.com/watch?v=_PhPMudBJw4 (5th and 6th grade)

Brochures are available through Journeyworks at the link below (HLV has limited copies for distribution, please let us know if you have a request)

<https://www.journeyworks.com/All-Vaping-E-Cigs/products/304/>

RESOURCES FOR TEACHERS:

Dangers of Vaping (including toolkit for schools) from the Department of Health in MA:
<http://makesmokinghistory.org/dangers-of-vaping/>

Catch My Breath School Curriculum and Resources: <https://catchinfo.org/modules/e-cigarettes/>

Great resources and videos: <https://catch.org/lessons/catch-my-breath-middle-school-parent-resources#E-cigarette%20Background%20Information>

Parent resources: <https://catch.org/lessons/catch-my-breath-high-school-parent-resources>

National Institute on Drug Abuse - Lesson Planning for Teachers:
<https://teens.drugabuse.gov/teachers>

NIDA: <https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

NIDA for Teens: <https://teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes>
NIDA video on e-cigs: <https://www.youtube.com/watch?v=lz67lqkLwYs>

CounterBalance: <https://counterbalancevt.com>
(<https://counterbalancevt.com/resources>)

Risk of E-cig and Vape Pen Use (Tobacco Prevention Toolkit- Stanford University:
<https://drive.google.com/file/d/1yC1bKirZYZamwbfjLs8k5rNSQSy9Yd0/view?usp=sharing>

Electronic Nicotine Delivery Systems Key Facts (www.cdc.gov/tobacco):
<https://drive.google.com/file/d/1CF7lqlqw8kpcn2dN88TjV30wKVhPSy8F/view?usp=sharing>

US Surgeon General: <https://e-cigarettes.surgeongeneral.gov>
Fact Sheet: https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf

Know the Risks: <https://e-cigarettes.surgeongeneral.gov/knowtherisks.html>

JUUL:
<https://www.vox.com/science-and-health/2018/5/1/17286638/juul-vaping-e-cigarette>

Tobacco Free Kids: <https://www.tobaccofreekids.org/assets/factsheets/0394.pdf>

Infographics:

<https://www.cdc.gov/tobacco/infographics/youth/pdfs/e-cigarettes-usb-flash-508.pdf>

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/parent-teacher-ecig-508.pdf