

Free Print Materials for Schools on Vaping and Quitting Nicotine

The *Massachusetts Tobacco Cessation and Prevention Program* (MTCP) offers free vaping education and quit-related materials for youth, families, and school personnel. Materials cover information on the harms of vaping and nicotine addiction, as well as where to get help to quit nicotine products.

You can download or order these materials at no cost from the *Massachusetts Health Promotion Clearinghouse*:

massclearinghouse.ehs.state.ma.us/category/TOB.html

Additional Resources

- Access the *Get Outraged! Toolkit*, which provides tools and additional resources (e.g., curricula) for schools, community-based organizations, and providers who are working to address the use of vaping products by youth at mass.gov/tool-kit/get-outraged-toolkit
- Find vaping content and resources for youth at mass.gov/vaping
- Reference a compilation of tobacco laws pertaining to Massachusetts in **Laying a Solid Foundation: Tobacco Laws Pertaining to the Commonwealth of Massachusetts** (Massachusetts Association of Health Boards)

Materials for Students



BROCHURE Quitting Vaping: Information for Youth

Item Numbers:
TC3488, TC3490

Helps youth identify if they may have a problem with vaping, why they may want to quit, and provides free resources for quitting. Can be used independently or with *Vaping Cessation: A Guide for School Nurses and Counselors to Help Youth Who Vape* (TC3485).

Size: 2.75" × 5.25"

English & Spanish



POSTER Vapes & Cigarettes

Item Number:
TC3481

Information about the dangers of vaping and makes the connection between vaping and smoking combustible cigarettes.

Size: 11" × 17"

English



MIRROR CLINGS

Get The Facts
(Set of 4)

Item Number:
TC3483

Facts about the dangers of vaping to use on bathroom mirrors, windows, and doors. Each package contains a total of 20 clings featuring four separate facts. Limited supply available.

Size: 4"×5"

English



FACT SHEET

Vapes & Cigarettes

Item Numbers:
TC3482, TC3487

Facts about the dangers of vaping and resources for quitting.

Size: 8.5"×11"

English & Spanish



RESOURCE CARD

Thinking About
Quitting Vaping

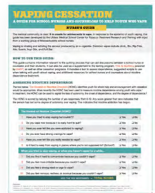
Item Number:
TC3484

Resources for quitting vaping or other tobacco products.

Size: 2.5"×4.25"

English

Materials for Schools, School Nurses, & Counselors



RESOURCE GUIDE

(Laminated)

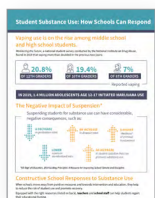
Vaping Cessation:
A Guide for School
Nurses & Counselors
to Help Youth
Who Vape

Item Number:
TC3485

Information relevant to the youth quitting process that can aid discussions between a school nurse or counselor and their students. Includes a tool to assess dependence, suggested scripts to use when talking with youth, and additional resources. Can be used with the brochure *Quitting Vaping: Information for Youth* (TC3488/TC3490).

Size: 8.5"×11"

English



FLYER

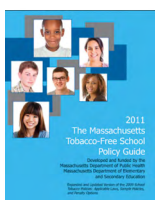
Student Substance
Use: How Schools
Can Respond

Item Number:
SA5817

Information on teen substance use trends and how schools can respond with educational and intervention resources that promote healthier students and positively impact the entire school community.

Size: 8.5"×11"

English



POLICY GUIDE

School Tobacco
Policies: Applicable
Laws and Sample
Policy (2018).

Updated version of the *2011 School Tobacco Policies: Applicable Laws, Sample Policies, and Penalty Options Guide* from the Mass. Association of Health Boards website.

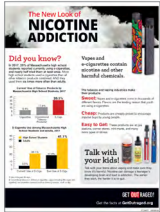
Size: 8.5"×11" – 31 Pages

English

	<p>SIGN Welcome to Our Tobacco-Free School</p> <p>Item Number: TC2407</p>	<p>A decal indicating the school is tobacco free. The decal is appropriate for adhering to windows or mirrors and includes dual symbols (smoking and vaping).</p> <p>Size: 4"×6" English</p>
	<p>SIGN Use of Tobacco is Prohibited on All School Property at All Times</p> <p>Item Numbers: TC2408, TC2409</p>	<p>Sign is available as a 4"×6" decal (TC2408), or as an 18"×24" metal sign (TC2409). The metal sign has holes for hanging. Both signs include dual symbols (smoking and vaping).</p> <p>Size: 4"×6" or 18"×24" English</p>
	<p>STICKER No Smoking (including E-Cigarettes)</p> <p>Item Numbers: BH2684, BH2698</p>	<p>Round no smoking symbol sticker that also includes e-cigarettes/vaping.</p> <p>Size: 5" round or 3" round English</p>

Materials for Parents, Caregivers & Adults who Work with Youth

	<p>BROCHURE Vaping: Frequently Asked Questions</p> <p>Item Number: TC3480</p>	<p>Frequently asked questions about vaping for parents, teachers, and other adults who work with youth.</p> <p>Size: 11"×17" English</p>
	<p>INFO SHEET How to Talk to Your Kids About Vaping</p> <p>Item Number: TC3479</p>	<p>Tips for parents about how to talk with their kids about the dangers of vaping.</p> <p>Size: 8.5"×11" English</p>
	<p>POSTER Vaping: The New Look of Nicotine Addiction</p> <p>Item Number: TC3478</p>	<p>Information about the dangers of vaping. Not recommended for posting where youth will be widely exposed. For example, avoid use in schools outside of teacher lounges or meeting rooms, because the images and messages have only been tested with adults. English on one side and Spanish on the other side.</p> <p>Size: 11"×17" English/Spanish</p>



INFO SHEET Vaping

Item Number:
TC3477

Information about the dangers of vaping, including data on youth e-cigarette use and the role of tobacco industry tactics. English on one side and Spanish on the other side.

(Note: Updated data can be found at mass.gov/dph/mtcp.)

Size: 8.5" x 11"

English/Spanish



FLYER Help Your Teen Quit Vaping

Item Numbers:
TC3486, TC5000,
TC5002

Information on the signs of nicotine addiction, how to talk with teens, free resources for quitting, and ways to support them.

Size: 8.5" x 11" **English/Spanish/Portuguese***
**Portuguese is currently download only*

**Find these materials and more at the
MA Health Promotion Clearinghouse:**
mass.gov/MAClearinghouse

GET *OUT* RAGED!

Massachusetts Department
of Public Health



January 2024