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| NETFCP Logo | | | |  | Tobacco Free Resources | | |
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| ***For Schools and Educators***   * Handouts about vaping and quit resource are available free of charge at the Mass Clearing House. These materials are for Mass residents, health, social services providers and educators. <https://massclearinghouse.ehs.state.ma.us/> * [Massachusetts Health Promotion Clearinghouse](https://urldefense.proofpoint.com/v2/url?u=https-3A__massclearinghouse.ehs.state.ma.us_category_Vaping.html&d=DwMGaQ&c=gvTrvVRKKFToocA49JzvN15NyFJ-Q4li1d1cSaW7yf8&r=0BEoBiashncHNvC80LiC1A-xGlLH8bSbVoHH8geSvm4&m=U7fQMmNGEFIVqRtnaYlpVvG7yyN_kp7pzCrGbWgwfUo&s=fWKtmc06RF42hCJo9_gz6NHll-00JcM-zGfQe9LH3z0&e=).   + New: [Quitting Vaping: Information for Youth Brochure](https://urldefense.proofpoint.com/v2/url?u=https-3A__massclearinghouse.ehs.state.ma.us_PROG-2DTOB_TC3488.html&d=DwMGaQ&c=gvTrvVRKKFToocA49JzvN15NyFJ-Q4li1d1cSaW7yf8&r=0BEoBiashncHNvC80LiC1A-xGlLH8bSbVoHH8geSvm4&m=U7fQMmNGEFIVqRtnaYlpVvG7yyN_kp7pzCrGbWgwfUo&s=yRXdlWBZMJFAvS81W_YGe1TYZuAi_HU84i_2NguYrHE&e=)   + New: [Vaping Cessation: A Guide for School Nurses and Counselors to Help Youth Who Vape](https://urldefense.proofpoint.com/v2/url?u=https-3A__massclearinghouse.ehs.state.ma.us_PROG-2DTOB_TC3485.html&d=DwMGaQ&c=gvTrvVRKKFToocA49JzvN15NyFJ-Q4li1d1cSaW7yf8&r=0BEoBiashncHNvC80LiC1A-xGlLH8bSbVoHH8geSvm4&m=U7fQMmNGEFIVqRtnaYlpVvG7yyN_kp7pzCrGbWgwfUo&s=iH4wYBtsLwk8fJHRMxo9htchfC4Ix2jyOJVfU_lnhxU&e=) * [My Life My Quit](https://mylifemyquit.com/Resource_pages/resources) * [This is Quitting](https://www.thetruth.com/about-truth/collaboration/this-is-quitting)   ***Vaping Curriculum for educators:***   * Guest speakers are not recommended as one-time presentations are not found to be effective. We recommend implementing an evidence-based program on vaping. Mass.gov has a school toolkit with lots of information. [You can find it here!](https://www.mass.gov/info-details/information-about-student-vaping-for-curriculum-coordinators-health-educators-and-teachers) * *Scholastic***:**[https://www.scholastic.com/youthvapingrisks/index.html](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.scholastic.com_youthvapingrisks_index.html&d=DwMFAw&c=gvTrvVRKKFToocA49JzvN15NyFJ-Q4li1d1cSaW7yf8&r=0BEoBiashncHNvC80LiC1A-xGlLH8bSbVoHH8geSvm4&m=ZzxahLSg7ZbVdsAq91A6V3jIQioIWHeuG4M0SBn0nYbJznAVoxwawa9oE7wjfgGn&s=f4aNhy4b1sU6gPkHPpSaaZhqxE2xpobJZnuJ5l9K0iE&e=) * *Stanford*(this can be done by teachers for their own education, or assigned to students. It is online and self-paced. It includes some information on cannabis) [https://med.stanford.edu/tobaccopreventiontoolkit-old/curriculums/Remote-LearningCurriculum.html](https://urldefense.proofpoint.com/v2/url?u=https-3A__med.stanford.edu_tobaccopreventiontoolkit-2Dold_curriculums_Remote-2DLearningCurriculum.html&d=DwMFAw&c=gvTrvVRKKFToocA49JzvN15NyFJ-Q4li1d1cSaW7yf8&r=0BEoBiashncHNvC80LiC1A-xGlLH8bSbVoHH8geSvm4&m=ZzxahLSg7ZbVdsAq91A6V3jIQioIWHeuG4M0SBn0nYbJznAVoxwawa9oE7wjfgGn&s=jx6HpNhRzM8aReBgQi2rfk585ESOq-a0H0QjEJq0Zfw&e=) * [CATCH My Breath program](https://catch.org/program/vaping-prevention/?gclid=CjwKCAiAxvGfBhB-EiwAMPakqj_BRhgfKrhdiotnFjdQ8HNtr_hUb18ur5tBmoHt23r-SwcwpoMWRxoCD5YQAvD_BwE). It’s an evidence-based youth nicotine vaping prevention program for grades 5-12. It’s proven to substantially reduce students’ likelihood of vaping. It’s highly recommended for schools to implement the CATCH My Breath vaping prevention curriculum. It’s currently being used in schools in all 50 states! * Thanks to a generous donation from Delta Dental of Massachusetts, CATCH My Breath is offering select Massachusetts educators free access to their Train-the-Trainer sessions (a $360 value!) and CATCH My Breath video lessons, both of which build the capacity of educators to implement and help train others on implementation of the evidence-based [CATCH My Breath](https://urldefense.proofpoint.com/v2/url?u=https-3A__t.e2ma.net_click_i89b3i_23v10am_2jomwrb&d=DwMFaQ&c=vnpQElNyBvDURQSkHWTQ4g&r=VGE93wqL3ByZfO8SOlB8f9Pk0rDmp2PapreIzQ8mGMs&m=UHuuQ8_I5hQtkip-9ZJ6vH83qJWDXWLqIGaTIOKOP7ev8K9rSH_XpkcMwXDXOiyq&s=HAS_R2ZIIDGUAnk_ukEVW3o1k0VVGgwqTg6Ms425jiM&e=) vaping prevention program. * The CDC also offers a great presentation[**CDC Youth Vaping Presentation**](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html) * This toolkit is from MTCP is another great resource [**MTCP Tool Kit**](https://www.mass.gov/tool-kit/get-outraged-toolkit) * Additionally the [The84.org](file:///C:\Users\adramos\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\F2R34EP0\the84.org) is a great way to engage youth in Smoke free initiatives. The 84 represents the 84% of Massachusetts youth who did NOT smoke when the movement began. Now 93.4% of youth do not smoke.  The 84 will help you set up an 84 Chapter in your school or community. You would need at least 1 adult and 5 youth to start a chapter. They provide education and free training for you to educate the youth in your school. Becoming a Chapter also allows you to participate in statewide events and even receive funding to carry out projects. * Please reach out to Carly Caminiti [ccaminiti@hria.org](mailto:ccaminiti@hria.org) for more information about this program.   ***Alternative to Suspension:***   * *INDEPTH*from American Lung Association (ALA): [https://www.lung.org/quit-smoking/helping-teens-quit/indepth](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.lung.org_quit-2Dsmoking_helping-2Dteens-2Dquit_indepth&d=DwMFAw&c=gvTrvVRKKFToocA49JzvN15NyFJ-Q4li1d1cSaW7yf8&r=0BEoBiashncHNvC80LiC1A-xGlLH8bSbVoHH8geSvm4&m=ZzxahLSg7ZbVdsAq91A6V3jIQioIWHeuG4M0SBn0nYbJznAVoxwawa9oE7wjfgGn&s=p_A2mJa6FLOyRgdPPLXHmHNMLylMj1lc-pFWRnJxvL8&e=)     ***Vaping Videos***  Below are helpful links to videos that can be looped on screens in schools.   * [GET THE FACTS:](https://youtu.be/ZF8gSymv8SE) * [FACTS NO FILTERS CAMPAIGN (five videos):](https://www.youtube.com/watch?v=X-GVCruG-iY&list=PL54knlBH64ACbx-3ufAxQ8skynDuaXIyp&index=3) * [GET OUTRAGED CAMPAIGN (eight videos English/Spanish):](https://www.youtube.com/watch?v=61qY4ooWWvE&list=PL54knlBH64ACEFZN4nHWKg5vCardpBbOi) * [TAKE THE FIRST STEP TOWARDS A NICOTINE LIFE CAMPAIGN (five videos in English/Spanish)](https://www.youtube.com/watch?v=U3yZModb6F8&list=PL54knlBH64AB7A0_j9tRtnvh9gjych8mn&index=5) * [American Lung Association](https://www.youtube.com/watch?v=OTpdnAOtSHI) * [Depression Stick – TRUTH INITIATIVE](https://www.youtube.com/playlist?list=PLDVVQDN6OECnda9dCkVVUhZXOQoSwQ-FK)   ***Students and Youth***  For students attempting to quit we recommend the following:  **This is Quitting** powered by **truth®**​   * Free and confidential automated text program​ * Text **“VapeFreeMass”**to **88709**​ * [www.ThisIsQuitting.com](http://www.thisisquitting.com/) ​ * ​   **My Life, My Quit TM**​   * Youth coach specialists​ * Call or text **"Start My Quit"**to **855-891-9989** for free and confidential help​ * [www.MyLifeMyQuit.com](http://www.mylifemyquit.com/)​ * [Help Youth Quit - Make Smoking History](http://makesmokinghistory.org/dangers-of-vaping/help-youth-quit/)​ * [**www.GetOutraged.org**](http://www.getoutraged.org/)   Another option is from the American Lung Association. It’s called **NOT for Me**.  It’s a web-based cessation program which allows the youth to move at their own pace. It’s a free 6-week program with 8 sessions. It gives teens the resources to quit vaping or smoking. [www.Notforme.org](file:///C:\Users\adramos\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\F2R34EP0\www.Notforme.org). Hopefully this helps!  ***Cessation Groups for adults wanting to quit smoking***   * <https://excommunity.becomeanex.org/> for an online support community. * Becoming an ex: they have an online support community * The Quitline : [1-800-QUIT-NOW](tel:1-800-784-8669) ([1-800-784-8669](tel:1-800-784-8669))   Multiple people looking for a group ? Suggest having a dedicated space, time, and location where they engage with Quitline coach at the same time.  \*\*A great in person program is Freedom from Smoking from American Lung. If your town has someone willing to be trained in this – then you could implement it. Check out the website  <https://www.freedomfromsmoking.org/>  Please feel free to contact me with any questions or concerns. I’m available for presentations to parents and teachers. Please contact me for scheduling. | | |
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|  | |  | Adolis Ramos, BS | She/Her/Hers  Program Manager, Northeast Tobacco-Free Community Partnership  Funded by The Massachusetts Department of Public Health  Greater Lawrence Family Health Center |
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|  | |  | [Adolis.Ramos@glfhc.org](mailto:Adolis.Ramos@glfhc.org) |
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|  | |  | [Massachusetts Tobacco Cessation and Prevention Program (MTCP)](https://www.mass.gov/massachusetts-tobacco-cessation-and-prevention-program-mtcp) |
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