

Tennessee Quit Week 2023

*It's Quittin' Time
in Tennessee*

K-12 Activity Guide

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Introduction

This toolkit is provided by the Tennessee Department of Health Tobacco Use Prevention and Control Program to offer ideas to engage students in grades kindergarten through 12 in activities and education around preventing their use of tobacco/vaping products. Many of the activity ideas listed in this toolkit can be utilized with local T4 (Tennessee Teens Talk Tobacco) and TNSTRONG (Tennessee Stop Tobacco and Revolutionize Our New Generation) students.

If you have questions about anything in this toolkit, please contact:

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Follow TNSTRONG on social media:

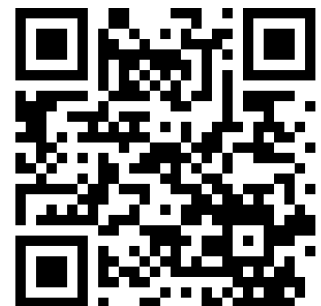
Facebook



Instagram



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Vaping and Mental Health

Make a Fidget and Positive Affirmations Board/Chalk Messages



Make a Fidget

Supplies: Paper Clips; Perler Beads

Instructions: Slide 6-10 beads (depending on size of the paper clip) onto the paperclip



Positive Affirmations Option One: Take What You Need/Leave What You Can Board

Supplies: Display Board; Sticky Notes; Writing Utensils

- The board can be set up in the school/community center with a note that if you need inspiration or motivation to make a healthier choice and choose not to vape, you can take a sticky note and/or leave a sticky note on the board with a positive message for others.

Positive Affirmations Option Two: Chalk Messages

Supplies: Chalk

Instructions: Find a high-trafficked walking area, such as the entrance to the building. Let students write/draw positive messages on the pavement (Make sure you have permission)

**See next page for additional instructions*

Positive Affirmations Board/Chalk Messages

Activity Instructions: The facilitator of the activity reads the bold statements

Today we are going to discuss vaping and mental health.

Why do you think people your age choose to vape? (Give participants a chance to answer. Typically, someone will mention stress relief. If not, you can help guide them to that answer by saying, "Have you ever heard someone say I am so stressed out I need a vape?")

- **It is a common misconception that vaping can help relieve stress when it can intensify mental distress.**
- **Mental health and nicotine use are connected in ways many may not realize.**
- **Though nicotine has not been found to cause mental health conditions directly, peer-reviewed research shows that nicotine can worsen anxiety symptoms and amplify feelings of depression and is linked to higher odds of having a depression diagnosis.**
- **For example, a study in the Journal of the American Medical Association found that current e-cigarette users have double the odds of having a diagnosis of depression than people who have never vaped.**
- **In addition, individuals with mental health and substance use challenges are more susceptible to trying e-cigs or vaping devices owing to the belief, created through predatory marketing campaigns by the tobacco industry, that these products are safer than traditional combustible commercial cigarettes.**
- **If we focus specifically on youth or adolescents, we know this period of brain development (age 13 to 25) is so important. Youth and young people have a higher risk of developing mental health and substance use challenges and experiencing trauma during this time. As such, we know they are more likely to try tobacco, vaping, and use tobacco as adults – more of it, and for longer periods of time – putting them at risk for premature death.**

Do you have any experience with how vaping can intensify stress? (Give participants a chance to answer. If they need some guidance to, discuss things like how it impacts their relationships when they are constantly thinking about the next vape, how it may cause tension between friends if some choose not to vape, how it affects the ability to perform at their best ability during sports activities, etc.)

- **Nicotine is as addictive as heroin. It is important to recognize this fact and understand that people who vape may not realize that they are addicted, but the addiction is real. The good news is that it typically takes 5 minutes for the craving to pass.**

What do you think are some healthier options to do instead of vaping? (Give participants a chance to answer. If they need some guidance, discuss things like movement, i.e., going for a walk; social interaction, i.e., talking with friends, etc.)

Today we will do two activities to help encourage those who vape to make a healthier choice.

- **The first activity is making a fidget that can easily be put in your pocket to help distract you whenever the urge to vape arises.**
- **While you are making your fidget, I want you to think about some positive messages that you can use to help boost others' mental health. We do not realize the impact a kind word can have on others. It can make a huge difference in someone's day. They may not appear to be struggling on the outside, but it's impossible to know what is going on inside. Even in the process of helping others, you are boosting your own mental health.**

If doing display board: **When you have developed a message to share, write it on your sticky note and post it on the board. You can do more than one. We will set this board up in the (wherever you plan to set it up) for others to see and take a positive message if they need some inspiration and/or leave a message for someone else.**

If doing chalk messages: **We are going to (wherever you plan to perform the activity) and write/draw positive messages and images to help boost others' mental health/self-esteem.**

I appreciate your time and participation today. I hope you have learned how to help boost mental health and combat stress without needing to vape.

What's in my Vape?

Supplies: Print pictures of attached photos: (1) Outline of Person Vaping; (2) Assorted items/ingredients (cut out individual items)

Instructions: Have participants place the ingredients they believe are in vapes within the outline of the person vaping.

Instructions for the Activity: (Facilitator of the activity reads the bold statements)

Today we are going to discuss some common misconceptions about vaping.

Have any of you heard that vaping is safer than smoking cigarettes? (Give participants a chance to answer)

Do you think that's true? (Give participants a chance to answer)

One of the reasons why it is believed vaping is safer than smoking is that there has not been enough time to collect all the data to determine the extent of the health risks. It took 120 years for researchers to show how dangerous cigarettes are.

I'm sure most of you know that there are harmful ingredients in cigarettes. What about vaping? Do you know what ingredients it contains? (Give participants a chance to answer)

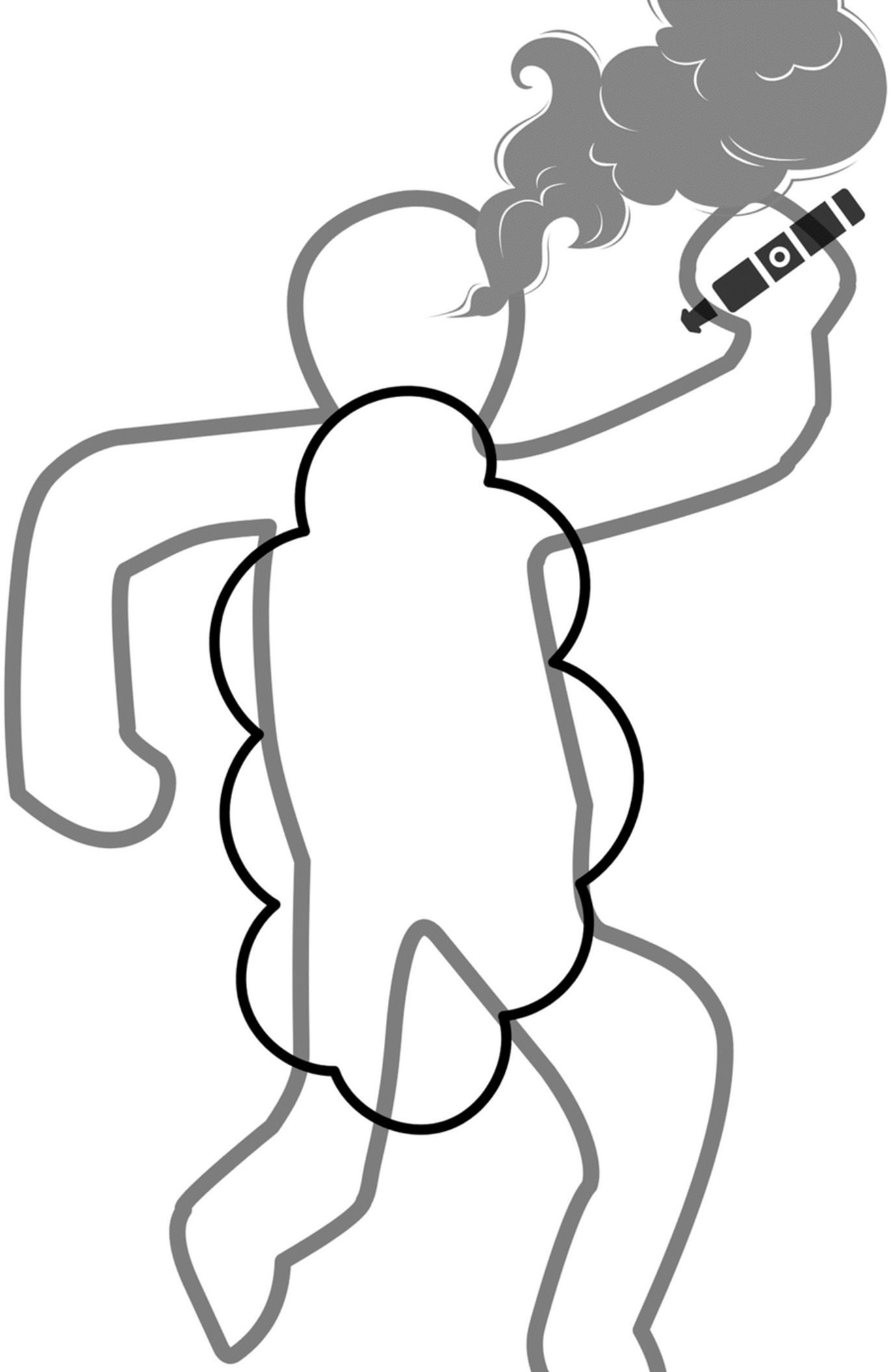
We are going to do a little activity to test your knowledge. In front of you is a picture of the outline of a person vaping and multiple ingredients. Place the pictures of the ingredients you think are contained in e-cigarettes inside the person.

(Give participants time to do this. Once they are finished, if you would like, you can show them a short YouTube video: bit.ly/nvn-video)

Let's see how you did. Ingredients within vapes:

- Propylene glycol (antifreeze products)
- Acetone (nail polish remover and paint thinner)
- Ethylbenzene (Pesticides, Synthetic Rubber, Varnishes, Paints, Ink)
- Formaldehyde-based solutions (preserve human and animal remains)
- Rubidium (Fireworks bright colors)
- Acetals (irritation and inflammation of delicate lung tissues)
- Nicotine (20 cigarettes = 1 e-cigarette pod)
- Aerosol (Hairspray)
- Benzene (Car Exhaust)
- Metal Particles (Nickel, Tin, Lead)
- Not included: Water Droplets; Sugar; Fruit; Candy; Vanilla

Have a look at your picture with all those harmful ingredients. Is that what you want to go into your body? Think about that the next time you are tempted to vape or someone tells you it's harmless. Even if e-cigarettes may be less harmful than regular cigarettes because they don't burn tobacco, it doesn't mean there are no health risks. Safer does NOT mean safe.





Nail Polish Remover



Formaldehyde-based Solutions



Water Droplets



Anti Freeze



Tire



Aerosol



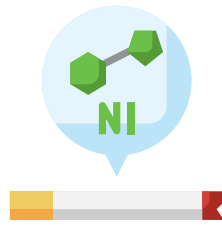
Rubidium



Paint



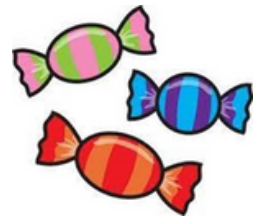
Fine Particles from Metals such as Tin, Nickel, Lead



Nicotine



Sugar



Candy



Car Exhaust



Fruit



Vanilla

Vaping Bingo

Supplies: Bingo Cards (Free printable and virtual bingo card generator (myfreebingocards.com)); Incentive prizes for winners (optional)

Instructions: Discuss the dangers of vaping and have participants provide you with the information to put on the bingo card (these can be made online and printed)

- See next page for activity instructions

**Prior to leading the event, familiarize yourself with the bingo card website – you can choose the number of squares per card (the fewer number is better to increase the time it takes to play the game), and once the cards have been made it will lead you through starting the game.*



Instructions for the Activity (Facilitator of the activity reads the bold statements)

- **Today we are going to discuss some of the reasons why you should choose not to vape or why you should encourage others not to vape.**
- **Now, I know when discussing topics such as vaping, you may think, "Well, I don't vape, so why do I need to hear this?" or "Vaping isn't bad for you, my parents, even buy my [e-cigarette] pods for me."**
- **This is one of the reasons why we have these conversations. Firstly, you are in a very powerful position. You may not realize it. I didn't realize it when I was your age, but you are. Do you know why? Because YOU are a role model. Others look up to you, such as those younger than you—even other members of the community. Your parents, peers, and other community members watch you and notice when you do bad and good things. So, YOU have the ability to make a positive change.**
- **Secondly, we will play a game at the end of our discussion, but I will need YOUR help to create the game. So, you will need to pay attention.**
- **OK, so why do you think people your age choose to vape?** (Give participants a chance to answer)
 - **Advertising**
 - **Cigarette and smokeless tobacco companies spend billions yearly to market their products.**
 - **In 2019, the largest cigarette and smokeless tobacco companies spent \$8.2 billion on advertising and promotional expenses in the U.S. alone.**
 - **The 3 most heavily advertised brands – Marlboro, Newport, and Camel – were the top three brands of cigarettes smoked by middle and high school students. This shows that their advertising dollars are achieving what they want.**
 - **In case you don't think that is relevant to vaping – Marlboro paid \$12.8 billion to be a part of JUUL's company.**
 - **Flavors**
 - **81% of e-cigarette users say the appealing flavors are one of the main reasons for use.**
 - **Flavors are the HOOK, and Nicotine becomes the NEED (addiction).**
 - **Stress/Mental Health**
 - **It is a common misconception that vaping can help relieve stress when it can intensify mental distress.**
 - **Though nicotine has not been found to cause mental health conditions directly, peer-reviewed research shows that nicotine can worsen anxiety symptoms and amplify feelings of depression and is linked to higher odds of having a depression diagnosis.**
 - **In addition, individuals with mental health and substance use challenges are more susceptible to trying e-cigs or vaping devices owing to the belief, created through predatory marketing campaigns by the tobacco industry, that these products are safer than traditional combustible commercial cigarettes.**
 - **There is emerging evidence of a link between quitting vaping and improvements in mental health symptoms. Truth Initiative survey data show support for this link:**
 - **90% of those who quit said they feel less stressed, anxious, or depressed**
 - **47% of those who quit reported that they felt more in control**
 - **78% of those who reported ever vaping but had not quit said they would feel better about themselves if they quit vaping.**
- **How much do you think vaping costs (on average) per year?** (Give participants a chance to answer)
 - **The yearly cost of vaping can cost up to \$5,082.50 per year.**
 - **This is the cost of 924 Frappuccinos. How many of you like Dunkin Donuts? Starbucks?** (if there is a local coffee shop, mention it here to greater the impact)
- **Do you think vaping or smoking is more expensive?** (Give participants a chance to answer)
 - **If you are vaping or smoking as a habit, the cost of smoking is only slightly more than that of vaping - \$5,091.75 instead of \$5,082.50**
 - **So, for people that think vaping is better for you than smoking...my wallet does NOT agree.**

Okay, I hope you have been paying attention because now it is time for the fun! I need you to give me some facts about vaping that you learned today. (As they list out facts, put them into the online bingo card generator: (Free printable and virtual bingo card generator (myfreebingocards.com))

Once you have a variety of facts that have been entered, you can print the cards (the online tool will automatically randomly place the facts on the bingo cards so that all cards are not the same). Then, you can follow the online prompts to start your game.)

Anti-Tobacco Trivia

Supplies: Paper for answers, Prizes (optional)

Instructions: Separate into groups or play as individuals. Read each question, collect the answer, and give the correct answer. The team or individual with the most points (correct answers) at the end wins.

TRUE OR FALSE: Tobacco is just as addictive as cocaine.

- TRUE (AHA 2018)

The average smoker dies ___ years earlier than non-smokers.

- 10 (CDC 2021)

TRUE OR FALSE: Secondhand smoke can cause lung cancer even if the person never smoked.

- TRUE (CDC 2020)

Smoking can cause: cancer, heart disease, stroke, lung disease, diabetes, or all of these.

- All of these (CDC 2021)

TRUE OR FALSE: Smoking is the leading cause of preventable death in the U.S.

- TRUE (CDC 2021)

___% of current adult smokers began smoking before they were 18 years old.

- 90% (FDA 2021)

TRUE OR FALSE: Most e-cigarettes or vapes contain nicotine.

- TRUE (CDC 2021)

___% of high school students are current e-cigarette users in Tennessee.

- 27.9% of high school students (CDC 2019)

Nicotine can harm the developing brains of youth because the brain continues to develop until about age ___.

- 25 (CDC 2021)

TRUE OR FALSE: E-cigarettes and vapes are the same thing.

- TRUE (TRUTH 2021)

The tobacco industry spends about \$___ million in marketing each year.

- \$22 million (CFTFK 2021)

TRUE OR FALSE: Youth who use e-cigarettes are more likely to use combustible cigarettes than non-e-cigarette users.

- TRUE (CDC 2021)

Door Decorating Contest

Age Group: All ages can participate.

Number of Participants: Varies.

Preparation Time: 1—2 weeks.

Resources: Posters, colored paper, markers, and other craft supplies.

Cost: \$10—\$40 or more, depending on the prizes awarded.

- Get your entire school involved by challenging all of the classrooms to decorate their doors with a No Vape November theme.
- At the end of the contest, select students or teachers to judge the doors. Award prizes to different categories, such as the most creative or the strongest message. The prizes can be anything you'd like in order to incentivize involvement (as long as it's approved by the school), such as a pizza party for the winning classroom.

Pledge Wall

Grab your whole community's attention when you take it to the streets and spread interesting tobacco company quotes and tobacco facts all across your town.

Age group: Middle and High School and above

Number of Participants: it's up to you – the more people you recruit, the more people you will get your message to.

Preparation time: 1-2 weeks for media outreach, just days for the actual event.

Cost: \$0-20

One of the simplest and most effective ways to take it to the streets is to make flyers featuring an outrageous tobacco company quote and hand them out at busy places so people can learn the truth about Big Tobacco. Here is one quote that will grab people's attention: In 1990, Terrence Sullivan, a sales representative for R.J. Reynolds, said: "We were targeting kids, and I said at the time it was unethical and maybe illegal, but I was told it was just company policy." Sullivan remembers someone asking who exactly were the young people R. J. Reynolds was targeting – junior high school kids or even younger? The reply was: "They got lips? We want them." First Things first – find Tobacco Industry Quotes: Since the Master Settlement Agreement in 1998, hundreds of thousands of tobacco company documents have become public record. You can use the following websites to find your own tobacco company quotes. We have also included some of the more despicable quotes below to get you started.

- <https://the84.org/get-the-facts/tobacco-executive-quotes/>
- <https://www.tobaccofreekids.org/assets/factsheets/0114.pdf>

Where to Distribute your Flyers:

- School parking lots
- Car windshields
- Lamp posts
- Store windows
- Bathroom stalls

Take it to the Streets

Age group: Any age.

Number of participants: Any number, but the more, the better – at least 10—15 people for the actual event to make a bigger impact.

Preparation time: 2—3 weeks.

Resources: Long paper roll, poster board or banner paper, markers, paper and photocopier, duct tape, possibly candles, and a bell or gong.

Cost: \$10—\$60.

Do you have a parent, grandparent, friend, or other loved one who vapes, smokes, or chews tobacco? You can use the Pledge Wall during Kick Butts Day as an opportunity to help them quit. You can organize a pledge wall at your school or community center for people to pledge to help their loved ones quit or to encourage those who use tobacco to quit. Or better yet, use the pledge wall as a way for youth to pledge to be nicotine free!

- Provide instructions on what you want people to write on the wall.
- Instruct participants to fill out the pledge cards you provide and attach them to the wall.
 - Consider collecting pledges before the actual event.
 - Encourage everyone at your school or community center to sign the Pledge Wall if they know someone who smokes or chews tobacco and are ready to help him or her quit. You can also use the Pledge Wall to have youth pledge that they will not use nicotine products.
- During your event, have people hand out flyers and other information about resources for those looking to quit.

Take the pledge with your extracurricular groups at your school. Commit to being a Nicotine Free Team! Learn more about becoming a Nicotine Free Team and what you can gain from pledging to be nicotine free: bit.ly/quitweek-nft

Miscellaneous K-12 Quit Week Activities

Below are some ideas for activities to plan for your students:

Proclamation, press release templates, downloadable posters, and other Quit Week resources can be found at bit.ly/k12-quitweek.

- Proclamation with Local Officials (e.g., Mayor, County Commissioner, etc.)
- Press Releases
- Trace the Hand
 - Students outline their hands and write tobacco/vaping facts inside those outlines.
- Pick up cigarette butts and display them at school/share them with the school board.
- Displays
 - During lunch at school
 - During Quit Week, set up poster boards during the high school lunch period. Students will have the opportunity to write something about the importance of not using tobacco/vaping products.
- Announcements (Tobacco/Vaping Facts) (See pages 16-17 for examples)
 - Morning announcements at school
 - Tennessee Tobacco QuitLine available at each project
- Art contest by partnering with an art teacher.
- Social media – share Quit Week logo and tobacco facts
- Ask schools to include Quit Week on their website/social media.
- Ask schools to place Quit Week on their marquee.
- Promoting Truth Initiative Cessation Tool for Youth
 - Text "DITCHVAPE" to 88709 and get free advice, tips, and inspiration for quitting.

Samples of Tobacco Facts for Announcements

Centers for Disease Control and Prevention (CDC)

- Smoking leads to disease and disability and harms nearly every organ of the body.
- Smoking is the leading cause of preventable death.
- Because young people who use smokeless tobacco can become addicted to nicotine, they may be more likely to also become cigarette smokers.
- Using smokeless products can cause serious health problems. Protect your health; don't start. If you do use them, quit.

The Toll of Tobacco in Tennessee 2020 (Campaign for Tobacco Free Kids)

- 7.1% (24,800) of high school students smoke
- 11.3% of male high school students smoke cigars (female use is much lower)
- 22.1% of high school students use e-cigarettes
- 1,900 kids (under 18) become new daily smokers each year
- 35.2% proportion of cancer deaths in Tennessee are attributed to smoking
- 19.7% (1,070,600) of adults in Tennessee smoke

Tobacco By the Numbers (Campaign for Tobacco Free Kids)

- Tobacco use causes 1 in 10 deaths among adults worldwide
 - More than 7 million deaths per year
 - By 2030, the number of tobacco-related deaths will increase to 8 million each year.
- 480,000+: Annual tobacco-related deaths in the U.S.
- \$3.10 billion: Annual tobacco-related health care costs in TN.
- 5.6 million: U.S. kids under 18 alive today who will ultimately die from smoking (unless smoking rates decline)
- \$1.4 trillion (USD): Annual economic costs from smoking worldwide
- 100 million people died from tobacco use in the 20th century. If current trends continue, one billion people will die from tobacco use in the 21st century.
- 11,400 adults in Tennessee die each year from their own smoking.
- 125,000 kids now under the age of 18 and alive in Tennessee will ultimately die prematurely from smoking
- Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined – and thousands more die from other tobacco-related causes – such as fires caused by smoking (more than 1,000 deaths/year nationwide) and smokeless tobacco use.
- Annual tobacco industry marketing expenditures nationwide are \$9.1 billion. Of this, \$289.1 million is the estimated portion spent for Tennessee marketing each year.

E-Cigarettes (Truth Initiative)

- Among youth, who vape, 97% used a flavored e-cigarette in the past month.
- E-liquids contain at least 60 chemical compounds. E-cigarette aerosol contains even more.
- 15-17-year-olds have more than 16x greater odds of being current e-cigarette users than adults.
- In 2019, e-cigarette use among high schoolers rose to 27.5%.
 - For high school seniors, the rate has doubled since 2017.
- Young people who use e-cigarettes are 4x times more likely to start smoking tobacco cigarettes than their peers who don't vape.
- No e-cigarette has been approved for smoking cessation, and no e-cigarette has gone through the rigorous scientific review necessary to determine whether it actually does help smokers to quit.
- "If you've realized needing your [e-cigarette] isn't a great feeling, and all your money is going to [e-cigarette] pods (or whatever vape product you formerly loved), we've got you. Text "DITCHVAPE" to 88709 and get free advice, tips, and inspiration for quitting."

E-Cigarettes (CDC)

- As of November 2019, the country is experiencing an outbreak of vaping-related illnesses. More than 2,000 cases have been reported across 49 states with 39 deaths. (2 deaths in Tennessee).
- Most of these cases were from users who reported use of THC, about 86% reported use of THC and 64% reported use of nicotine vaporizer products, and 11% reported exclusively using nicotine products.
- On November 8, 2019, CDC identified vitamin E acetate as a significant concern in the outbreak, finding the chemical in all 29 samples it had analyzed from victims.
- CDC continues to advise non-smokers to avoid vaping of any variety and for everyone to avoid all vaping products purchased "off the streets".

Smokeless Tobacco (Truth Initiative)

- Smokeless tobacco is linked to 3 types of cancer: esophagus, pancreas, and oral cavity.
- High school athletes are nearly twice as likely to use smokeless tobacco than their peers.
 - In 2013, 11.1% of high school athletes were current smokeless tobacco users, compared to 5.9% among high school students who do not play sports.
- Young men and white youth are more likely to use smokeless tobacco.
 - 10% of high school males and 7.8% of white high school students were current smokeless tobacco users in 2015.
- Chronic use of smokeless tobacco can result in nicotine addiction.

Lesson Plans

E-Cigarettes and Vape Pens 101

- PowerPoint Presentation
- Kahoot quiz based on information from the PowerPoint Presentation
 - <https://med.stanford.edu/content/dam/sm/tobaccopreventiontoolkit/documents/ecigarettes/LessonPlans/E-Cigarettes-and-Vape-Pens-101.pdf>

Infographics/Fact Sheet

- Cigarettes in a Pod
 - <http://med.stanford.edu/content/dam/sm/tobaccopreventiontoolkit/documents/ecigarettes/Cigs-in-a-Pod.pdf>
- Risk of E-Cigarettes and Vape Pen Use
 - <http://med.stanford.edu/content/dam/sm/tobaccopreventiontoolkit/documents/ecigarettes/Risks-of-Ecig-and-Vape-Use-Powerpoint-Factsheet.pptx>

Poem

- Put the following core items in the bags: mints, toothpicks/toothpick holders, rubber bands, gum, straws, QuitLine cards, a brochure with our Health Department services, and the poem.

The Quit List

When the craving hits hard & you're having a fit
Consider this kit your catcher's mitt.
You might think it's crazy but we've got your back
And this little kit to help keep you on track.
Don't pick up that cigarette, grab a straw instead.
Keep them close by you, even right by your bed.
If you gotta drag on something, grab one of these.
Take in only fresh air...it won't make you wheeze!
To keep your mouth busy here's gum and some mints
Chew while you think on all the money you've spent.
Look for the toothpicks and soon you'll find
That these little jewels help occupy your mind.
If all these things fail you, there is one more thing.
Pop yourself with a rubber band & make sure it stings!
The pain won't last long so pop yourself hard.
And keep with you always the Tobacco QuitLine Card.

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And keep with you always the Tobacco QuitLine Card.

The Quit List

When the craving hits hard & you're having a fit
Consider this kit your catcher's mitt.
You might think it's crazy but we've got your back
And this little kit to help keep you on track.
Don't pick up that cigarette, grab a straw instead.
Keep them close by you, even right by your bed.
If you gotta drag on something, grab one of these.
Take in only fresh air...it won't make you wheeze!
To keep your mouth busy here's gum and some mints
Chew while you think on all the money you've spent.
Look for the toothpicks and soon you'll find
That these little jewels help occupy your mind.
If all these things fail you, there is one more thing.
Pop yourself with a rubber band & make sure it stings!
The pain won't last long so pop yourself hard.
And keep with you always the Tobacco QuitLine Card.

RESOURCES

E-cigarettes and Youth: Resources for Educators and others working with Youth

Updated: January 11, 2023

CDC Office on Smoking and Health (CDC/OSH) E-Cigarettes Resources. The **CDC e-cigarettes landing page** has a variety of materials and resources, and is a one-stop shop for evidence-based messages about e-cigarettes:

- A webpage with **general information about e-cigarettes.**
- A webpage with information specific to **e-cigarettes and young people**, with links to infographics, fact sheets, information on **Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products**, an article on Protecting Young People from E-Cigarettes, and many more resources
- CDC/OSH and the Tobacco Control Network (TCN) collaborated to produce a pair of youth e-cigarette use microlearning videos. The videos, a **long form**, and a **short form**, feature introductory remarks from TCN Chair Luci Longoria before a comprehensive overview of the prevalence and risks of youth e-cigarette use from Dr. Brian King, Deputy Director for Research Translation with OSH. Both videos present the same content in different levels of detail and are appropriate to share with school administrators, nurses, teachers, and other school-based stakeholders to ensure that all young people can learn in an environment free from e-cigarette use.

School-Based E-Cigarettes Prevention Curriculum. While CDC/OSH doesn't endorse programs or curricula, there are several noteworthy evidence-based youth e-cigarette prevention curricula and materials:

- FDA continues to work with Scholastic to develop **youth e-cigarette prevention resources** for middle schools and high schools. Resources, such as lesson plans and activity sheets, will be sent to more than one million teachers to help them start educational conversations about the harms of youth e-cigarette use. "The Real Cost of Vaping" website, created by Scholastic, also includes a parent take-home sheet, infographics, youth cessation resources, and an educational program that can be used by schools as an alternative to student suspensions or citations (INDEPTH™, see below).
- The Stanford Medical School **Tobacco Prevention Toolkit** module on E-Cigs/Vapes and Pods
- The University of Texas Health Science Center at Houston **Catch My Breath Youth E-Cigarette and JUUL Prevention Program**
- The American Lung Association **INDEPTH™: Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health** offers an alternative to suspension or citation for infractions of school tobacco-free policies.

E-Cigarettes Cessation Resources for Youth

- The Truth Initiative launched a youth/young-adult-focused **E-cigarette Quit Program**. Youth and young adults can access the e-cigarette quit program by texting "DITCHJUUL" to 88709. Parents and other adults looking to help young people quit should text "QUIT" to (202) 899-7550. Truth Initiative also has additional **articles** on vaping for youth.
- The National Cancer Institute's **SmokefreeTeen** website includes information on **How To Quit Vaping**, in addition to other resources for teens.

