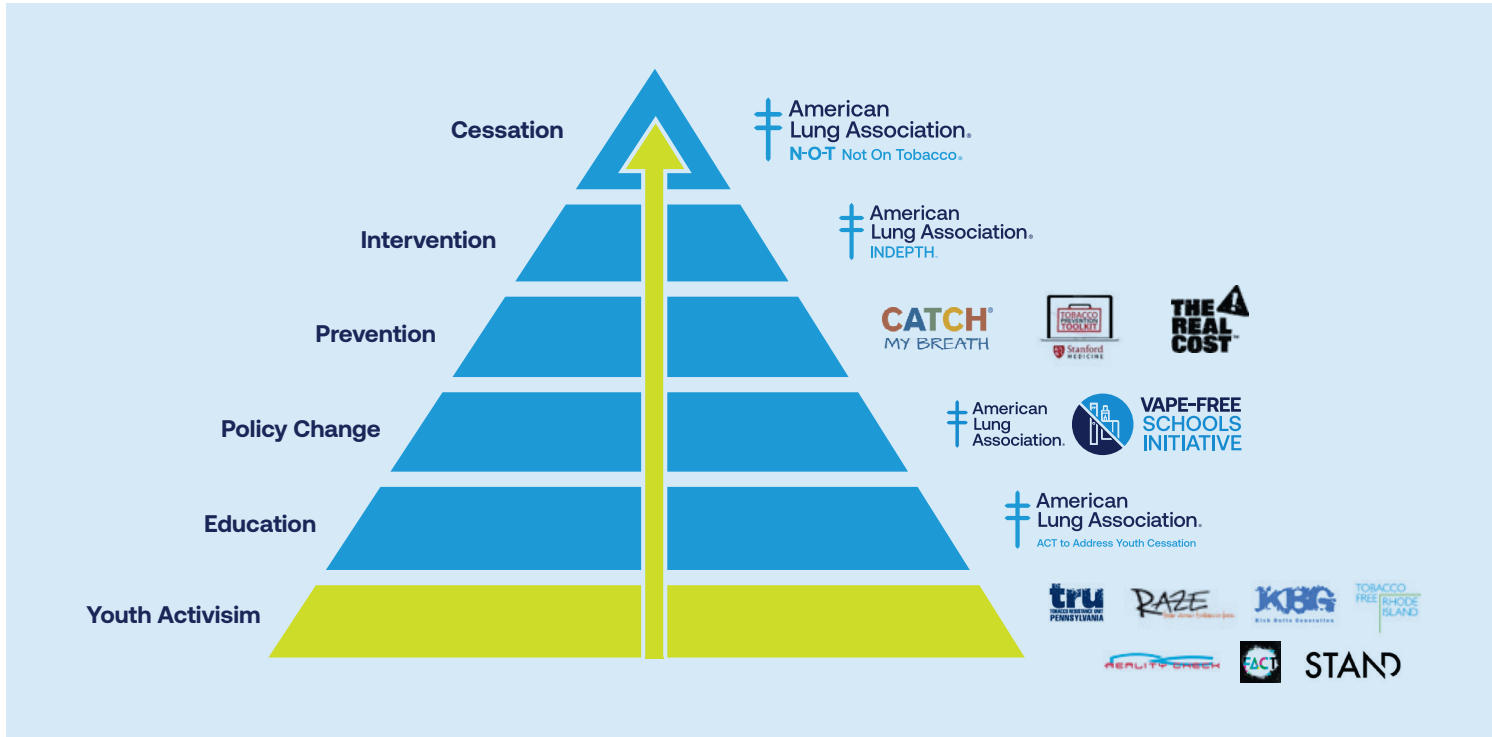


The American Lung Association recommends a multi-component comprehensive public health approach to addressing youth vaping, tobacco and nicotine use through strategies inclusive of systems change, education, intervention and cessation.



Component 1: Promote youth activism through a student engagement programs, such as Delaware’s Kick Butts Generation, FACT in Wisconsin, Pennsylvania’s Tobacco Resistance Unit (TRU), Reality Check in New York, STAND in Arizona, Tobacco-Free Rhode Island or West Virginia’s RAZE. These statewide youth-led movements 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 health, seek to stay informed about the real dangers of vaping, tobacco and nicotine use and find creative ways to share that knowledge with the world.

Component 2: Educate 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 use e-cigarettes, tobacco or other nicotine products. 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 and determine strategies for strengthening those policies to provide a comprehensive public health approach to countering youth vaping, tobacco and nicotine use. Take the assessment here: <https://lung.training/courses/policy-assessment-and-toolkit.html>

Component 4: Integrate 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: Provide 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 online, on-demand version version is available in English and Spanish language for student referrals. Visit [INDEPTH® Online](#) for more information.

Component 6: Offer cessation programming for teens who use tobacco made available through [American Lung Association’s Not-On-Tobacco®](#), a voluntary quit tobacco or nicotine use program tailored specifically for youth ages 13-19 and available either via a [trained and certified](#) adult-facilitator-led group class in-person or virtually or self-paced online at [NOTforMe.org](https://notforme.org). Available in English and Spanish language.

Call to Action: The American Lung Association invites all school administration to partner with us to implement this comprehensive multi-tiered public health approach to addressing e-cigarette, tobacco and nicotine product use among our youth throughout the school district and 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.