

Tobacco, Nicotine, and Vaping Resources

Quit Services and Resources for Teens/Young Adults

Organization/Program	Contact Info	Website	Description
American Lung Association-Freedom from Smoking	1-800-586-4872	https://www.lung.org/quit-smoking	Tools, tips, and support for quitting tobacco, including a quit program available in a group format, online format, and a self-help guide.
My Life My Quit	Text “Start My Quit” to 36072	https://nh.mylifemyquit.org/en-us/	Free and confidential help to quit smoking or vaping for teens.
Save Your Breath		https://saveyourbreathnh.org/	Campaign with information and resources for teens about vaping.
Smokefree Teen	Text “Quit” to 47848	https://teen.smokefree.gov/	Tools and tips, including a free texting program and app, to help teens quit smoking or vaping.
Truth Initiative	202-454-5555	https://truthinitiative.org/ https://truthinitiative.org/exprogram	Facts about smoking, vaping, nicotine, and the tobacco industry, plus a free quitting program called EX Program.

Quit Services and Resources for Adults

Organization/Program	Contact Info	Website	Description
American Lung Association-Freedom from Smoking	1-800-586-4872	https://www.lung.org/quit-smoking	Tools, tips, and support for quitting tobacco, including a quit program available in a group format, online format, and a self-help guide.
Breathe NH	603-669-2411	https://www.breathenh.org/	Resources, information, and programs related to lung health, including tobacco use.
Centers for Disease Control and Prevention (CDC)- E-cigarettes (Vapes)		https://www.cdc.gov/tobacco/e-cigarettes/index.html	Information and resources about e-cigarettes and vapes.

New Hampshire Department of Health and Human Services- Tobacco Prevention and Cessation Program	603-271-6891	https://www.dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation	Information and resources from the Tobacco Prevention Cessation Program.
QuitNow NH	1-800-QUIT-NOW (1-800-784-8669)	https://quitnownh.org/	Free program to help adults quit tobacco with access to a specially trained Quit Coach.
SmokeFree	Text “Quit” to 47848	https://smokefree.gov/	Information, tools, and tips to help you quit smoking, with free texting programs and resources in English and Spanish for adults, Native Americans, Veterans, and pregnant women.
Today is for Me		https://todayisfor.me/	Information and resources to educate expecting parents about the dangers of alcohol, tobacco, and marijuana use during pregnancy.

Information and Resources for Parents/Caregivers

Organization/Program	Website/Contact Info	Description
American Heart Association- Kids Heart Challenge	https://www2.heart.org/site/SPageServer?pagename=ahc_resources_vapingandecigarettesresources 1-877-824-8531	Resources and infographics about vaping and e-cigarettes for teachers, staff, administrators, parents, and health professionals.
Breathe New Hampshire- Vaping Unveiled	https://www.breathenh.org/programs/vaping-unveiled 1-800-835-8647	Free program/presentation that provides youth, teens, community members, parents and educators the opportunity to learn more about the impact of vaping and nicotine addiction on youth, including the latest trends in NH.
Campaign for Tobacco Free Kids- Resources for Parents	https://www.tobaccofreekids.org/protectkids/resources-for-parents 1-202-296-5469	Resources for parents including information about tobacco products and tips for talking to kids.
Centers for Disease Control and Prevention (CDC)- Resources to	https://www.cdc.gov/tobacco/e-cigarettes/youth-quitting.html	List of resources to help youth reject or quit vaping.

Help Youth Reject or Quit Vaping	CVS- Be Vape Free https://www.bevapefree.org/	Resources and programs for educators, parents, and students to prevent vaping.
Dartmouth Health- Youth Vaping Education and Resources Toolkit	https://www.uvalltogether.org/wp-content/uploads/2024/02/EDUCATOR-Youth-Vaping-Education-and-Resources-Toolkit-v2.090123.pdf	Toolkit of resources including youth vaping prevention, education, and cessation supports organized into two sections: one for educators and other health professionals and one for caregivers and students.
Minnesota Department of Health- E-cigarettes and Vaping	https://www.health.mn.gov/communities/tobacco/ecigarettes/index.html	Tools for parents about talking to kids about vaping, tools for schools to address youth vaping, and tools for health professionals to protect patients and communities.
Parents Against Vaping	https://www.parentsagainstvaping.org/	Grassroots community of passionate parents and concerned individuals committed to protecting children from the dangers of vaping and other flavored tobacco use. Also has a variety of resources for parents.
The Partnership at DrugFreeNH- Tobacco and Vaping Facts	https://drugfreenh.org/tobacco-and-vaping-facts/	Information about tobacco use and vaping, prevention strategies, and resources.
Tobacco Education Resource Library	https://digitalmedia.hhs.gov/tobacco/	Browse the most up-to-date, science-based resources on vaping prevention from Food and Drug Administration (FDA).
UNDO	https://www.undo.org/	A program of the California Department of Public Health fighting to end the tobacco industry's damage with information for parents.
UNDO- Flavored Tobacco Hiding in Plain sight	https://youtu.be/fjDP8rTktWw?si=ZBi-uEWx-eovYHZw	Video of vape devices that look like other common things.

Curriculum

Organization/Program	Website/Contact Info	Description
American Lung Association- N-O-T: Not on Tobacco	https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco 1-800-586-4872	Program designed with teens in mind that gives teens the resources they need to break nicotine dependency and find healthier outlets. Delivered by a trained facilitator in ten 50-minute lessons. Outcomes: Increase knowledge, decrease smoking, increase healthy lifestyle behaviors, and improve life skills.
Breathe New Hampshire- Vaping Unveiled	https://www.breathenh.org/programs/vaping-unveiled 1-800-835-8647	Free program that provides youth, teens, community members, parents and educators the opportunity to learn more about the impact of vaping and nicotine addiction on youth, including the latest trends in NH. Outcomes: Increase knowledge about vaping and resources to help teens quit.
CATCH My Breath Youth Vaping Prevention Program	https://catch.org/program/vaping-prevention/ 855-500-0050	A free school-based prevention program (four 40-minute lessons) with lesson plans for middle school (grades 5/6 and 7/8) and high school (grades 9-12). Community level intervention in schools or other youth servicing organizations. Outcomes: Improve knowledge of vaping and positive perceptions of vape-free lifestyle.
CVS- Be Vape Free	https://www.bevapefree.org/educators/	Free nicotine vaping prevention program with resources for elementary schools, middle schools, and high schools. Outcomes: Increase knowledge and refusal skills.
MD Anderson Center- Aspire Program	https://www.mdanderson.org/about-md-anderson/community-services/aspire.html 713-745-6252	A free online interactive program aimed to motivate teens to be tobacco free with videos, animations and interactive activities. Outcomes: Increase knowledge and positive attitudes for a tobacco-free lifestyle.
Northern New England Poison Center- E-Cigarette Lesson Plan	https://www.nnepc.org/download/e-cigarette-lesson-plan 207-662-7222	Teach students about nicotine and electronic cigarettes with this lesson plan aimed at high schoolers in two 30-minute lessons. Universal prevention. Outcomes: Increase knowledge and knowledge of the influence of media on social norms.

SmokeSCREEN	https://www.smokescreengame.org/	Tobacco use prevention videogame that addresses a range of challenges that young teens face with a dedicated focus on decision-making about smoking and vaping. Designed to complement existing curriculums at schools. Developed for ages 10-16 years old, takes 2-3 hours to complete. Individual-level intervention, for universal, selective, or indicated audiences. Outcomes- Increase knowledge and perception of risk.
Stanford Medicine- You and Me, Together Vape-Free	https://med.stanford.edu/tobaccopreventiontoolkit/you-and-me-together-vape-free-curriculum.html	Free curriculum with six 50-minute lessons and versions for elementary, middle, and high schools. Every lesson provides activities, online quiz games, and worksheets in addition to presentations, resources, and other materials. Universal and selective prevention. Outcomes- Increase knowledge, attitudes, and refusal skills.
Tobacco Education Resource Library	https://digitalmedia.hhs.gov/tobacco/	Information and resources from the FDA, including lesson plans focused on the latest science-based vaping prevention information, plus classroom materials. Outcomes- Increase knowledge.
Truth Initiative Curriculums	https://truthinitiative.org/curriculums#program-details 202-454-5555	Free digital courses that offer modern approaches to guide teachers and educate youth about the dangers associated with vaping (nicotine, cannabis, and co-use) and prescription drug misuse, including counterfeit drugs containing fentanyl. Outcomes: Increase knowledge, empower students to make healthy and informed choices, recognize how to support others.

Prevention Resources and Toolkits for Schools and Healthcare Professionals

Organization/Program	Website/Contact Info	Description
American Heart Association- Kids Heart Challenge	https://www2.heart.org/site/SPageServer?pagename=ahc_resources_vapingandecigarettesresources 1-877-824-8531	Resources and infographics about vaping and e-cigarettes for teachers, staff, administrators, parents, and health professionals.
BeatNic Boulevard	https://sbcss.instructure.com/courses/275/pages/tupe-beatnic-boulevard	Mobile video game that teaches tobacco-use prevention education.
Breathe New Hampshire- Youth Programs	https://www.breathenh.org/programs/youth-programs 1-800-835-8647	Various programs including education about vaping, youth activism, organizing a clean-up, and asthma care for kids.
CDC- E-Cigarette, or Vaping, Products Visual Dictionary	https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf	Visual dictionary of e-cigarettes or vapes for public health officials and healthcare providers.
CDC- E-Cigarettes and Youth Toolkit for Partners	https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/e-cigarettes-youth-partners-toolkit-508.pdf	A toolkit about e-cigarettes and youth with information and resources to take action.
CVS- Be Vape Free	https://www.bevapefree.org/	Resources and programs for educators, parents, and students to prevent vaping.
Dartmouth Health- Youth Vaping Education and Resources Toolkit	https://www.uvalltogether.org/wp-content/uploads/2024/02/EDUCATOR-Youth-Vaping-Education-and-Resources-Toolkit-v2.090123.pdf	Toolkit of resources including youth vaping prevention, education, and cessation supports organized into two sections: one for educators and other health professionals and one for caregivers and students.
Minnesota Department of Health- E-cigarettes and Vaping	https://www.health.mn.gov/communities/tobacco/ecigarettes/index.html	Tools for parents about talking to kids about vaping, tools for schools to address youth vaping, and tools for health professionals to protect patients and communities.
Northern New England Poison Center- E-Cigarettes for School Nurses	https://www.nnepc.org/poison-prevention-education/webinars-for-professionals/e-cigarettes-school-nurse-webinar 207-662-7222	This presentation gives school nurses an overview of electronic cigarettes and vaping. It covers the mechanics of vaping, types of devices, the short- and long-term effects of nicotine on adolescents, trends in teen vaping, and use of e-cigarettes to vape cannabis-related substances.
SmokeSCREEN	https://www.smokescreengame.org/	Tobacco use prevention videogame that addresses a range of challenges that young teens face with a

		dedicated focus on decision-making about smoking and vaping. Designed to complement existing curriculums at schools. Developed for ages 10-16 years old, takes 2-3 hours to complete. Individual-level intervention, for universal, selective, or indicated audiences. Outcomes- Increase knowledge and perception of risk.
Smokitten	https://www.smokitten.com/en/	A mobile game that aims to help smokers quit cigarettes and raise awareness among children about the dangers of tobacco.
Stanford Medicine- Tobacco Prevention Toolkit	https://med.stanford.edu/tobaccopreventiontoolkit.html	A toolkit with a variety of resources regarding nicotine and tobacco, including curriculums, factsheets, posters, and quitting tips.

Cessation Resources and Toolkits for Schools and Healthcare Professionals

Organization/Program	Website/Contact Info	Description
American Academy of Pediatrics- Youth Tobacco Cessation Toolkits	https://www.aap.org/en/patient-care/tobacco-control-and-prevention/youth-tobacco-cessation-toolkits 800-433-9016	Toolkits which include factsheets on how to counsel and treat youth, nicotine replacement therapy guidance, and tobacco coding for pediatrics.
Dartmouth Health- Youth Vaping Education and Resources Toolkit	https://www.uvalltogether.org/wp-content/uploads/2024/02/EDUCATOR-Youth-Vaping-Education-and-Resources-Toolkit-v2.090123.pdf	Toolkit of resources including youth vaping prevention, education, and cessation supports organized into two sections: one for educators and other health professionals and one for caregivers and students.
Minnesota Department of Health- E-cigarettes and Vaping	https://www.health.mn.gov/communities/tobacco/ecigarettes/index.html	Tools for parents about talking to kids about vaping, tools for schools to address youth vaping, and tools for health professionals to protect patients and communities.
QuitWorks-NH	https://quitworksnh.org/ 603-271-6891	Free, evidence-based quitting tobacco service and provides tools for providers to help patients quit tobacco.
Smokitten	https://www.smokitten.com/en/	A mobile game that aims to help smokers quit cigarettes and raise awareness among children about the dangers of tobacco.

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Alternatives to Suspension Programs and Resources

Organization/Program	Website/Contact Info	Description
American Lung Association- Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH)	https://www.lung.org/quit-smoking/helping-teens-quit/indepth 1-800-4872	Alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Taught by a trained facilitator in four 50-minute sessions.
Dartmouth Health- Youth Vaping Education and Resources Toolkit	https://www.uvalltogether.org/wp-content/uploads/2024/02/EDUCATOR-Youth-Vaping-Education-and-Resources-Toolkit-v2.090123.pdf	Toolkit of resources including youth vaping prevention, education, and cessation supports organized into two sections: one for educators and other health professionals and one for caregivers and students.
Public Health Law Center- Student Commercial Tobacco Use in Schools- Alternative Measures	https://www.publichealthlawcenter.org/sites/default/files/resources/Addressing-Student-Commercial-Tobacco-Use-in-Schools-Alternative-Measures-2019-0.pdf	This publication provides sample language and ideas for evidence-based solutions and information as to why these alternative measures may be more effective than suspension and expulsion at addressing student tobacco use and nicotine addiction as part of a school's Commercial Tobacco-Free Policy.
Stanford Medicine- Healthy Futures	https://med.stanford.edu/halpern-felsher-reach-lab/preventions-interventions/healthy-futures.html	A free Alternative-to-Suspension curriculum geared for students who have been caught using e-cigarettes OR cannabis and/or for any students who are interested in trying to quit. This program is packed with a self-paced lesson, a group 2- or 4-hour teacher or counselor-led curriculum, quitting resources, and more.

Presentations

Organization/Program	Website/Contact Info	Description
Breathe NH- Vaping Unveiled Presentation	https://breathenh.org/events/vaping-unveiled-presentation 1-800-835-8647	Free presentation that provides youth, teens, community members, parents, and educators the opportunity to learn about the impact of vaping and nicotine addiction on youth, including latest trends in NH.
CATCH My Breath	https://catch.org/program/vaping-prevention/ 855-500-0050	Presentation that provides basic information about e-cigarettes & vaping products, the extent of the youth vaping epidemic, short- and long-term effects of vaping, and explains how to engage in your community, including how CATCH My Breath can help schools.
CDC- Guides to E-Cigarettes and Vapes Presentations	https://www.cdc.gov/tobacco/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html	Resources and guides about e-cigarettes and vapes for adults who educate or serve youth ages 11-18.
Northern New England Poison Center- E-Cigarettes for School Nurses	https://www.nnepc.org/poison-prevention-education/webinars-for-professionals/e-cigarettes-school-nurse-webinar 207-662-7222	This presentation gives school nurses an overview of electronic cigarettes and vaping. It covers the mechanics of vaping, types of devices, the short- and long-term effects of nicotine on adolescents, trends in teen vaping, and use of e-cigarettes to vape cannabis-related substances.

General Information, Reports, and Research

Organization/Program	Website/Contact Info	Description
American Association of Pediatrics- Nicotine Replacement Therapy and Adolescent Patients	https://downloads.aap.org/AAP/PDF/NRT_and_Adolescents_Pediatrician_Guidance_factsheet.pdf 800-433-9016	Information for pediatricians about nicotine replacement therapy and adolescent patients.
Blueprints Programs- Blueprints for Healthy Youth Development	https://www.blueprintsprograms.org/program-search/	Evidence-based program search engine.

FDA- Results from the Annual National Youth Tobacco Survey	https://www.fda.gov/tobacco-products/youth-and-tobacco/results-annual-national-youth-tobacco-survey	Results and findings from the 2024 National Youth Tobacco Survey.
Health People 2030- Evidence-Based Resources Related to Tobacco Use	https://health.gov/healthypeople/objectives-and-data/browse-objectives/tobacco-use/evidence-based-resources	Evidence-based resources related to tobacco use, including scientific evidence briefs, campaigns, information related to policies, and reports.
Healthy People 2030- Evidence-Based Resources Related to Mental Health and Mental Disorders	https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders/evidence-based-resources	Evidence-based resources related to mental health and mental disorders, including information and guides about mental disorders, treatment and interventions, screenings, and reports.
New Hampshire Department of Health and Human Services- Tobacco Prevention and Cessation Program	https://www.dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation 603-271-6891	Information and resources from the Tobacco Prevention Cessation Program.
Substance Abuse and Mental Health Services Administration (SAMHSA)- Reducing Vaping Among Youth and Young Adults	https://store.samhsa.gov/sites/default/files/pep20-06-01-003.pdf	Guide that discusses effective programs and policies to prevent vaping among youth and young adults, challenges to reducing e-cigarette use and vaping, and program and policy implementation strategies that can be used to address those challenges, including community-level policies.
The Athena Forum- Excellence in Prevention Strategy List	https://theathenaforum.org/EBP	Evidence-based program search engine.
Youth Risk Behavior Survey (YRBS)- New Hampshire Results	https://wisdom.dhhs.nh.gov/wisdom/topics.html?topic=youth-risk-behavior-survey-(yrbs)	The YRBS is a national survey conducted by the CDC every two years among representative samples of 9th through 12th grade students. Includes questions about cigarette and e-cigarette use.

Campaigns, Media, PSAs, and Materials

Organization/Program	Website/Contact Info	Description
CDC- Empower Vape-Free Youth Campaign	https://www.cdc.gov/tobacco/e-cigarettes/empower-vape-free-youth-campaign.html	A campaign that encourages middle and high school educators to speak with students about the risks of e-cigarettes and nicotine addiction. Includes resources, fact sheets, and videos. Organization-level audiences.
FDA- The Real Cost	https://www.fda.gov/tobacco-products/public-health-education-campaigns/real-cost-campaign	Public education campaign to prevent youth from starting using tobacco products. Includes free posters, social media assets, quizzes, and surveys. Aimed at 12–17-year-olds at the community or coalition level. Outcomes- Explains loss of control, health implications, and knowledge of what ingesting, increased perception of harm, and delayed smoking initiation. Universal audiences.
Save Your Breath	https://saveyourbreathnh.org/	Campaign with information and resources for teens about vaping. Universal audiences.
The Truth Campaign	https://www.thetruth.com/ 202-454-5555	A campaign aimed at 15–24-year-olds, that gives them facts and tools to make changes about vaping, tobacco, and the opioid epidemic. Individual and community level audiences. Outcomes- Change in beliefs and attitudes regarding vaping/tobacco.