

# ESCAPE Vapes PROGRAMMING



## Education

### Escape Vapes: Empowering Adults

A vaping education course that teaches parents and adults who work with youth about electronic cigarettes

The program is designed to help adults:

- recognize devices
- understand the connection between vaping and nicotine addiction
- be aware of e-juice contents and flavors
- understand the health risk of vaping for youth
- know the law and legal consequences of underage vaping

 **1 1-HOUR SESSION** | For Parents & Adults



## Prevention

### Escape Vapes

A vaping prevention course that uses lessons and activities from the Stanford University Tobacco Prevention Toolkit

The program is designed to help youth:

- understand the contents of a JUUL and other e-cigarettes
- know the health and addiction risk of using nicotine products. (electronic cigarettes, pods, pens)
- understand the strategies manufacturers and marketing agencies use to increase vaping and smoking among youth

 **1 OR 3 1-HOUR SESSIONS** | For Youth Ages 10–19



## Intervention

### Escape Vapes: Healthy Futures, an Alternative to Suspension

A vaping intervention program for first offenders to attend instead of suspension or expulsion

The program is designed to help youth:

- understand the health effects of vaping
- recognize the impact of nicotine on the brain
- engage in conversations to prevent further use of nicotine products

(The 2- and 4-hour versions include more group activities and the Healthy Future Handbook that guides students to consider their individual motivations for quitting e-cigarettes/vapes.)

 **1, 2-, OR 4-HOUR SESSIONS** | For First-Time Youth Offenders



## Cessation

### Not On Tobacco (N-O-T)

An evidence-based program to help youth quit nicotine products (electronic cigarettes/pods/cigarettes/flavored cigars) for good

The program is designed to help youth:

- cut back or completely quit nicotine use (90% success rate)
- take a holistic approach to quitting
- be in a supportive community of other youth who want to stop vaping or smoking

 **10 50-MINUTE SESSIONS** | For Youth Ages 14–19