

E-Cigarettes and Vaping

Recommended Educational Resources



Extension
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Introduction

Purpose

The purpose of this document is to share a curated list of existing high quality educational resources about the topic, vaping. The primary intended users of this list are Extension educators, though some secondary users may also find it useful.

Search & Filter Process Summary

The Vaping Resource Subcommittee identified youth and community learner groups that are typical audiences and/or partners of Extension educators doing health and prevention work. They also identified educational topic areas that are directly or indirectly related to the issue of vaping. The subcommittee then searched and collected a list of educational resources, conducting a wide search of academic, health, government, and non-government sources. They identified a list of primary filters through which to narrow the list of collected educational resources. These focused on the sources, research-basis, and inclusion of the resources. After the primary filters were applied, a secondary set of filters were applied, which represented a deeper review of quality, accessibility and utility factors. For a more detailed search and filter protocol, see Appendix A.

Note about the Recommendations:

The list that follows is not comprehensive. Rather, the resources listed in this document represent the highest-quality tools and resources identified for Extension educators to address a range of topics, contexts, and uses related to vaping education and prevention.

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Alternatives to Discipline

Title: Healthy Futures

Location: <http://med.stanford.edu/tobaccopreventiontoolkit/curriculum/HealthyFutures.html>

Source: Stanford University

Audience: Middle and high school students

Date created/updated: Current

Facilitator-led: Yes

Cost: Free

Duration: 1, 2, or 4 hours

Description: Healthy Futures is a supplement to Stanford's extensive Tobacco Prevention Toolkit, and it is designed specifically as an Alternative to Discipline program. It is an overview of all the salient vaping issues with an emphasis on pod-based e-cigs such as JUUL. It must be facilitated by adults with 30 minutes of preparation time and is flexible, with 1-, 2- or 4-hour versions. All three levels include pre- and post- assessment and may be taught in a group setting, with 1:1 instruction recommended for the 1- and 2- hour versions. The 2- and 4-hour versions include a handbook. Whatever the length, the same PowerPoint slides are used and the lessons utilize the same reflection sessions: Health, Brain, Messaging, and Costs. As a supplement to Stanford's Tobacco Prevention Toolkit, it may be expanded to address specific vaping devices (hookahs, smokeless, etc.) with extra factsheets, PowerPoint slides, and/or activities. After materials are downloaded, the program does not need to be online but some resources might be missed. For more information about the toolkit, go to the Positive Youth Development Approaches section of this recommendations document.

Recommended Uses: Evidence-based and very flexible in terms of duration and optional modules, this is the best option if programs have staff available to lead it.

Title: ASPIRE (A Smoking Prevention Interactive Experience)

Location: <https://www.mdanderson.org/about-md-anderson/community-services/aspire.html>

Source: University of Texas MD Anderson Cancer Center

Audience: 13-18 years old

Date created/updated: Current

Facilitator-led: No

Cost: Free

Duration: 2.5-3.0 hours

Description: ASPIRE is an interactive story that begins with actors and then utilizes animation. It is evidence-based with Social Emotional Learning components built in, including a breathing activity. It includes information not always seen in other programs: health concerns related to second and third-hand smoke/vapor and the impact of tobacco and vaping on the environment. The overarching story is of two high school seniors, male and female, traveling through different parts of a land ruled by big tobacco interests. There are 8 levels and students must

pass a multitude of short quizzes to make progress. Each section is a combination of short pieces, 1-5 minutes long, that are a mix of story lines, factoids, quizzes, and testimonials. The testimonials come from teens, young adults and medical professionals; smokers, non-smokers and ex-smokers; and a very diverse group of people. As students advance through the story their progress is tracked, so both they and school staff can see how far they've come, and the program remembers where it was paused so it may be done in several sessions. A certificate may be printed upon completion. It is educational, with information often presented with humor. Themes include: Choices, health, various tobacco products, peer pressure refusal skills, stress, cessation tips, media literacy, and advocacy. The program is all online. ASPIRE is also offered in hearing-impaired and Spanish versions. It meets National Education Standards and 21st Century Skills.

Note: To enroll a school/program or set up a preview, call the number on the program's home page. After an account is set up, students create their own username and password.

Recommended Uses: Its format is well suited for students who struggle with reading large amounts of information. It is the best option for programs who struggle with staffing and a good option for Teen Court sanctions.

Title: CATCH My Breath

Location: <https://catchinfo.org/modules/e-cigarettes/>

Source: University of Texas

Audience: 10-18 years old

Date created/updated: Current

Facilitator-led: Yes

Cost: Free

Duration: 4 sessions, 35-40 minutes each

Description: CATCH My Breath is a youth e-cigarette, JUUL, and vape prevention program specific to grades 5-12. Facilitators must first view a 30-minute online program. PowerPoint slides, scripts, and worksheets are provided. Lessons are based on social cognitive theory and incorporate a variety of teaching strategies. It can be utilized school-wide and has downloadable posters, memes, and P.A. announcements. There is also a Physical Education supplement, and the program has been updated with information regarding COVID-19 which includes Zoom teaching tips. There are three main themes: health, peer refusal skills, and marketing. The lessons were written for grades 5-6, 7-8, and 9-12 and include group projects and peer facilitation. The high school version covers tobacco laws/policies and advocacy. After materials are downloaded, lessons do not need to be online. CATCH My Breath meets national education standards and is based on the CDC Whole School, Whole Community, Whole Child model.

Cessation/Treatment Resources

Title: Smoke Free Teen

Location: <https://teen.smokefree.gov/>

Source: National Cancer Institute

Audience: Teens

Date created/updated: Current

Description: Smoke Free Teen webpage has various resources and tools to help teens quit smoking. There is a dedicated page with information about teens taking the steps to quit vaping. In addition to informational resources, the website also contains links to multiple interactive tools for teens to use like SmokefreeTXT, quitSTART App and Speak to an Expert.

Title: Smoke Free Español

Location: <https://espanol.smokefree.gov/>

Source: National Cancer Institute

Audience: Latinx - Spanish speakers, General public looking to quit

Date created/updated: Current

Description: Smoke Free Español webpage has various resources and tools to quit smoking in Spanish. In addition to informational resources, the website also contains links to multiple interactive tools like SmokefreeTXT en español.

Title: Asian Smokers Quitline

Location: <https://www.asiansmokersquitline.org/>

Source: Moores Cancer Center at the University of California, San Diego with funding from the Centers for Disease Control and Prevention (CDC)

Audience: Asian speakers—primarily Chinese, Korean, and Vietnamese speakers; Smoker, Community Partners, Health Care Providers, Family & Friends

Date created/updated: Current

Description: The Asian Smokers Quitline webpage provides access information about free telephone counseling to quit smoking, self-help materials and online resources for Cantonese, Mandarin, Korean and Vietnamese.

Title: N-O-T: Not On Tobacco

Location: <https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco>

Source: American Lung Association

Audience: Teens ages 14-19

Date created/updated: Current

Description: N-O-T: Not On Tobacco is a face-to-face evidence-based program for teen smoking and vaping cessation. It is taught by trained and certified adults in 10 50-minute sessions. The program helps teens quit by promoting total health in order to develop and maintain positive behaviors. Adults interested in facilitating need to complete a form online to get more information and complete a 7-hour course.

Recommended uses: It is recommended to complete the program in a small group format with 6-10 participants to emphasize teamwork.

Title: Wisconsin Tobacco Quit Line

Location: <https://ctri.wisc.edu/quit-line/>; 800-QUIT-NOW (800-784-8669)

Source: UW Center for Tobacco Research and Intervention; sponsored by the Wisconsin Department of Health Services, Wisconsin Tobacco Prevention and Control Program

Audience: Wisconsin Residents 13 years and older

Date created/updated: Current

Description: The Wisconsin Tobacco Quit Line is a free service to help people quit smoking, vaping, or using other forms of tobacco. There are phone or online options to access support.

Wisconsin Tobacco Quit Line—Fact Sheet for Teens: <https://d3futrf33lk36a.cloudfront.net/wp-content/uploads/sites/240/2019/10/Quit-Line-Teens-Fact-Sheet.pdf>—This fact sheet provides information for teens on what to expect when they call the WI Tobacco Quitline and how the Quitline will provide resources specifically for teens.

Title: UW-Center for Tobacco Research and Intervention

Location: <https://ctri.wisc.edu/fact-sheets/>

Source: UW-Madison Center for Tobacco Research & Intervention

Audience: All audiences

Date created/updated: 2019

Description: This webpage contains many free fact sheets about various topics centered around quitting tobacco. Fact sheets are intended to be distributed to various audiences by researchers, health care professionals and quit-smoking advocates. There are resources for Medicaid covering cessation, and some fact sheets are available in Spanish.

Recommended uses: Finding accurate fact sheets about various quitting tobacco resources.

General Education/Information

Websites

Title: The Facts

Location: <https://e-cigarettes.surgeongeneral.gov/>

Source: US Department of Health and Human Services, US Surgeon General, and US Centers for Disease Control and Prevention

Audience: Adults who work with and care about young people. **Date created/updated:** 2020

Description: A website offering information on E-cigarette use among youth and young adults. Get the facts, learn about the health risks, and find out how you can take action. Also, access resources from the Surgeon General including their impact report, national facts, videos, fact sheets, and parent tip sheets.

Recommended uses: Parents and Caregivers for facts and parent tip sheets, and Educators for facts, tips, handouts, videos, and the Surgeon General's Report.

Title: Quick Facts on the Risks

Location: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

Source: Centers for Disease Control and Prevention

Audience: Parents, caregivers, youth, young adults, educators. **Date created/updated:** 2020

Description: A website offering accessible information on E-cigarette use among youth, teens, and young adults. Obtain basic information, find answers to commonly asked questions, access multimedia effects on the brain, click on links for further learning opportunities, and utilize resources including guides, fact sheets, and an educational visual dictionary.

Recommended uses: Parents, caregivers, youth, and young adults for basic information and fact sheets (specific for parents, healthcare providers, and educators). For Educators, there are fact sheets, Know the Risks E-Cigarette presentation, Products Visual Dictionary, and a PSA and print ad about e-cigarettes and the brain.

Title: Capital Briefing on Vaping

Location: <https://uwphi.pophealth.wisc.edu/health-policy/evidence-based-health-policy-project-2-2/evidence-based-health-policy-project-events-2/ebhpp-capitol-briefing-current-crisis-big-questions-vaping/>

Source: University of Wisconsin–Madison Population Health Institute

Audience: Extension Educators

Date created/updated: 2019

Description: A connection to evidenced based research and speaker slides regarding vaping and the public health response, health implications, an update on research, and a review of State and Federal Laws.

Recommended uses: Extension Educators use of speaker slides for a connection to research.

Title: Wisconsin Native American Tobacco Network

Location: <http://www.glitc.org/programs/wnatn/>

Source: Great Lakes Inner Tribal Council, Inc and American Public Health Association

Audience: Tribal communities and those seeking to learn about traditional tobacco use.

Date created/updated: 2017

Description: A local website including links depicting the unique cultural and ceremonial use of tobacco, while encouraging best practices in terms of eliminating commercial tobacco abuse to provide a healthier environment for future generations. This is a great opportunity to better understand tobacco's past (stories and teachings), present (restoring tradition while reducing harm), and future (reclaiming traditional tobacco use while providing a healthier environment).

Recommended uses: Tribal communities and interested parties use of the Tobacco Honoring our Traditions and Health Video and Great Lakes Tobacco Story.

Title: E-Cigarettes

Location: www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html

Source: American Lung Association

Audience: Youth and adult users/non-users seeking quit resources, parents, caregivers, health professionals, educators.

Date created/updated: 2020

Description: A website offering easy to access information on E-cigarettes, lung health, guidelines, quit resources, support resources, and educational material. Find answers to common questions, access quit resources for you or someone else, obtain professional guidelines and patient information, and link to educational materials and toolkits for parents, schools, and teens.

Recommended uses: Quit smoking resources for a user or to help someone quit, parents and caregivers support information, health professionals guidelines and patient resources, and educator resource link.

Title: Minnesota Department of Health E-Cigarettes and Vaping

Location: <https://www.health.state.mn.us/communities/tobacco/ecigarettes/>

Source: Minnesota Department of Health

Audience: Parents, Schools, Educators, Health Professionals **Date created/updated:** 2020

Description: A website offering information about vaping, lung health, tools for talking to your kids about the dangers of vaping, tools for addressing youth vaping use in schools, and tools to help protect patients and communities. Find well organized tool links for parents, schools/educators, and health professionals.

Recommended uses: Tool links for parents, schools/ educators, and health professionals.

Title: Tobacco is Changing

Location: <https://www.dhs.wisconsin.gov/tobaccoischanging/index.htm>

Source: Wisconsin Department of Health Services

Audience: Parents and Educators **Date created/updated:** 2020

Description: A website offering information for parents looking to learn about vaping products, understand the issues, and find out what can be done. Tobacco has evolved so fast, it is tough for parents to recognize tobacco, and even tougher to talk to our kids about the damaging effects. Learn about what the products look like, health risks, flavors, packaging, menthol products, tips for talking to your kids, and how to find a local coalition.

Recommended uses: Educator fact sheet/handouts under links, a Parent link to the "Tobacco Talk" video, and quick links for Learn the Products, Understand the Issues, and What You Can Do.

Toolkits

Title: E-Cigarettes and Youth—Toolkit for Partners

Location: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/e-cigarettes-youth-partners-toolkit-508.pdf

Source: United States Centers for Disease Control and Prevention

Audience: Public Health Professionals and Community Health Educators to use with Parents, Educators, and Health Care Providers **Date created/updated:** 2019

Description: A digital toolkit which provides information and resources to take action in protecting our nation's young people from the risks of E-Cigarettes. The toolkit includes evidence-based messaging and free media and communications resources. It includes suggestions for using these resources to reach key groups (parents, educators, and healthcare providers).

Recommended uses: Public Health Professionals and Community Health Educators to use with Partners (Parents, Educators, and Health Care Providers)

Title: Tobacco Updates

Location: <https://www.wishschools.org/resources/tobaccoupdates.cfm>

Source: Wisconsin Safe and Healthy Schools Center

Audience: School Educators and Administration **Date created/updated:** 2020

Description: In a collaborative effort between the Department of Public Instruction (DPI) and CESA Statewide Network (CSN), a collection of tobacco updates and resources has been created. This includes videos, other tobacco product toolkits, information about what can be done to promote change, school policy resources, resource links, and state statute and youth access laws.

Recommended uses: For school educators looking for E-cigarette updates, and for school administration looking to create tobacco policy change and information on DPI's list of schools with updated tobacco policies.

Resources for Cultural Responsivity

Title: Toll of Tobacco on Specific Populations: African Americans

Location: <https://www.tobaccofreekids.org/fact-sheets/tobaccos-toll-health-harms-and-cost/toll-of-tobacco-on-specific-populations-african-americans>

Source: Campaign for Tobacco-Free Kids

Audience: General Public, African American community, and Educators **Date created/updated:** 2019

Description: A collection of fact sheets providing information on tobacco use and ethnicity and tobacco use among African Americans. The fact sheets affirm the tobacco industry has employed multiple campaigns and strategies to target African Americans, and describe how

menthol cigarettes have had a particularly destructive impact on the African American Community.

Recommended uses: Educators seeking to understand the targeting and impacts of tobacco use among African American communities.

Title: Impact of Menthol Cigarettes on Youth Smoking Initiation and Health Disparities

Location: <https://www.tobaccofreekids.org/assets/factsheets/0390.pdf>

Source: Campaign for Tobacco-Free Kids

Audience: Educators and Prevention Specialists

Date created/updated: 2019

Description: A document outlining how menthol cigarettes pose a tremendous public health threat, lead to increased smoking initiations among youth and young adults, lead to greater addiction, and cause decreased success in quitting smoking. The document also highlights health disparities for African Americans, has links to other documents regarding tobacco use and ethnicity, and includes additional documents about flavored tobacco products.

Recommended uses: Educators to gain an understanding of flavored tobacco products, specifically menthol, and Prevention Specialists seeking to understand state and local actions on restricting the sale of menthol tobacco products.

Title: Vaping 101: and Latino Youth: Devices, risks, prevention efforts, and solutions

Location: <https://pttcnetwork.org/centers/national-hispanic-latino-pttc/product/webinar-vaping-101-and-latino-youth-devices-risks>

Source: National Hispanic and Latino Prevention Technology Transfer Center Network

Audience: Parents, Caregivers, Educators of Latino Youth

Date created/updated: 2019

Description: A webinar presented by a Program Director and a student, providing an overview of youth vaping, with a specific focus on Latino youth. The webinar is available in English, Spanish, and Portuguese.

Recommended uses: Latino parents seeking to understand tobacco use among their youth, and Educators particularly of Latino communities.

Title: Vaping and LGBTQ Youth

Location: <https://pttcnetwork.org/centers/central-east-pttc/product/vaping-and-lgbtq-youth>

Source: Central East Prevention Technology Transfer Center Network

Audience: Family and support persons of LGBTQ youth, and educators particularly of LGBTQ communities

Date created/updated: 2019

Description: A webinar presented by an Education Coordinator at an LGBT Health Resource Center, regarding vaping and LGBTQ youth. The webinar talks about the vaping industry, examines the health impacts of E-Cigarettes and youth, increases awareness of the unique vulnerabilities of LGBTQ youth, and explores best practices to support LGBTQ youth in avoiding or quitting the use of E-Cigarettes.

Recommended uses: Family and support persons seeking to understand the vulnerabilities of LGBTQ youth, and educators seeking to also understand those vulnerabilities and best practices for support and education.

Title: Walking Toward the Sacred: Our Great Lakes Tobacco Story

Location: <http://www.glitc.org/forms/Tabacco/tabacco-booklet-web-.pdf>

Source: Great Lakes Inter-Tribal Epidemiology Center

Audience: Native Americans, Educators who work with them

Date created/updated: 2013

Description: This document contains some traditional stories and teachings, information about traditional/ceremonial tobacco, differences between ceremonial and traditional tobacco, instructions on how to grow traditional tobacco, and information about the harmful effects of commercial tobacco.

How to Talk to Youth about Vaping

Title: The Vape Talk

Location: <https://www.lung.org/quit-smoking/vape-talk>

Source: American Lung Association

Audience: Parents

Date created/updated: 2019

Description: The Vape Talk is an interactive webpage that contains common questions parents may have about vaping as well as a conversation guide for parents on how to talk to their teens about vaping.

Recommended uses: For parents that want to learn more about vaping and who want to talk to their teens about vaping.

Title: Tips for Everyday and Tough Conversations

Location: <https://keepconnected.searchinstitute.org/wp-content/uploads/2018/09/Talking-tips-Download-KC.pdf>

Source: Search Institute

Audience: Parents

Date created/updated: 2018

Description: This fact sheet provides parents with general tips about how to have every day and tough conversations with children.

Recommended uses: For parents wanting to have a conversation about vaping or other difficult conversations.

Title: Worried About Your Friend

Location: <https://www.samhsa.gov/sites/default/files/tay-conversation-starters.pdf>

Source: Substance Abuse and Mental Health Services Administration

Audience: Teens/young-adults

Date created/updated: 2019

Description: This fact sheet provides conversation starters for people that may be worried about their friend and want to check in. Conversations starters refer to substance use and other mental health considerations.

Recommended uses: Think your friend is having a problem with their mental health, drugs, or alcohol? Talk to them to provide support and motivation to get the help they need.

Positive Youth Development Approaches

Title: Stanford Tobacco Prevention Toolkit's Positive Youth Development Module

Location: <https://med.stanford.edu/tobaccopreventiontoolkit/positive-youth-development.html>

Source: Stanford University

Audience: Educators

Date created/updated: Current

Description: This module of Stanford's Tobacco Prevention Toolkit is intended to increase understanding of Positive Youth Development (PYD) and provide PYD strategies that engage youth in tobacco prevention activities. Numerous programs are listed but not necessarily endorsed; it is up to educators to find strategies that work for their youth, in their unique circumstances. After a thorough overview of positive youth development theory, five strategies are covered: Service Learning; Social Media and Other Campaigns; Partnerships with Law Enforcement; Advocacy; and Peer & Near-Peer Programs. Each strategy has an introduction explaining the background of the approach as it relates to tobacco, then lists project ideas and real-world examples. There are also resource lists which include more information about the strategy and practical tools for using it. For example, Service Learning has a book, research article, and a link to another tobacco prevention site that has suggestions for service projects.

Title: FACT Movement

Location: <https://factmovement.org/>

Source: Wisconsin Department of Health Services and American Lung Association

Audience: Grades 7-12

Date created/updated: Current

Description: FACT groups are student-led. Members lead advocacy initiatives including peer-to-peer education, media outreach, and meeting with local and state leaders. There are several fact sheets including one which focuses on LGBTQ students. Some activities and resources are provided, and groups earn points for each action taken. These points can then be turned in for FACT gear (T-shirts, hoodies, gift cards, etc.).

Title: Student AODA Mini-Grant Program

Location: <https://dpi.wi.gov/sspw/aoda/mini-grant>

Source: Wisconsin Department of Instruction

Audience: Elementary, middle and high school students

Date created/updated: Annual; 2019-2020 school year, but deadline is flexible and likely to extend to 2020-2021

Description: These grants were originally targeted to Alcohol and Other Drug Abuse (AODA) or related youth risk behaviors in the area of education, prevention, or intervention and ranged up to \$1,000. The 2019-2020 school year included \$500 grants specifically related to vaping. Project(s) must be student-led, whether by a club, class or other group, and adult advisors need to provide less leadership with older students. Applications may be filled in by students or educators. Each student group, club, or class may submit only one project, although more than one project may be submitted per school district/school building. The application provides many options for project ideas and tips for implementation and working with adults, including parents.

Prevention Education

Title: CATCH My Breath E-Cigarette & Juul Prevention Program

Location: <https://www.catch.org/bundles/23725>

Flyer: <https://catchinfo.org/wp-content/uploads/2018/10/CATCH-My-Breath-One-Pager.pdf>

Source: Catch My Breath Organization with partnership from the University of Texas Health and Arkansas Public Health

Audience: Grades 5-12 (ages 10-18 years) **Date created/updated:** 2019

Description: CATCH My Breath is an evidence-based youth vaping prevention program. The program equips students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards.

Recommended uses: For schools looking to implement a program to prevent e-cigarette use.

Title: Botvin LifeSkills Training—Botvin Health Connections: Addressing the E-Cigarette and Vaping Epidemic

Location: <https://www.lifeskillstraining.com/botvin-health-connections-addressing-the-e-cigarette-and-vaping-epidemic/> ; <https://www.lifeskillstraining.com/>

Source: National Health Promotion Associates

Audience: Participants utilizing Botvin LifeSkills Training (Elementary, Middle and High School focused programming) **Date created/updated:** 2019

Description: Botvin Health Connections is an add-on resource for those delivering the Botvin Life Skills Training. Botvin LifeSkills training is an interactive skills-based program to promote positive development, health and prevent substance use in young audiences. There is a cost for the purchase of the Teacher's manual and student guides. Additionally, it is recommended that instructors participate in training.

Recommended uses: This is an add-on resource for those delivering the entire Botvin program.

Title: The Real Cost of Vaping

Location: www.scholastic.com/youthvapingrisks/

Source: FDA & Scholastic

Audience: Grades 6-12

Date created/updated: 2019

Description: The Real Cost of Vaping provides teachers with free lesson plans, videos and resources for their students to have conversations and complete activities about vaping. There are also videos and other education resources available.

Recommended uses: Best used by teachers looking to start conversations about vaping

Title: Stanford Medicine Tobacco Prevention Toolkit

Location: <https://med.stanford.edu/tobaccopreventiontoolkit.html>

Source: Stanford Medicine

Audience: Middle and high school students

Date created/updated: 2020

Description: The Tobacco prevention Toolkit contains theory-based and evidence-informed resources to prevent tobacco and nicotine use in students. Modules have been sorted into sample curriculums. Sample curriculums include options for 1, 5 or 10 55-minute sessions. There is also an alternative to suspension version.

Recommended uses: For educators working directly with youth

Title: Tobacco Is Changing

Location: <https://www.dhs.wisconsin.gov/tobaccoischanging/index.htm>

Source: Wisconsin Department of Health

Audience: Parents

Date created/updated: 2020

Description: This page has educational content for parents to learn more about the new face of tobacco, e-cigarettes. The readers will learn the products, understand the issues, and learn about what they can do.

Recommended uses: Educational materials

Title: Teen Vaping Prevention Messages that Work

Location: <https://www.youtube.com/watch?v=fCLSmzn77fw>

Source: Rescue Agency

Audience: General audience, those responsible for development of marketing/communication materials **Date created/updated:** July 23, 2019

Description: This video provides information about how to develop messaging for teen vaping prevention. The video includes behavioral change theory, data, and promising messaging areas.

Recommended uses: Could be used by educators or coalitions interested in developing campaigns.

Policy, Systems, Environmental (PSE) Change

Title: Public Health Law Center—E-Cigarettes

Location: <https://publichealthlawcenter.org/topics/commercial-tobacco-control/e-cigarettes>

Source: Public Health Law Center at Mitchell Hamline School of Law

Audience: Public Health, Coalitions focusing on Tobacco, and Educators **Date created/updated:** 2020

Description: A website created by collaborators seeking to reduce and eliminate commercial tobacco through law and policy, with health and equity at the core of their work. This site targets commercial tobacco control with respect to E-Cigarettes. There are links to E-Cigarette information, advertising and marketing, flavoring of products, sale restrictions, heated cigarettes, state law reviews, and additional resource connections.

Recommended uses: Specific law and policy for those working on tobacco control, and/or seeking to understand their State's laws, taxing, and restrictions.

Title: Public Health Education—Campaigns

Location: <https://www.fda.gov/tobacco-products/public-health-education>

Source: United States Food and Drug Administration (FDA)

Audience: Educators, Coalitions, Prevention Specialists **Date created/updated:** 2019

Description: A link to FDA's health information, youth and tobacco information, tobacco use and impacts, and FDA's four public education campaigns regarding tobacco and E-Cigarettes. The Real Cost campaign educates at-risk teens, the Fresh Empire campaign prevents tobacco use among at-risk youth who identify with hip-hop culture, the This Free Life campaign prevents tobacco use among LGBT young adults, and the Every Try Counts campaign encourages adult cigarette smokers to quit. Most of the campaigns contain facts, videos, images, and posters.

Recommended uses: Educators may use campaigns and health information with students or clubs and to promote to partners. Coalition/Prevention Specialists may enhance prevention efforts.

Title: Behind the Haze Campaign

Location: <https://www.behindthehaze.com/>

Source: Rescue Agency Public Benefit, LLC

Audience: Educators, Coalitions, Prevention Specialists

Date created/updated: 2020

Description: A link to a public education campaign regarding E-Cigarettes. The campaign includes facts, videos, images, and posters. Learn the facts, chemicals, industry ploys, and health risks.

Recommended uses: Educators may use campaigns and health information with students or clubs and to promote to partners. Coalition/Prevention Specialists may enhance prevention efforts.

Title: Tobacco 21

Location: <https://tobacco21.org/>

Source: Preventing Tobacco Addiction Foundation

Audience: Public Health, Coalitions, and Prevention Specialists

Date created/updated: 2020

Description: A website educating on tobacco control policies; specifically Tobacco 21 policy. Links include the Federal Bill leading to Tobacco 21, individual State laws and statistics, tobacco news archives from 2013, advocacy materials (including fact sheets, model policies, toolkits, presentations, sample letters and memos), and COVID-19 facts regarding lung health.

Recommended uses: For Public Health, Coalitions, and Prevention Specialists to educate themselves on control policies, enhance prevention efforts, and provide guidance in creating local change.

Title: Parents Against Vaping

Location: <https://www.parentsagainstvaping.org/>

Source: Parents Against Vaping E-Cigarettes

Audience: Parents or Caregivers of youth who are vaping, and Community Health Educators

Date created/updated: 2020

Description: A website created by Parents Against Vaping E-Cigarettes (PAVE); which was founded by three moms in response to the vaping epidemic. This site includes links to news regarding PAVE, news regarding vaping, National and State efforts, informational websites,

teen videos regarding the struggle, and resources- quit resources, clinical research, medical resources, educational websites, videos, and printouts.

Recommended uses: For parents or caregivers seeking information about E-cigarettes, seeking resources for helping their teen quit, and wanting information on how to become involved in advocacy efforts, and for Community Health Educators to help connect participants to resources.

Title: HEY BIG VAPE, #QUITLYING

Location: <http://quitlying.org>

Source: American Heart Association

Audience: School Systems

Date created/updated: 2019

Description: A toolkit for school systems emphasizing Big Vape (including facts, a Big Vape letter, and a Big Vape awareness/social post section) and school resources. A Learn the Facts tab offers resources for educators, information on advocacy, quit resources, fact sheets, and brief teaching lessons. Resources for educators include resources for the school board, teachers and staff, administration, counselors and health professionals, parents, peer to peer resources, and school communications and media.

Recommended uses: Schools looking for a school-wide campaign to target vaping and reach all audiences including students, staff, and parents.

Current & Emerging Research

Title: UW-Center for Tobacco Research and Intervention

Location: <https://ctri.wisc.edu/fact-sheets/>

Source: American Heart Association

Audience: All audiences; Primarily medical/clinical practitioners

Date created/updated: 2019

Description: This webpage contains many free fact sheets about various topics centered around quitting tobacco. Fact sheets are intended to be distributed to various audiences by researchers, health care professionals and quit-smoking advocates. There are resources for Medicaid covering cessation, and some fact sheets are available in Spanish.

Recommended uses: Finding accurate fact sheets about various quitting tobacco resources.

Title: Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products

Location: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html

Source: United States Centers for Disease Control and Prevention

Audience: Educators, Health care providers, and Health departments

Date created/updated: 2020

Description: This website, also available in Spanish, provides current data and research related to lung injuries and other impacts of vaping products. The page includes up-to-date knowledge and recommendations, mapped cases of lung injury, and the CDC's response.

Recommended uses: For educators and health providers to inform themselves and others about the most current research, impacts, and appropriate responses to vaping.

Title: Tobacco Product Use and Associated Factors Among Middle and High School Students—US 2019

Location: <https://www.cdc.gov/mmwr/volumes/68/ss/ss6812a1.htm>

Source: United States Centers for Disease Control and Prevention

Audience: Educators, Public Health, and Prevention Specialists

Date created/updated: 2019

Description: This webpage is a surveillance summary of tobacco product use, including e-cigarettes, as a preventable form of youth health issues. Results from the National Youth

Tobacco Survey were analyzed and findings interpreted. Finally, based on the findings, public health action recommendations are offered.

Recommended uses: Educators, public health officials, and prevention specialists can use the surveillance summary to understand current and emerging issues related to use of tobacco products and explore appropriate responses.

Title: E-Cigarettes, Vaping & JUUL: What Schools Need to Know

Location: <https://ce.icep.wisc.edu/adolescent-vaping-wi-schools>

Source: UW-Madison Interprofessional Continuing Education Partnership

Audience: School nurses, nurses, nutritionists, social workers, pharmacists, medical residents & fellows, MDs, respiratory therapists, public health

Date created/updated:
2019

Description: This webinar is a webinar Q&A addressing concerns of school nurses throughout Wisconsin. Topics covered will be the increase of vaping by school-aged children, health implications, and current statewide efforts to address this public health issue. Upon completion of this activity, participant should be able to: recognize signs of vaping; discuss medical, psycho-social and social determinants of vaping; develop a plan for addressing vaping in their school; start the conversation with students, parents, and primary care providers to discuss options for vaping cessation; and identify resources for student, parent, and staff education about vaping.

Recommended uses: Audience members can use this resource to inform themselves about the topics listed above, earn continuing education (or other) credit, and develop a common understanding around local planning and response.

Appendix A: Search & Filter Protocol

Purpose

The purpose of the Vaping Subcommittee is to curate a list of existing high quality educational resources about the topic, vaping. The primary intended users (audience) of this list is Extension educators, though some secondary users may also find it useful.

Topic Areas

- General education/information—to inform educators themselves
 - Primary focus is Vaping, acknowledging that there may be some overlap with e-cigs, tobacco, THC oil, which are closely related
- Current/emerging research
- Prevention
- Cessation
- Intervention (rather than citation)
- Alternative to suspension
- Community response—emphasis on PSE
- Positive youth development approaches
- How to talk about vaping—for parents, peers, school staff, etc.

Potential Targeted Learner Audiences

- Youth
 - Youth who have not started vaping
 - Youth who are vaping
 - Youth who want to quit vaping
- Parents
- Schools—teachers, admins, school board
- Community partners
- General public
- Health care providers
- Varying cultural groups in all of these areas

Process

Step 1: The Subcommittee conducted a thorough online and local search for educational resources about the list of identified topics. As resources were added to the list, information was added to a spreadsheet about the Primary filters (listed in Curation Protocol).

Step 2: The Subcommittee reviewed the lists, using the information in the Primary filters to narrow the lists to those resources that fit identified criteria for high-quality educational resources. This narrowed list would be reviewed more carefully with the Secondary filters (listed in Curation Protocol).

Step 3: The Subcommittee reviewed the selected resources based on the Secondary filters, curating the final list to the highest-quality educational resources.

Step 4: The Subcommittee wrote and organized the final recommendations to share the curated list for Extension educators of high quality educational resources around the topic of vaping.

Curation Protocol

Primary Filters—in spreadsheets as part of gathering process

- Research-informed or -based (if known) and/or
- Unbiased sources—prefer government, university, and/or trusted NGOs entities
- Cost—preference is to keep costs low, if possible
- Current—preference for 2017 or newer (will accept older resources if information is not out-of-date)
- Specifies intended target audience and is appropriate for that audience (age, skill-level, cultural, etc.)
- Respects diversity at the simplest level (appearance, graphics, language choices)
- Comments/notes

Secondary Filters to help us curate after we have a list of high-quality educational resources started—use for curation process

- Evidence of effectiveness—evaluation, pilot testing, etc.
 - Includes evaluation
 - Describes the process for implementation
- Research—based on behavior change theory (when appropriate)
 - Citation of appropriate resources
- Alignment with educational standards (resources designed for K-12 audiences)
- Materials are sensitive to diversity of youth and adults—accessible, offered in multiple languages, ceremonial vs. commercial use, etc.
 - Offers multilingual resources when possible
 - Accessibility—Use this free accessibility checker to assess websites—<https://wave.webaim.org/> (presence of red and gold icons represents issues; presence of green, blue, and purple are positive)
 - To learn more about accessibility IT at UW-Madison, visit <https://it.wisc.edu/learn/guides/accessible-content-tech/>
 - Language choice—Reading level is appropriate. Avoids jargon.
 - Test readability by pasting the web address (websites or documents) into the field at <https://www.webfx.com/tools/read-able/>.
 - Target reading level for adult audiences is 8th grade or below.
- Comments/notes column

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Cultural Responsivity Resources Index

This index is intended to highlight resources that help educators and others learn more about the targeting of and impacts on different affinity groups and how to be responsive to each group's particular needs related to vaping specifically and tobacco more generally.

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