

# Vape/E-cigarettes Resource List

## Information:

### **NH Partner Websites on (vape/e-cigarettes)**

- Breathe New Hampshire: <https://www.breathenh.org/lung-health/e-cigarettesvaping>
- Department of Health and Human Services, Division of Public Health Services, Bureau of Population Health and Community Services, Tobacco Prevention and Cessation Program <https://www.dhhs.nh.gov/dphs/tobacco/e-cigarettes.html>
- Northern New England Poison Center <https://www.nnepc.org/national-news/what-is-juuling>

### **U.S. Surgeon General - Knowing the Risks: E-cigarettes and Young People**

- An informational website for youth and adults that includes a fact sheet, video, frequently asked questions and a parent tip sheet. <https://e-cigarettes.surgeongeneral.gov>

### **CDC Centers for Disease Control and Prevention: Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults**

- [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/teacher-parent/pdfs/parent-teacher-ecig-p.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/teacher-parent/pdfs/parent-teacher-ecig-p.pdf)
- [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)
- [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html)

### **Truth Initiative - <https://truthinitiative.org/research-resources/topic/emerging-tobacco-products>**

Safer ≠ Safe videos:

<https://www.youtube.com/playlist?list=PLDVVQDN6OECnkDWTaZoMIZH81376hREHF>

**Smokefree.gov:** Smokefree teens - <https://teen.smokefree.gov/>

**Still Blowing Smoke:** <https://stillblowingsmoke.org/>

**Tobacco Free California:** Video of vape devices that look like other common things.

[https://www.youtube.com/watch?time\\_continue=24&v=fjDP8rTktWw](https://www.youtube.com/watch?time_continue=24&v=fjDP8rTktWw)

**Juulers Against Juul** (6 minute YouTube Video done by youth) <https://youtu.be/7EsNG7RcStQ>

## Programs:

### **Breathe New Hampshire - Vaping Unveiled Program**

This free program provides youth, teens, community members, parents and educators the opportunity to learn more about the impact of vaping, Juuling and nicotine addiction on youth, including the latest trends in NH. <https://breathenh.org/programs/vaping-unveiled>

## **CATCH My Breath Youth E-cigarette & JUUL Prevention Program**

A school based prevention program with lesson plans for middle school (grades 5/6 & 7/8) and high school (grades 9-12) teachers as well as a new service learning project.

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

## **Campaign for Tobacco Free Kids –JUUL and Youth: Risking E-cigarette Popularity**

- Fact sheets on JUUL, including information about the devices, use among youth, health concerns, marketing and helping students stay tobacco free.

<https://www.tobaccofreekids.org/assets/factsheets/0394.pdf>

<https://www.tobaccofreekids.org/assets/factsheets/0153.pdf>

- **Taking Down Tobacco** –is a comprehensive youth advocacy-training program. It empowers youth to create change. <https://www.takingdowntobacco.org>

## **MD Anderson Center, ASPIRE Program**

- An online interactive program aimed to motivate teens to be tobacco free with videos, animations and interactive activities. Students can earn a certificate of completion upon finishing the program.

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

## **Stanford Medical Tobacco Prevention Toolkit**

- A toolkit for teachers with in-classroom units and lesson plans on e-cigarettes, tobacco & nicotine. Additional tools due out by end of 2019.

<http://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>

## **Scholastic and FDA**

- The Real Cost of Vaping – understanding the dangers of teen e-cigarette use

<http://www.scholastic.com/youthvapingrisks/>

## **Quit Services: Phone/Apps/Text:**

**NH Tobacco Helpline:** 1-800-QUIT-NOW or [www.QuitNowNH.org](http://www.QuitNowNH.org)

**Truth Initiative:** E-Quit Phone App for (youth and parents) Text: **“DITCHJUUL” to 88709**

Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs

<https://truthinitiative.org/research-resources/quitteing-smoking-vaping/quitteing-e-cigarettes>

**Smokefree.gov:** phone app and text message sign up

<https://teen.smokefree.gov/become-smokefree/quitstart-app>

<https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>