

Vaping Resources from the Northeast Tobacco-Free Community Partnership

The following resources and more are available in the school toolkit at GetOutraged.org.

- **Learn the facts about vaping.** E-cigarettes/JUULs contain nicotine, which is highly addictive, and they produce an aerosol (not water vapor). Check out GetOutraged.org to learn what the products look like, the dangers of vaping, frequently asked questions, and tips for talking with your kids.
- **Educate parents, teachers, community organizations, and groups.** I am available to speak with parents, schools, employers, and community-based groups at no charge. Our school toolkit (GetOutraged.org) also includes a PowerPoint presentation that you can use to address parents or staff.
- **Encourage parents/caregivers to talk with their kids about the dangers of vaping.** Parents are a major influence on their kid's decision to use tobacco and other drugs. Learn tips for talking with your kids about vaping at GetOutraged.org.
- **Order or download free materials from the Massachusetts Health Promotion Clearinghouse** (massclearinghouse.ehs.state.ma.us/category/Vaping.html) for your events. Handouts include frequently asked questions, tips for talking with kids, and a fact sheet. A poster is also available for use in adult spaces; the poster is not meant for youth.
- **Post no smoking/vaping stickers in your schools, workplaces, and community.** Starting December 31, 2018 e-cigarette use is prohibited where smoking is prohibited in Massachusetts. Order no smoking/vaping stickers for free from the Massachusetts Health Promotion Clearinghouse (massclearinghouse.ehs.state.ma.us/PROG-TOB/BH2684.html). New materials available in January!
- **Ensure middle and high school health curriculums include e-cigarettes.** Free best-practice curriculums like CATCH My Breath are available in the school toolkit (GetOutraged.org). Multiple session curriculums build refusal & analytical skills and are more sustainable & effective than a one-time school assembly.
- **Survey students about their vaping/tobacco use.** Sample Surveillance Questions about tobacco, e-cigarettes, and marijuana use are available for school districts when designing surveys in the school toolkit (makesmokinghistory.org/wpcontent/uploads/2018/08/SurveyQuestionsForSchools2018.pdf).
- **Encourage youth to join The 84 Movement by starting or joining a chapter.** The 84 (the84.org) is a very effective statewide movement of youth fighting Big Tobacco in Massachusetts. Youth groups in high school and community organizations (SADD, civics club, etc.) can sign up for free to become a chapter (adult advisor required).
- **Share the facts about vaping with your community.** Partner with me to use local media outlets and all your communication channels to share local facts about vaping, GetOutraged.org, and Facebook and Twitter content from *Make Smoking History*.
- **Encourage your town/city Board of Health to pass local regulations** that reduce the tobacco and vaping industry's influence on youth. Research shows the more kids are exposed to tobacco products, the more likely they are to start using them. Check out makesmokinghistory.org/my-community/ to learn more.

Contact me, Diane Knight, Director of the Northeast Tobacco Free Community Partnership at 978-609-4772 or dknight@glfhc.org for more information or guidance on any of the above resources.



For help to quit e-cigarettes for youth
TEXT "QUIT" TO (202) 804-9884