WINTER 2026

Tobacco/Nicotine Prevention and Cessation Resources

This curated list is intended for educators, school administrators, prevention professionals, and community partners seeking educational resources for tobacco and nicotine prevention and youth cessation.

Alternatives to Suspension

- **INDEPTH Program** by American Lung Association
- **My Healthy Futures** by Stanford University

Cessation

- **EX Program**
  Text EXPROGRAM to 88709 to enroll
  Flyers, palm cards, promotional materials also available for purchase
  Parents can text QUIT to 847-278-9715 to sign up for text messages designed specifically for parents of young people who vape
- **National Cancer Institute**
  NCI SmokeFree Initiative
  NCI SmokeFree Text, DipFree Text
  NCI Quit Vaping & Dip Resources
  NCI SmokeFree Initiative on Instagram
- **Truth Initiative**
  This is Quitting – Text DITCHVAPE to 88709 to enroll
- **VCU Massey Cancer Center We CAN (Conquer Addiction to Nicotine) Quit Program**
  Provides access to quit coaches, quit plans, additional cessation resources. Call 804-628-0896 or email engagemassey@vcu.edu.
  We CAN Quit Interest Form
- **Vape Free Virginia**
- **Quit the Hit**
  VFHY-funded free, 5-week vaping cessation program via Instagram direct messages (DM's)

Digital, Self-Paced Programs

- **Be Vape Free Elem, Middle and High School modules** by CVS Health Foundation
- **Truth Initiative – Vaping: Know the Truth**
  Six (6) digital lessons for grades 8-12

Educational Materials for Purchase

- **American Lung Association health education collection**
- **Health EdCo Tobacco**
- **Journeyworks Tobacco/Vaping**
- **NASCO Education Resources**

Fact Sheets and Multimedia Resources for Educators

- **Campaign for Tobacco-Free Kids**
  Fact sheets, Take Down Tobacco Resources, local, state, federal and global initiatives
- **CDC Empower Vape Free Youth Campaign**
  Downloadable materials and presentations, conversation cards for educators, fact sheets for parents
- **FDA Tobacco Education & Prevention Resources: Posters, Flyers, and More**
  Free printed materials, fact sheets, downloadable infographics and images for social media. Items available in English and Spanish.
- **Rethink Vape**
  The Rethink Vape campaign was created by a team of researchers at Eastern Virginia Medical School and funded by the VFHY.
  - **How to Talk to Teens About Vaping resources**
    For parents, educators, providers, and teens
- **The DeNoble Files**
  YouTube video series created by the Arizona Dept. of Health Services for middle school and high school students.
  Uncover the real story about the science of addiction from a former tobacco research scientist, Dr. Victor DeNoble. The DeNoble Files are an inside look into how nicotine changes your brain and body, and what happens every time you use an e-cigarette or smoke a combustible cigarette.

Products Available on Amazon.com

Search Words

- Vaping Prevention Posters
- Healthy Coping Skills Posters
- Social and Emotional Learning Posters
- Health EdCo store
- Red Ribbon Week

Observances

These national observances can be used as anchor points for campaigns, school activities, or community engagement.

- **Take Down Tobacco National Day of Action April 1**
- **World No Tobacco Day May 31**
- **Red Ribbon Week Last Week of October**
- **Great American Smokeout Third Thursday in November**

Tools for Creating Prevention Messaging and Campaigns

These tools are intended for facilitator/teacher awareness only. Reviewing current prevention messaging can help educators understand the media environment teens are navigating, anticipate questions that may arise from content students see online, and understand how classroom discussions align with broader public health efforts. **Not intended for direct implementation with youth.**

- **Teen Vaping Prevention Messages That Work**
  Educational video highlighting research-tested vaping prevention messages that resonate with teens and explaining why certain approaches are more effective in discouraging vaping and nicotine use. Rescue Agency is a national leader in developing research-based health behavior change campaigns for youth and young adults.
- **Behind the Haze**
  Youth-facing vaping prevention campaign focused on educating teens about the risks of vaping and nicotine use. Content is intentionally designed to resemble peer-created social media posts, reflecting how teens communicate with one another online and reinforcing a peer-to-peer prevention approach.

Virginia Foundation for Healthy Youth

For the most up-to-date list of resources, visit our website.