

# School E-cigarette Toolkit

## Address student use of e-cigarettes and other vaping products

For the first time since 2000, overall youth tobacco use has increased in Georgia. The rapid uptake of e-cigarettes and other vaping devices has suddenly reversed a trend of declining teen tobacco use. Recent data shows that one in four (26%) high school students reported ever using e-cigarettes, and thirteen percent report current e-cigarette use.

This toolkit provides tools and resources for Georgia school staff and parents. This toolkit outlines opportunities for action to address the use of e-cigarettes and other vaping products in schools, along with resources and other tools.

## E-cigarettes and Other Vaping Products General Information

E-cigarettes are battery-powered devices that allow users to inhale, or vape, aerosolized liquid (e-juice). E-cigarettes, “vapes”, vape or hookah pens, e-pipes, and other vaping products recently surpassed conventional cigarettes as the most commonly used tobacco product among youth so it is critical that public health officials and the general public understand the potential risks of using them. Nearly all e-cigarettes contain nicotine. Nicotine is highly addictive and can harm the developing adolescent brain. Because the brain is still developing until about age 25, youth and young adult exposure to nicotine can lead to addiction and disrupt attention and learning. No amount of nicotine is safe for youth.

Learn more about e-cigarettes and nicotine:

- [Health Risks of Nicotine for Youth](#) (DPH)
- [E-cigarettes and other Vaping Products](#) (CDC)
- Factsheet: E-cigarettes and Youth (PDF)
- [E-cigarettes, “Vapes”, and JUULs: What Schools Should Know](#) (American Lung Association)
- E-cigarette Q & A

## Student Education

Prevent initiation with student education. The Centers for Disease Control and Prevention (CDC) provides evidence-based recommendations to help design and implement quality school programs to prevent tobacco use.

### Update curriculum that addresses the harms of nicotine and e-cigarette use.

- [Tobacco Industry-Sponsored Youth Prevention Program in Schools](#) (PDF)
- [HECAT: Module T \(Tobacco-Use Prevention Curriculum\)](#)

### Use relevant, youth-friendly lesson plans.

- [The Real Cost of Vaping \(Scholastic and the FDA\)](#) – *for grades 9-12*
- [The Tobacco Prevention Toolkit](#) (Stanford Medicine) – *for middle or high school students*
- [E-cigarette Prevention: Catch My breath](#) (CATCH – Coordinated Approach to Child Health) – *for middle or high school students*
- [Teachers: Classroom Resources on Drug Effects](#) (National Institute on Drug Abuse for Teachers)
- [SmokeSCREEN: A smoking Prevention Videogame](#) (play2PREVENT) – *for ages 11-14 years old*
- [Get Smart about Tobacco: Health and Science Education Program](#) (Scholastic) – *for grades 3-7*
- [Tobacco 101: Learn the facts about e-cigarettes](#) (CDC) – *for youth groups, middle or high school students*
- [Lesson Plan: Vaping and JUULing](#) (Twin Cities Medical Society)
- [Taking Down Tobacco](#) (Campaign for Tobacco-Free Kids) – *for youth groups, middle or high school students*

## School Personnel Resources

Tobacco-free spaces are a proven way to prevent youth tobacco use and protect students, faculty, and visitors from secondhand smoke. A tobacco-free school is one way to address the increasing popularity of e-cigarettes and other vaping devices among youth.

Here's what you can do:

### 1. Strengthen and review current policies.

- [Model Policy for a Tobacco-free Environment in Georgia's K-12 Schools](#) (DPH)
- [Addressing Student Tobacco Use in Schools: Alternative Measures \(PDF\)](#) (Public Health Law Center)
- [Create Tobacco-Free Schools](#) (American Lung Association)

### 2. Issue an advisory to parents.

- [Teachers and Parents: That USB Stick Might Be an E-cigarette poster](#) (CDC)
- [Know The Risks E-Cigarettes and Young People](#) (U.S. Department of Health and Human Services)
- [Vaping: What You Need to Know And How to Talk With Your Kids](#) (PDF) (Partnership for Drug-Free Kids)
- Sample letter home to parents

### 3. Promote health messaging throughout the school.

- [Tobacco Free Campus Signs](#)
- Free print and digital materials, such as posters
  1. [U.S. Food and Drug Administration](#)
  2. [Centers for Disease Control and Prevention](#)
  3. Department of Public Health Poster

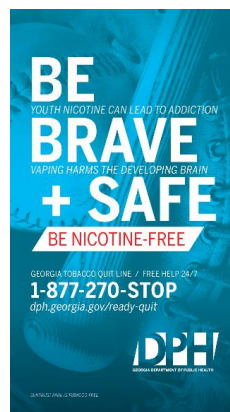
### 4. Share resources for quitting tobacco.

To help youth:

- [Georgia Quit Line](#) for teens 13+: 877-270-STOP
- [SmokefreeTXT for Teens](#) (U.S. Department of Health and Human Services)
- [quitSTART](#) app (U.S. Department of Health and Human Services)
- Truth Initiative quit program: [This is Quitting](#). Users can text "QUIT" to 706-222-QUIT. Standard text message rates apply
- Georgia Crisis Line (for assistance with other non-tobacco products): 1-800-715-4225

To help adults:

- [Georgia Quit Line](#): 877-270-STOP
- [Quit for Life](#) (American Cancer Society)
- [Freedom From Smoking](#) (American Lung Association)
- National Cancer Institute: 1-877-44U-QUIT (1-877-448-7848) or [www.smokefree.gov](http://www.smokefree.gov)
- Free Truth Initiative quit program: [BecomeAnEX®](#). Users can text "QUIT" to 202-804-9884. Standard text message rates apply
- Georgia Crisis Line (for assistance with other non-tobacco products): 1-800-715-4225



To obtain this information in a different format or to request Georgia Tobacco Quit Line brochures, call: 1-877-270-7867.