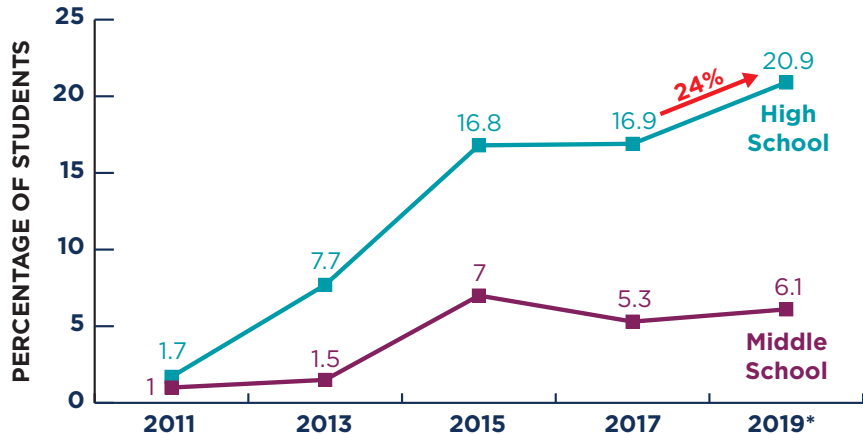


Evidence-based Tobacco Use Prevention and Cessation Resources for Schools to Address the E-cigarette Epidemic Among Youth

Despite two decades of declining cigarette use among youth, overall tobacco use among NC youth has increased since 2011. E-cigarette use among NC high school students has increased from 1.7% in 2011 to 20.9% in 2019. (North Carolina Youth Tobacco Survey).

E-CIGARETTE USE CONTINUES TO INCREASE

Past 30 Day Use of E-Cigarettes, NC YTS



*The 2019 NC YTS response rates were 57% and 59% among middle and high school students, respectively. Response rates lower than 60% can increase the potential for non-response bias.

MORE HELP

- **Regional Tobacco Prevention and Control Managers** available to provide technical assistance. Find how to reach yours [here](#).
- **NC Tobacco Prevention and Control Branch**, find helpful information on e-cigarettes [here](#).

The NC Department of Public Instruction and the NC Department of Health and Human Services encourage all schools to use the following evidence-based resources to prevent and reduce tobacco use with a focus on the e-cigarette epidemic among youth.

RESOURCES

Smoking/Vaping and COVID-19

- [Important Facts on Smoking and COVID-19: What you need to Know](#) (NC Tobacco Prevention and Control Branch)

Helping Teens Quit Smoking/Vaping

- [This is Quitting](#) (Truth Initiative) Free and anonymous text message program to help teens quit vaping: Text the word "DITCHJUUL" to 88709
- [Smokefree Teen](#) (National Institutes of Health): Free and anonymous text message program to help teens quit smoking: Text the word "Quit" to 47848

Quit Support Programs for Youth

- [Not On Tobacco \(NOT\) Program](#) (American Lung Association): Trained facilitator-led group teen tobacco cessation program
- [QuitlineNC.com](#): 1-800-QUIT-NOW (1-800-784-8669) (Español: 1-855-Déjelo-Ya [1-855-335-3569] o para más información haga clic aquí) NC phone, internet and text service with a special program for teens who want to quit.

Alternative to Suspension

Educational Programs for Schools

- [INDEPTH](#) (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) (American Lung Association)
- [Healthy Futures Alternative to Suspension Curriculum](#) (Stanford University School of Medicine)
- [ASPIRE](#) (A Smoking Prevention Interactive Experience) (MD Anderson Cancer Center)

Youth Tobacco Use Prevention Programs for Schools

- [CATCH My Breath](#) (UT Health Science Center) a vaping prevention program for teens, facilitated by an adult.
- [Tobacco Prevention Toolkit: Modules for Tobacco and Nicotine Education](#) (Stanford University School of Medicine)
- [Evidence Brief](#): CDC cautions against tobacco-industry sponsored youth tobacco prevention programs in schools.

