

e-cigarettes and vaping prevention education

Vaping is on the rise, and our youth are at risk. Educators, you can help. Equip students with the knowledge and skills they need to make informed decisions about e-cigarettes.

Did You Know?

- Close to half of Wisconsin students in grades 9-12 have tried vaping and 1 in 5 has vaped in the past 30 days*
- 7 out of 8 students say they are less likely to use e-cigarettes after their prevention education**

Get The Facts, Know the Risks, and Look for Signs

FACTS AND RISKS:

[HTTPS://E-CIGARETTES.SURGEONGENERAL.GOV](https://e-cigarettes.surgeongeneral.gov)

LEARN THE PRODUCTS:

[BIT.LY/VAPELEARNTHEPRODUCTS](http://bit.ly/vapelearntheproducts)

QUIT RESOURCES:

[BIT.LY/VAPINGSUPPORT](http://bit.ly/vapingsupport)

prevention education programs

Programs for students and parents to learn about the dangers of vaping and encourage a vape-free lifestyle.

CATCH My Breath

[HTTPS://WWW.CATCH.ORG/BUNDLES/23725](https://www.catch.org/bundles/23725)

- Options for grades 5-6, 7-8, and 9-12
- Free prevention program, including training for instructors
- 4 lessons per grade at 30-40 minutes

Botvin LifeSkills

[HTTPS://WWW.LIFESKILLSTRAINING.COM](https://www.lifeskillstraining.com)

- Options for elementary, middle and high school, transitions, and parents
- Costs for training, manual, and student guide
- 5-18 lessons per module at 30-45 minutes
- Broad health skills-based prevention

Stanford Toolkit

[HTTPS://MED.STANFORD.EDU/TOBACCOPREVENTIONTOOLKIT.HTML](https://med.stanford.edu/tobaccopreventiontoolkit.html)

- Options for middle and high school students
- Free interactive online educational modules, including information for educators
- 1, 5, 8, or 10 sessions at 50 minutes

The Real Cost of Vaping

[BIT.LY/REALCOSTOFVAPING](http://bit.ly/realcostofvaping)

- Options for grades 6-8 and 9-12
- Free prevention program materials
- 3 lessons per grade at 40-50 minutes

*2019 Youth Risk Behavior Survey, <https://dpi.wi.gov/sspw/yrbs>

**Catch My Breath Program, <https://www.catch.org/bundles/23725>



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Always Here To Help

for more information and educational resources on vaping, contact your local Extension office at counties.extension.wisc.edu

This fact sheet represents the highest quality tools and resources identified by the Vaping Workgroup of the University of Wisconsin-Madison Division of Extension.