

## Resources for Youth Prevention and Cessation

### Education and Prevention:

- **ASPIRE.** [ASPIRE](#) (A Smoking Prevention Interactive Experience) is a free, online educational resource that delivers tobacco prevention education to teens and adolescents at a self-directed pace. ASPIRE aligns with national education standards and Texas Essential Knowledge and Skills (TEKS). The program is evidenced based and can be incorporated into health, science or technology classes. ASPIRE is available in both English and Spanish.
- **Tobacco and E-cigarette/Vaping Presentations.** We are pleased to announce that ASPIRE schools can schedule Tobacco and E-cigarette/Vaping 101 Presentations for students through MD Anderson Community Relations and Education team. If you would like to request a presentation, complete this [form](#).
- **Vaping: Know the Truth.** Truth Initiative and Kaiser Permanente, in collaboration with the American Heart Association, launched a national youth vaping prevention curriculum [Vaping: Know the truth](#) to educate America's youth about the health dangers of e-cigarette use and reverse the pervasive youth vaping epidemic. The curriculum is a digital 4-lesson learning experience that provides young people with the facts about e-cigarette use and nicotine addiction. The program is self-led and is written and delivered in the truth, peer-to-peer voice.
- **Cannabis and Marijuana Prevention Toolkit.** For any parents or educators that are looking for resources for students about marijuana and cannabis products, there is a [Cannabis Awareness and Prevention Toolkit](#) from Stanford Medicine. The program is online, free, theory-based, and intended for middle and high school students. Click the link above for more information.

### Help Students to Quit:

- **This is Quitting.** The University of Texas MD Anderson Cancer Center is proud to partner with the Truth Initiative to offer [This is Quitting](#) to young people ages 13-18. Youth can text DITCHVAPE to 88709 to receive free, anonymous, 24/7 support through this program. Parents of youth who vape can text QUIT to 202-899-7550 to receive messages designed specifically for them, including tips and advice for helping to support their young person quit.
- **NOT For Me.** [NOT for Me](#) is a self-guided, mobile-friendly online program that leverages the American Lung Association's Not On Tobacco (N-O-T)<sup>®</sup> program to help teens break nicotine dependency, whether they vape, smoke or use other tobacco products. Click the link above to learn more.

### Alternative to Suspension Programs:

- **INDEPTH.** [Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health \(INDEPTH\)](#) is a new, convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.
- **MY Healthy Future (Alternative-to-Suspension).** The [MY Healthy Future Course](#), from Stanford Medicine, is part of the Tobacco Prevention Toolkit's Healthy Futures Program. This course is for any student caught using tobacco/vaping on school campus, or anyone working with students who want to quit. This new online, SELF-PACED course can be completed independently by students in 40-60 minutes. The MY Healthy Future Course provides online activities and interactive materials that provide secondary prevention messages to students caught using e-cigarettes/vapes, or students and parents looking for materials to help youth move towards quitting.

### Advocacy:

- **SAYWHAT!** Do you know any high school students that are passionate about reducing tobacco use locally, statewide and nationally? Students who are interested in learning more and becoming an advocate for a tobacco-free generation can join or create a Say What! Advocacy group. If you are interested as an adult champion, **and have students are interested**, you can find out more [here](#).