



HOW TO JOIN THE VAPE-FREE SCHOOLS INITIATIVE

To be a member of the initiative, one or more of your school personnel or designated community partners must complete the Vape-Free Schools Initiative training programs and policy assessment, available on our user-friendly, intuitive online platform. Here's what's included:

Alternative to Suspension Program

Teens are getting addicted to vaping and instead of getting education or support, they are getting suspended from school or facing other disciplinary measures. Our INDEPTH® program is a new way to help. The Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health is a four-session program facilitated in either a one-on-one or group setting. Instead of focusing on punitive measures, INDEPTH teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction.

Any adult can become a facilitator by taking this free one-hour online training and using the provided resources.

Vaping Education & Tobacco Cessation Program

Kids are becoming addicted to vaping in increasing numbers and are unable to quit on their own—just like with traditional cigarettes. Not On Tobacco® (N-O-T) was designed with teenagers in mind. It takes a holistic approach with each session using different interactive learning strategies based on Social Cognitive Theory of behavior change. This encourages a voluntary change for youth ages 14 to 19.

Adults can become facilitators of this 10-session program for \$400 a person and training includes a 3-year certification.

NOTE: If you are taking the N-O-T Youth Tobacco Cessation facilitator training course, INDEPTH will automatically be included.

Vape Free School Policy Assessment

By including e-cigarettes in a tobacco-free school policy, your school recognizes that vaping is a health, safety and environmental hazard for students and schools. Through this brief school policy assessment, you can see how your school can improve your policies in order to provide your students, employees and visitors with clear guidance.

Upon completion of the N-O-T facilitator course, facilitators can access this assessment for free.

Once the training programs and assessment are completed, your school will be recognized as an American Lung Association Vape-Free School. You'll also have access to the Vape-Free Schools Toolkit which includes ways to share your accomplishments with students and parents, staff and community members.

Lung Disease Foundation of Central Pennsylvania

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