



## **INDEPTH—Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health**

About 7 of every 100 middle school students and 27 of every 100 high school students reported current use of a tobacco product. In fact, the number of middle and high school students using e-cigarette or “vaping” rose from 2.1 million in 2017 to 3.6 million in 2018, prompting the U.S. Surgeon General to say that this new behavior is an “epidemic.”

Teens are getting hooked on tobacco and instead of getting education or support, they are getting suspended from school or other disciplinary measures.

**INDEPTH is a new way to help.**



### **About INDEPTH**

A new, convenient alternative to suspension or citation for nicotine use, INDEPTH addresses the teen vaping epidemic in a more supportive way.

This interactive program teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.

### **School & Community Implementation**

INDEPTH is taught by a trained adult either one-on-one or in a group setting.

**Session 1:** Getting the Facts

**Session 2:** Addiction

**Session 3:** Alternatives to Product Use

**Session 4:** Past, Present, Future

Facilitator training is available online for free, and includes access to downloadable resources and guides.

Become an INDEPTH Facilitator today,  
or just learn more:

[INDEPTH@Lung.org](mailto:INDEPTH@Lung.org)

1-800-LUNGUSA

[Lung.org/INDEPTH](http://Lung.org/INDEPTH)