



**VAPE-FREE
SCHOOLS
INITIATIVE**

Vape-Free Schools Initiative: What Parents Should Know

We are proud to be part of the American Lung Association's Vape-Free Schools Initiative, to help support a healthier environment for all our students.

In light of startling statistics that more than one in four high school students vape and vaping-related illnesses are on the rise, we want to help our students live tobacco-free lives.

- 135%** E-cigarette use increased 135% among high school students from 2017 to 2019.
- 1.8M** Close to 1.8 million additional kids began to use e-cigarettes in the past year.
- 8,000** Every day, nearly 8,000 kids start vaping.

Most Common Reasons Kids Use E-Cigarettes:

- 80% of teens said they don't perceive "great risk" of harm from regular e-cigarette use
- 39% say that they vape because a friend or family member does
- 31% cite that flavors such as mint, candy, fruit or chocolate hooked them on vaping
- 17% believe that e-cigarettes are less harmful than traditional cigarettes, something that has not been proven



School Resources for Your Teen

N-O-T® (Not On Tobacco) is the American Lung Association's teen vaping, smoking and chewing tobacco cessation program, helping teens who want to quit, and providing the tools, information and support to quit for good. This course is completely voluntary and a free resource to your family.

- Over the 10-session program, participants learn to identify:
 - Their reasons for vaping or smoking
 - Healthy alternatives to tobacco use
 - And people who can support them in their efforts to quit

INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) is an alternative for students who face suspension for violation of school tobacco use, including vaping, policies. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence and establishing healthy alternatives. Students participate in a series of interactive educational sessions, led by a trained staff member.

For more information about these programs, or our American Lung Association Vape-Free Schools policy assessment, please visit **Lung.org/vape-free-schools**.