

You and Me, Together Vape-Free Educator Training



CALIFORNIA
SCHOOL-BASED
HEALTH ALLIANCE

Putting Health Care Where Kids Are

CDE TUPE

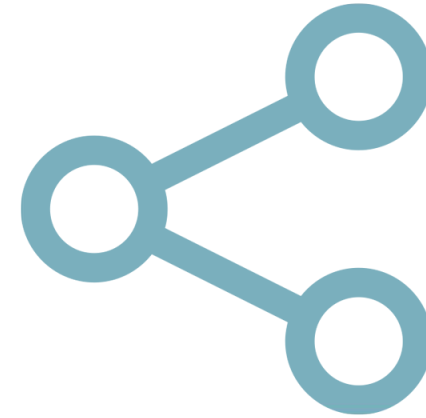
We gratefully acknowledge the support of the California Department of Education Tobacco Use Prevention Education program for this project. The contents do not necessarily reflect the position or policy of the CDE.



**For higher quality
audio, dial the
number from your
webinar invitation
link**



**The webinar is
being recorded**

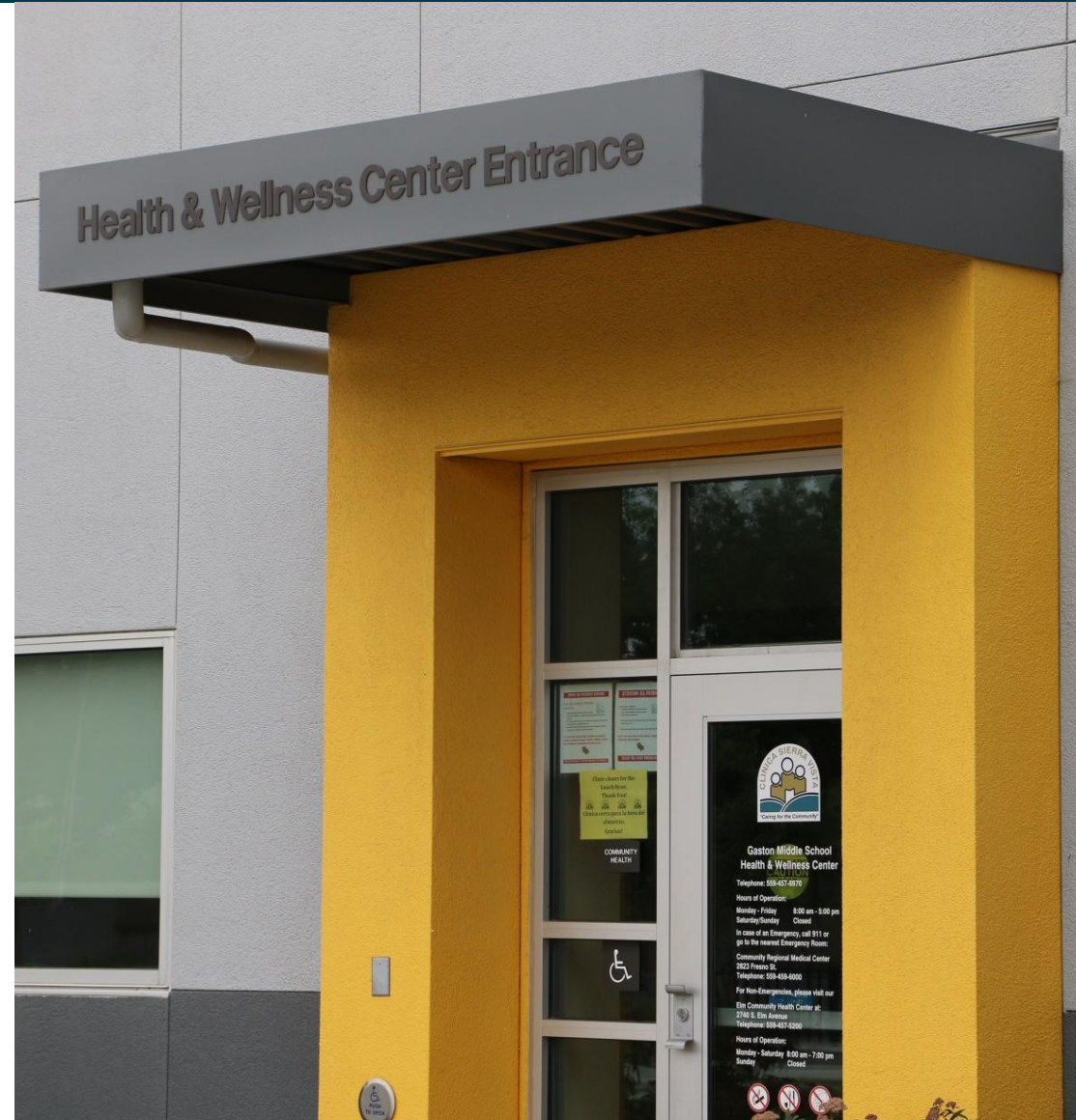


**Supporting
materials will be
shared**

Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools**.

Learn more:
schoolhealthcenters.org



Advocating for Student Healing & Health

California School Health Conference & Advocacy Day: April 17 & 18

SACRAMENTO



CALIFORNIA
SCHOOL-BASED
HEALTH ALLIANCE

Putting Health Care Where Kids Are

www.schoolhealthcenters.org/conference/

Become a member, get exclusive benefits

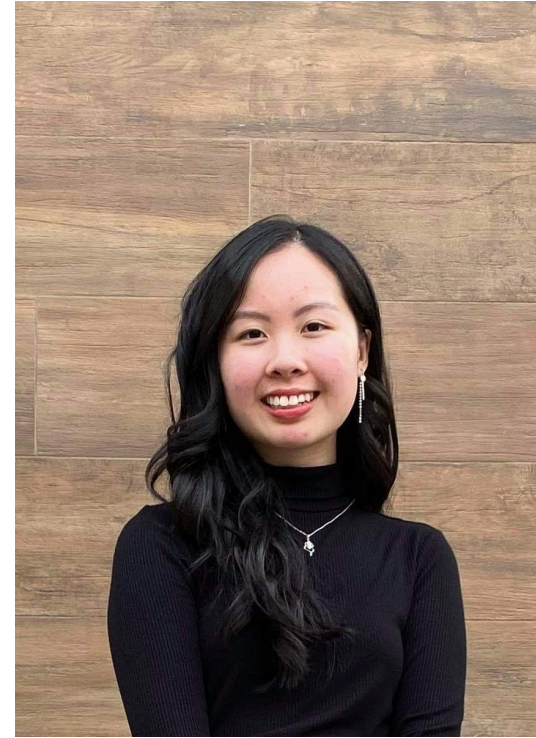
- Conference registration discount
- Tools & resources
- Technical assistance

Sign up today:
bit.ly/CSHAMembership





Presenter
Carly Noelani Kajiwarra
Education Coordinator
Stanford REACH Lab



Moderator
Tracy Nguyen
Youth Engagement Project
Coordinator
California School-Based Health
Alliance



YOU AND ME, TOGETHER VAPE-FREE

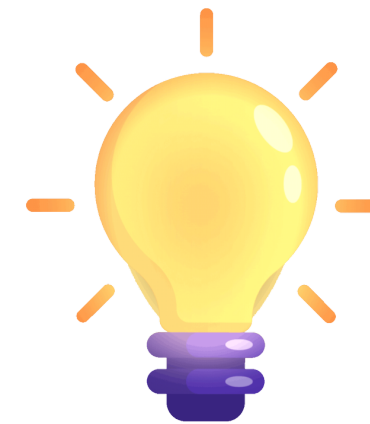
Educator Training



Stanford
MEDICINE

Reach Lab





PRE-TRAINING SURVEY



**HTTPS://TINYURL.COM/TPT-
TRAININGEVAL-PRE**



Hello!

I'm Bonnie Halpern-Felsher

PI/ Professor, Toolkit Founder,
and Reach Lab Director

You can find me at:
bonnieh@stanford.edu



Hi There!

I'm Carly Noelani Kajiwara

Education Coordinator

You can find me at:
noelani@stanford.edu



AGENDA

5 MINS

ARRIVE, PRE-SURVEY, OPENING, AND INTROS

10 MINS

INTRODUCTION OF CURRICULUM BACKGROUND

15 MINS

BRIEF OVERVIEW OF CURRICULUM

20 MINS

SMALL GROUP BREAK OUT AND LESSON DEEP DIVE

30 MINS

(5 MINS EACH GROUP) – TEACHER ROLEPLAY ACTIVITY

10 MINS

POST-SURVEY, CLOSING, AND QUESTIONS





Reach Lab



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Professor/PI



Shivani Galha, PhD
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Devin McCauley, PhD
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Stanford
Children's Health

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STANFORD REACH YOUTH ACTION BOARD (YAB)



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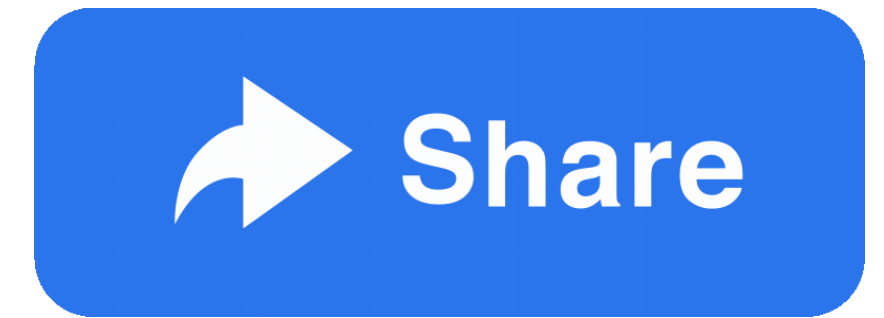
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@StanfordReachYAB



@Tobacco Prevention Toolkit
@Cannabis Awareness & Prevention Toolkit



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California Department of
EDUCATION

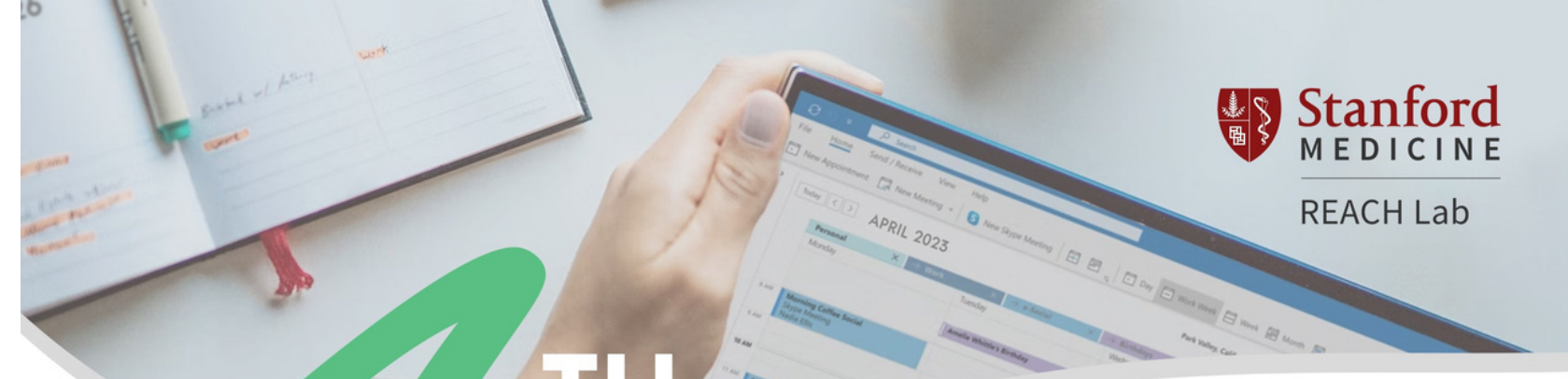


The Briger Family

CASA – Los Gatos

CANNABIS AWARENESS & PREVENTION CONFERENCE

Virtual Conference
April 26th & 27th, 2023



4TH ANNUAL

Teaching Cannabis Awareness
& Prevention Conference

To be virtually held on: **April 26th & April 27th, 2023**
8:00 a.m. - 1:00 p.m. (PST)

A Focus on the Triangulum
of Cannabis, Tobacco,
and E-Cigarettes

Registration includes access to
all Conference Keynotes,
Workshops, and Materials for
up to one year!

For more information and
to register, please visit:
tinyurl.com/CannabisConf2023

Cost: **\$125** • Contact Us: canprevtoolkit@stanford.edu

Who should attend?

- ✓ Educators
- ✓ Tupe Coordinators
- ✓ Community-based Organizations
- ✓ School Administrators
- ✓ Healthcare Providers/Counselors
- ✓ School Resource Officers
- ✓ Parents
- ✓ Anyone working with youth

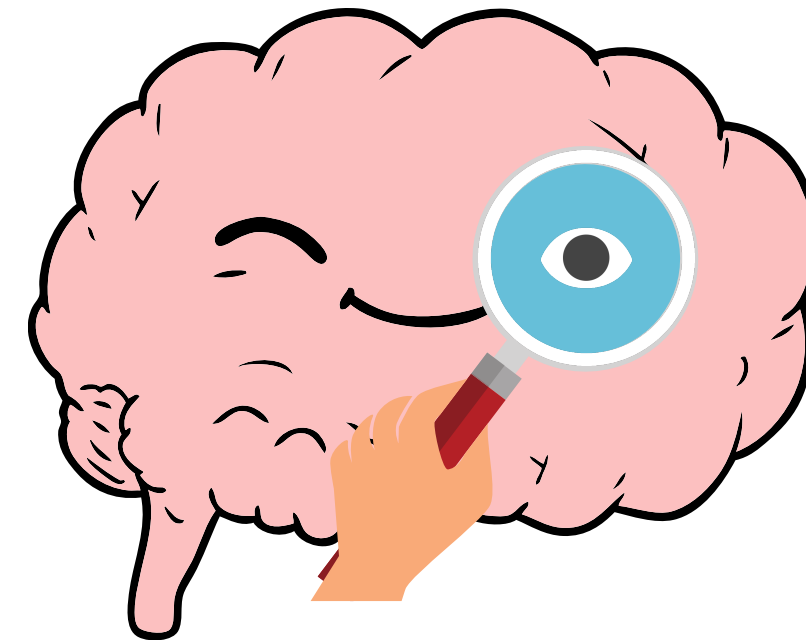
Learn about the latest research on youth & cannabis, including products being used, reasons for use, health effects, and more.

Sponsored by the Stanford Cannabis Awareness
& Prevention and Tobacco Prevention Toolkits



- INTERACTIVE DEEP DIVE INTO OUR NEW “YOU AND ME, TOGETHER VAPE-FREE CURRICULUM”
- BECOME FAMILIAR WITH THE MATERIAL
- COLLABORATE WITH OTHER EDUCATORS
- GO OVER ANY QUESTIONS

GOALS OF OUR TRAINING



WAYS TO USE THE TOOLKIT



Use the curriculum to deliver **lessons** to your **class** or **entire school**



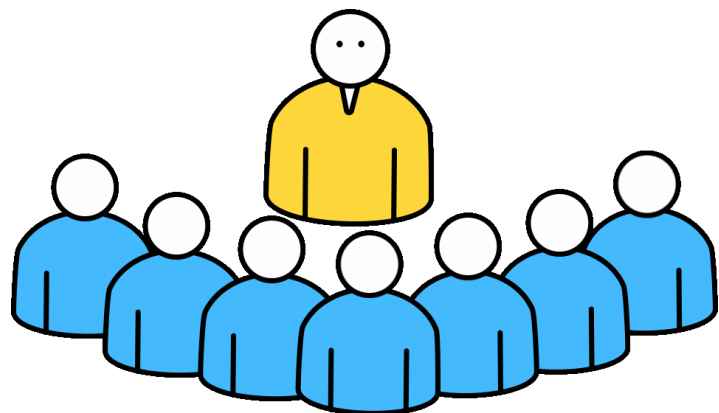
Use as a **resource** for **one-on-one** meetings or programs intended for students quitting vaping or cannabis



Use the **integrated activities** in your class



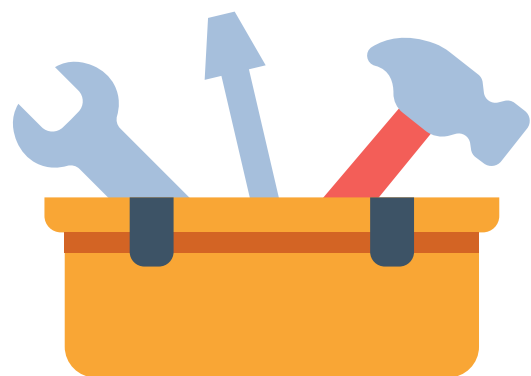
Have your **youth present** or do a **project** on the curriculum



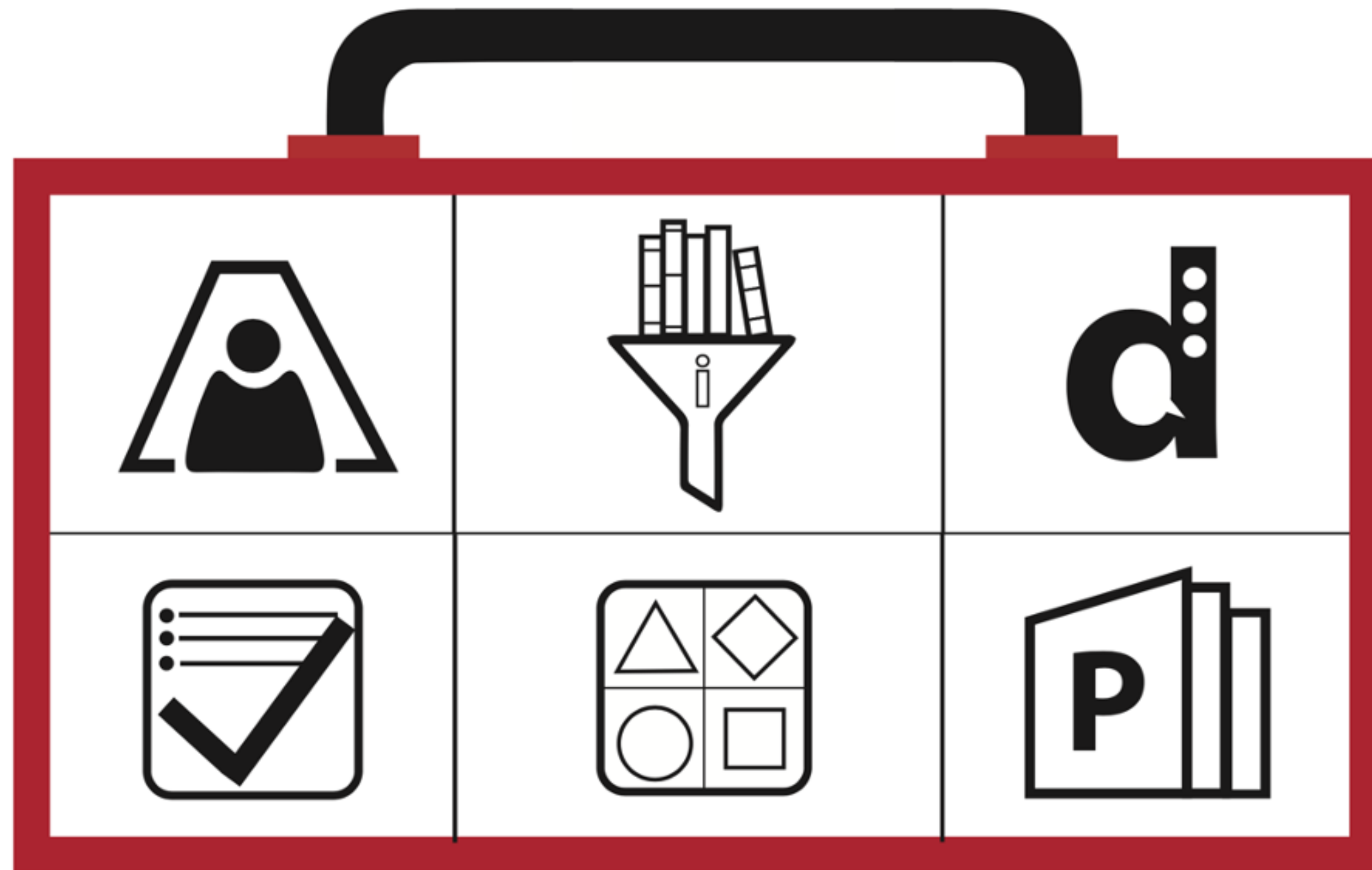
Present the slides at a community forum for parents and students

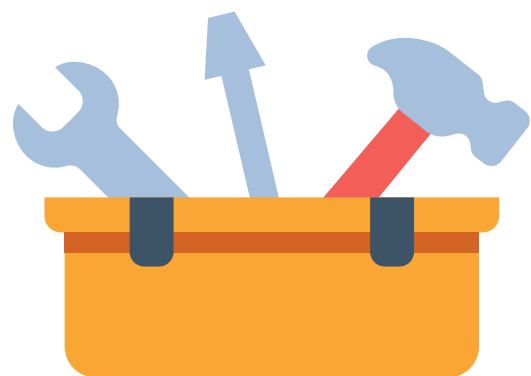


Link our toolkit to your **website's** resource page

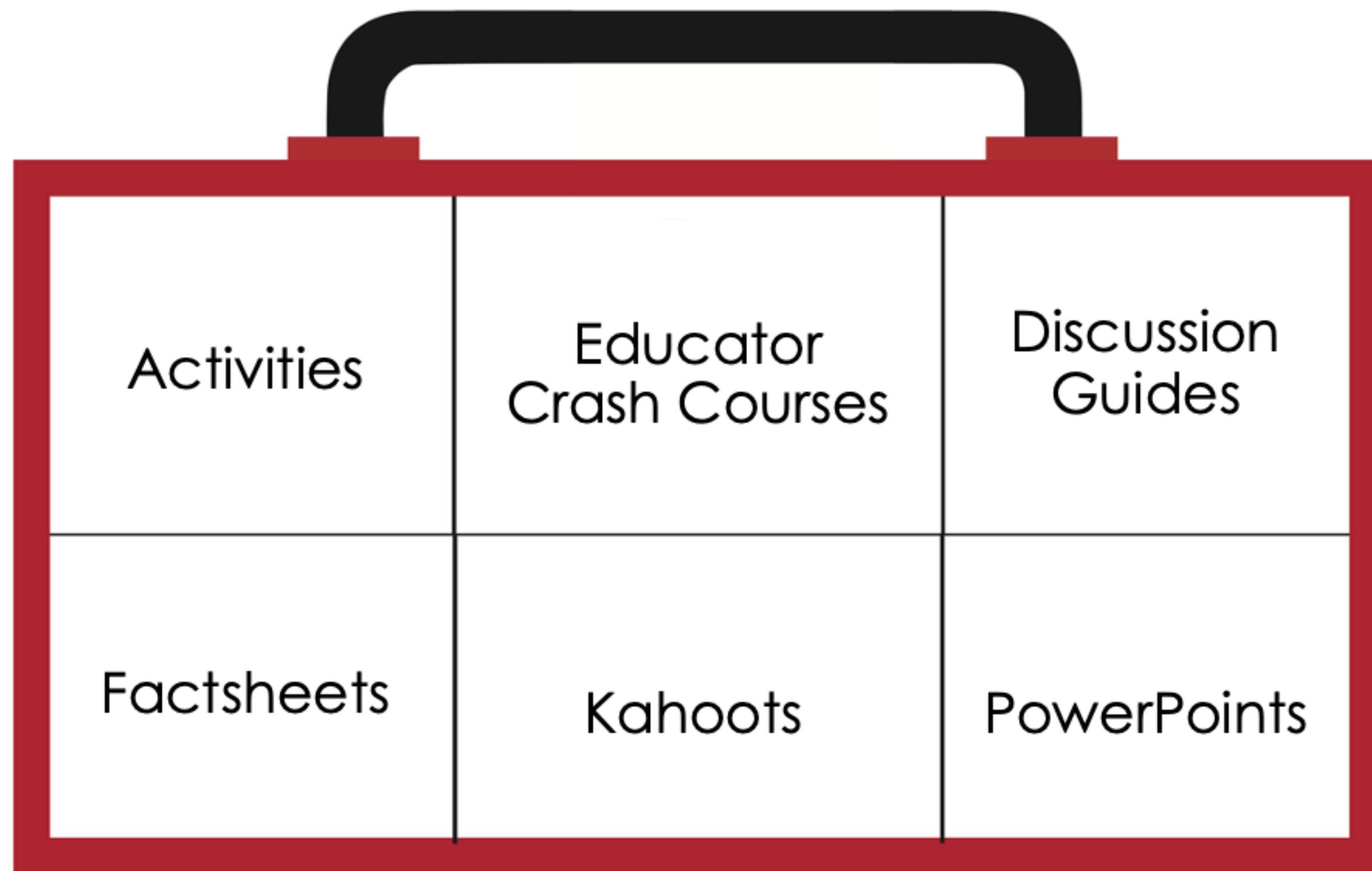


**INTERACTIVE
ONLINE
FREE**





**INTERACTIVE
ONLINE
FREE**



Activities	Educator Crash Courses	Discussion Guides
Factsheets	Kahoots	PowerPoints

DEVELOPMENT & EVIDENCE

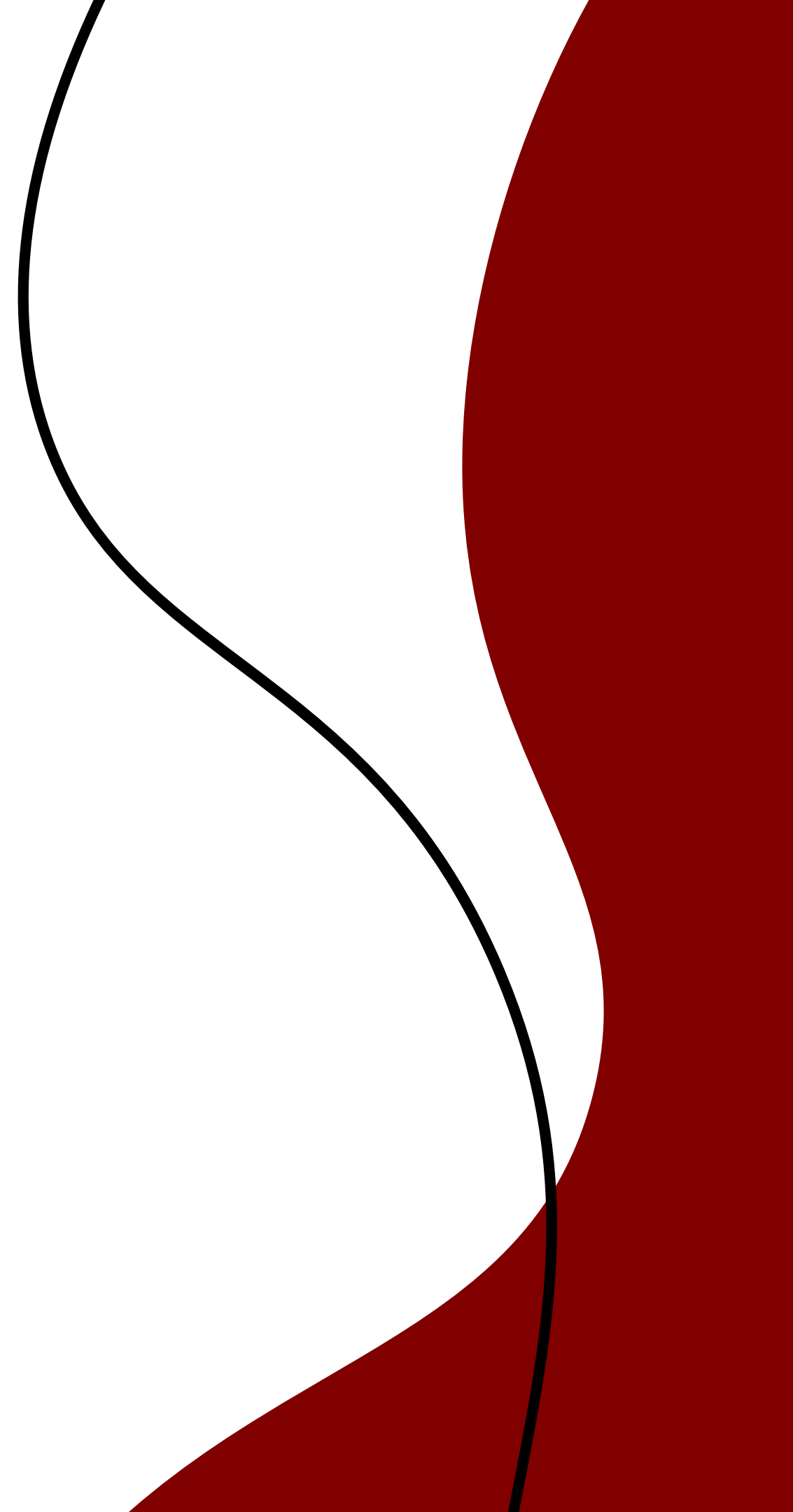


Theory

- + Research
- + Partnerships
- + Evidence-informed
- + Ability to revise/update quickly
- + Fact-checked

= Toolkit

YOUTH VIEWS



THE GOLD STANDARD



- Randomized Controlled Trial (RCT) study designs are rare in education
- Goal is a "research-validated" curriculum

YOUTH•VIEWS

Middle & High School Educators!

You are invited to participate in the Youth Views study evaluating a new vaping prevention curriculum: **You and Me, Together Vape-Free!**



Incentives available for participating schools, educators, and students!

This study uses student surveys to compare the effects of teaching students a new vaping prevention curriculum (**You and Me, Together Vape-Free**) within the Stanford Tobacco Prevention Toolkit (TPT) with teaching students using **other** curriculums.

All participating schools will receive training in use of the You and Me, Together Vape-Free curriculum.



ACTIVITIES

- Teach a **new vaping prevention** curriculum (5 sessions) or conduct your existing tobacco ed curriculum while being willing to teach the Stanford TPT the following semester (Stanford will randomize you to one or the other group)
- Students will complete 2 short in-class surveys
- Educators will complete a short implementation survey
- A subset of students & teachers may participate in short interviews about the Stanford TPT curriculum



INCENTIVES

- **\$10 incentive gift card** for each survey for participating students
- **\$300** for participating schools
- Participating schools become a **certified partner** of the Stanford Tobacco Prevention Toolkit



ELIGIBILITY

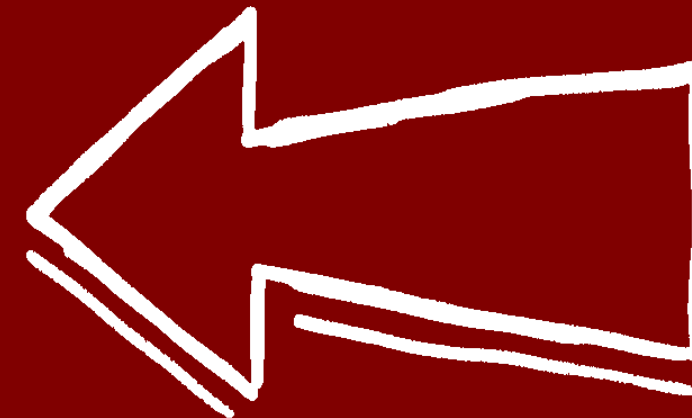
- You teach middle or high school students
- Willing to use the curriculum now or later



To participate in this study please [click here](#) or visit [bit.ly/youthviews!](https://bit.ly/youthviews)

For any questions or concerns, e-mail

YOUTH VIEWS



Stanford
MEDICINE

Reach Lab

Nice to meet you!

I'm Holly Lung

Research Coordinator

You can find me at:
hlung@stanford.edu



You can create a free account with your email address, facebook account or google (gmail account).

CREATE A FREE CANVA ACCOUNT

WITH CANVA, EDUCATORS WILL BE ABLE TO:



- SEE THE SLIDES AND TALKING POINTS IN THE NOTES SECTION.
- MAKE A COPY AND SAVE SLIDES TO ADD PERSONAL ADJUSTMENTS.
- SHARE THE SLIDES WITH ANYONE WHO HAS OR DOESN'T HAVE A CANVA ACCOUNT.
- DOWNLOAD THE SLIDES AS PDF, POWERPOINT OR VIDEO (DEPENDING ON IF THE LESSON INCLUDES VIDEOS).

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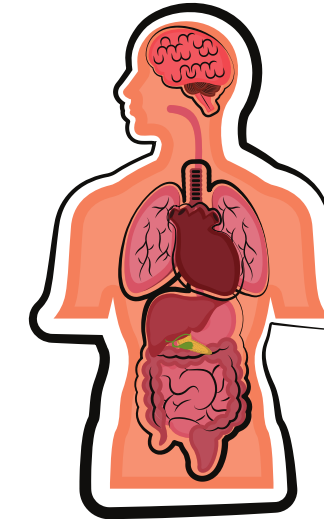


6 CURRICULUM LESSONS



1. Full of Potential: Your Brain Nicotine-Free

2. Healthy Body, Healthy YOU-th: Effects of E-Cigarettes on the body



3. What a Waste! Impact of Cigarettes and E-Cigarettes on the Environment

4. Don't Be Played! How Tobacco Marketing Targets YOU-th



5. Be Your Strength: Stress, Coping, and Wellness

6. Can't Be Missed: Cannabis & YOU-th



(50 MINS
EACH)

FULL OF POTENTIAL: YOUR BRAIN NICOTINE-FREE



• EVERYONE'S BRAIN IS • UNIQUE



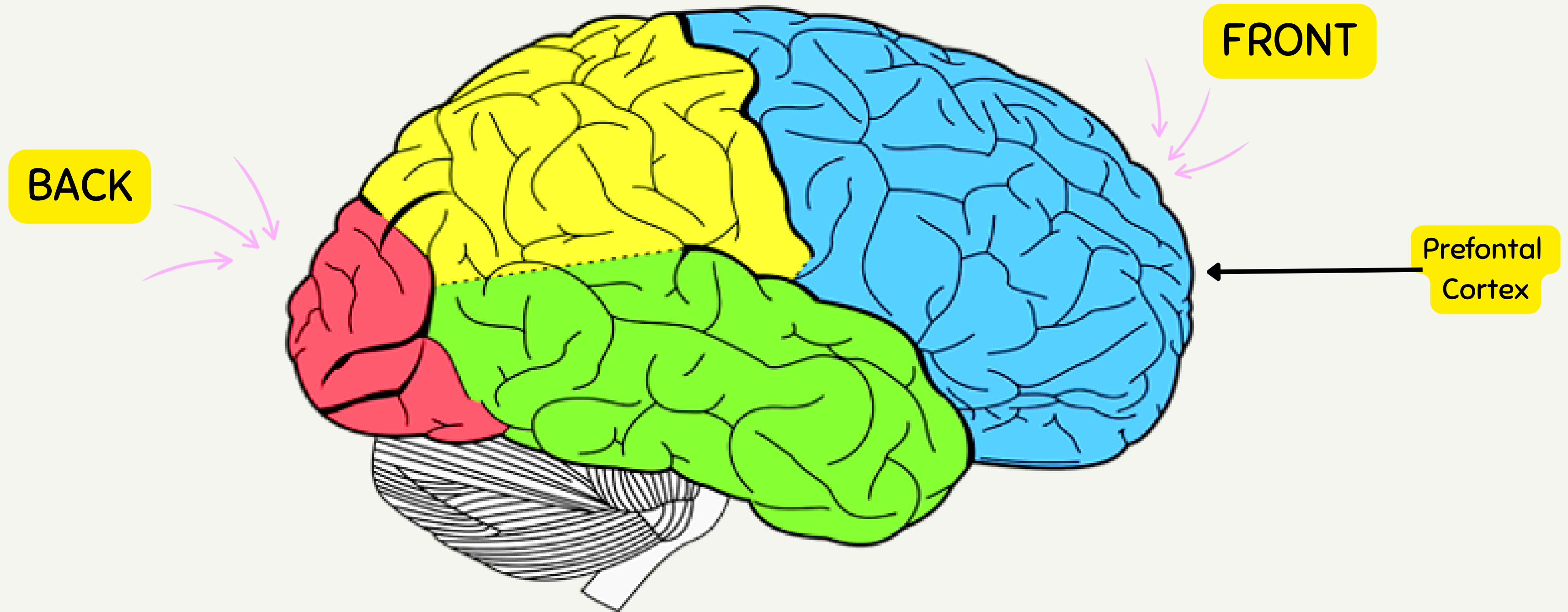
WHAT YOU
ENJOY

YOUR
TALENTS

YOUR
PERSONALITY

YOUR
VALUES

ADOLESCENT BRAIN



KEY TAKEAWAYS

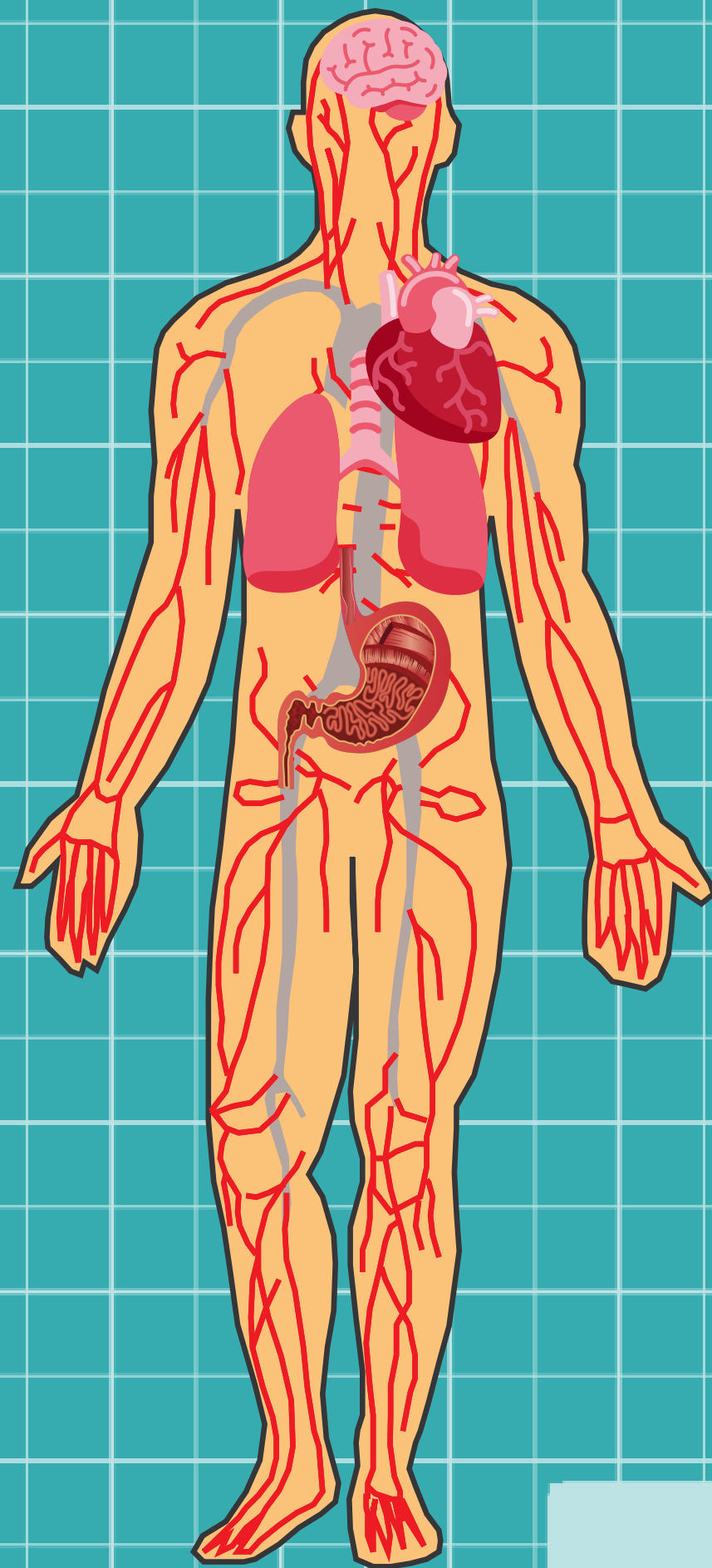
The teen brain's job is to figure out what makes you – you!

Your brain is awesome and full of potential!

Everyone's brain is unique.

An adolescent's brain is particularly vulnerable to drugs

Nicotine hooks you and makes your brain think you need it





HEALTHY BODY, HEALTHY YOU-TH:

Effects Of E-cigarettes On The Body



TOBACCO
PREVENTION
TOOLKIT

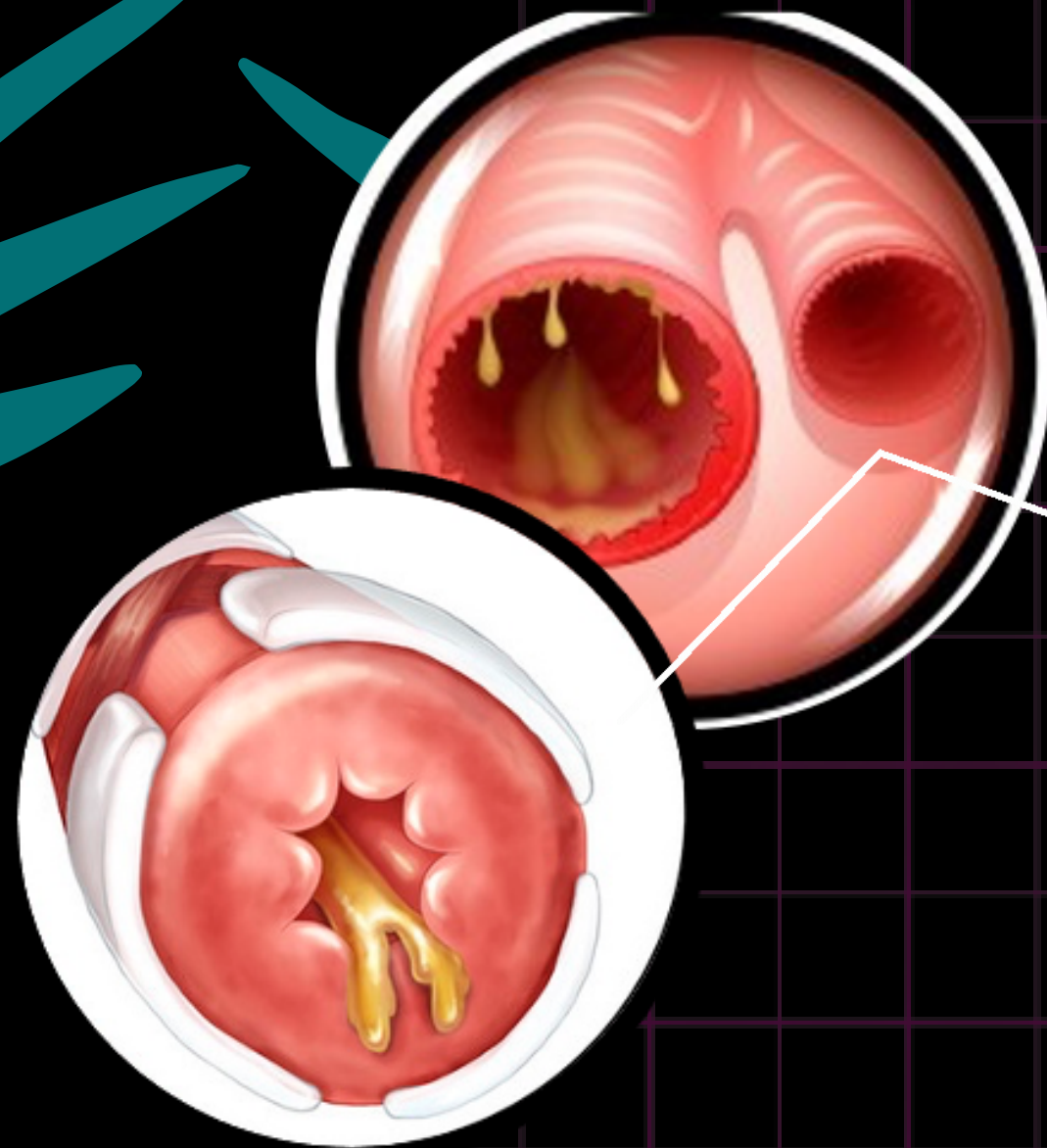


YOU AND ME
TOGETHER VAPE-FREE

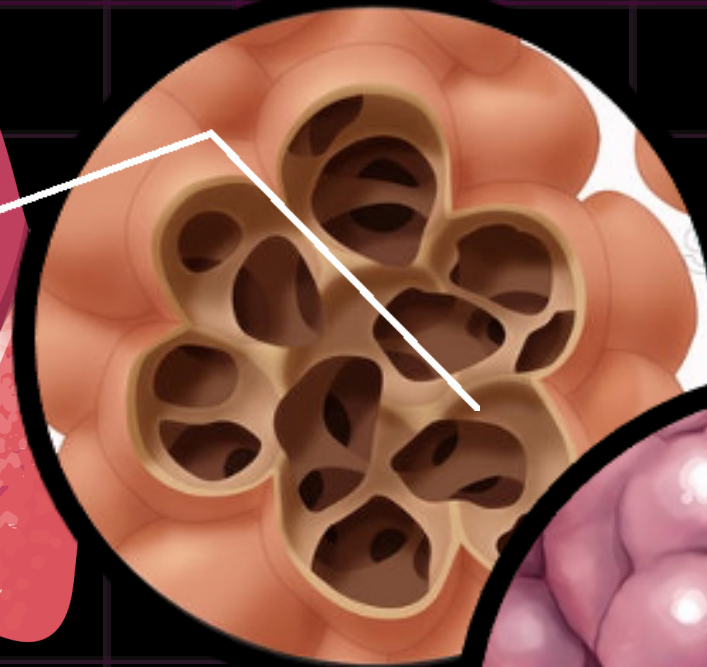


NO FUN IN THE LUNGS

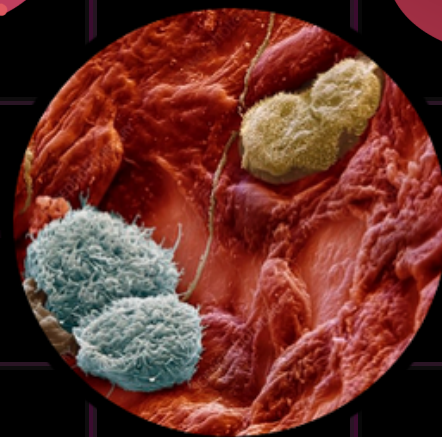
1 Inflammation and Irritation
of the Airways



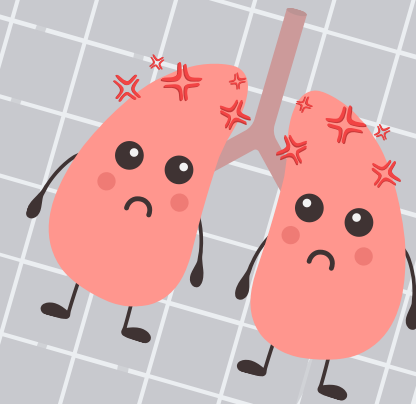
2 Destruction of Air Sacs
in the Lungs



3 Weaker Immune Response
to Infection



KEY TAKEAWAYS



1

E-cigarettes are NOT just harmless flavored water vapor. They produce an aerosol full of harmful chemicals and other constituents.

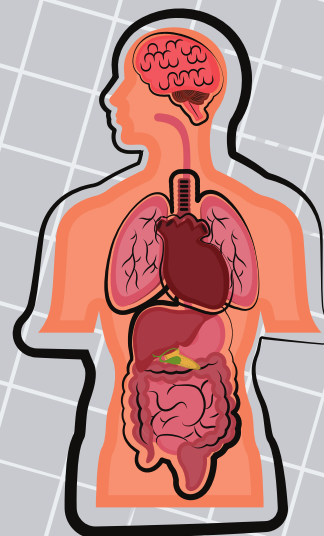
2

E-cigarette aerosol damages the lungs and heart, which can lead to disease.



3

The flavors and flavorants in e-cigarettes are also harmful. The risk of having a heart attack decreases right away when going vape-free.

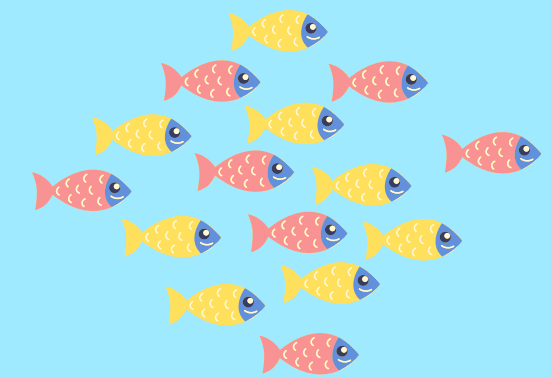


4

Going smoke or vape-free allows the body to heal right away.



WHAT A WASTE! IMPACT OF CIGARETTES AND E-CIGARETTES ON THE ENVIRONMENT





KEY TAKEAWAYS

CIGARETTES AND
E-CIGARETTES ARE
NOT
BIODEGRADABLE
AND DO HARM THE
ENVIRONMENT

QUITTING THE USE
OF CIGARETTES
AND E-CIGS, OR
NEVER STARTING
IN THE FIRST
PLACE, REDUCES
HARM TO THE
ENVIRONMENT.

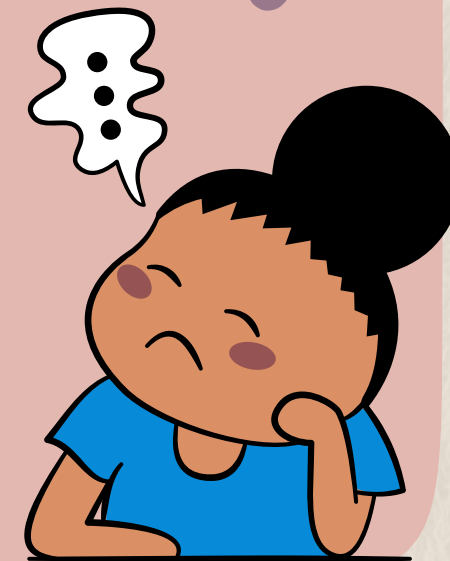
PROPERLY
DISPOSING OF
CIGARETTES AND
E-CIGS HELP
PROTECT THE
ENVIRONMENT

YOU CAN HELP
PROTECT OUR
ENVIRONMENT IN
MANY WAYS!

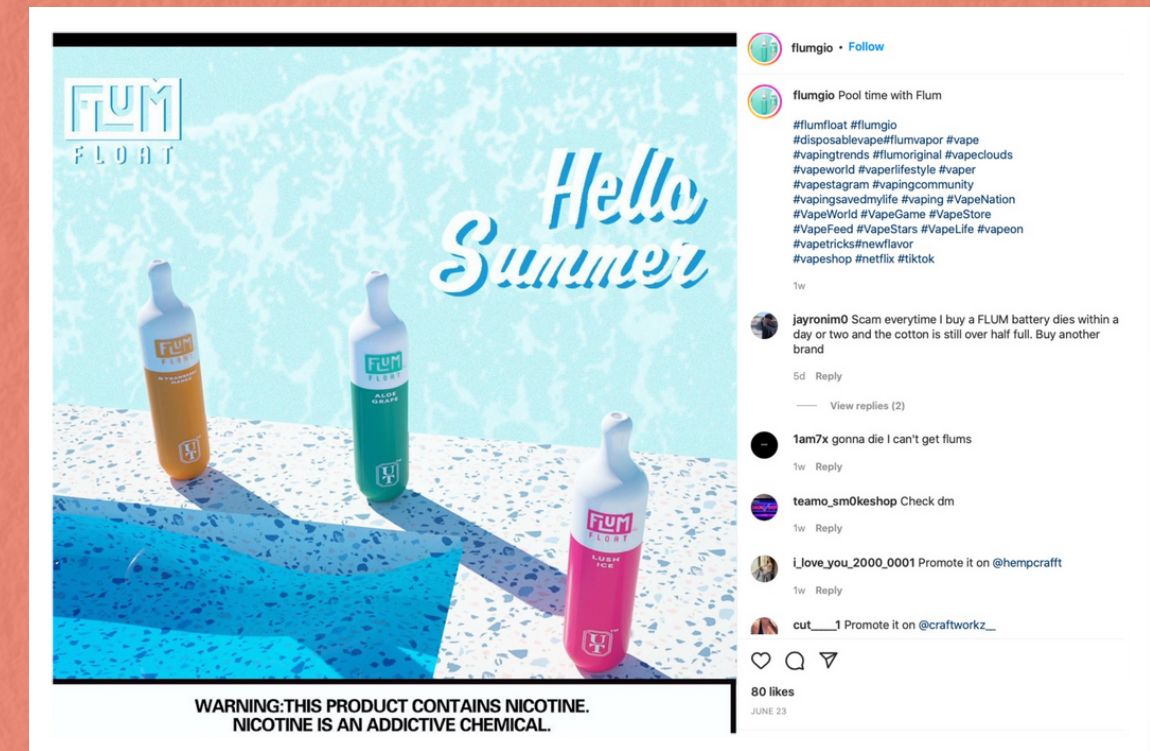
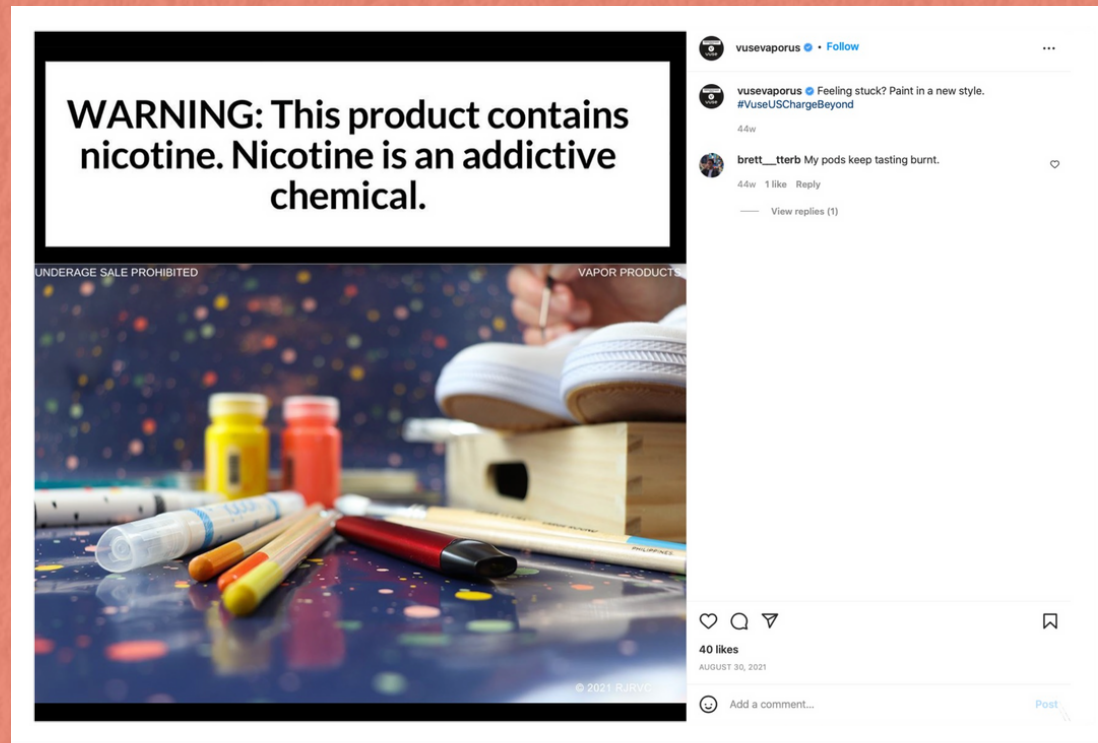


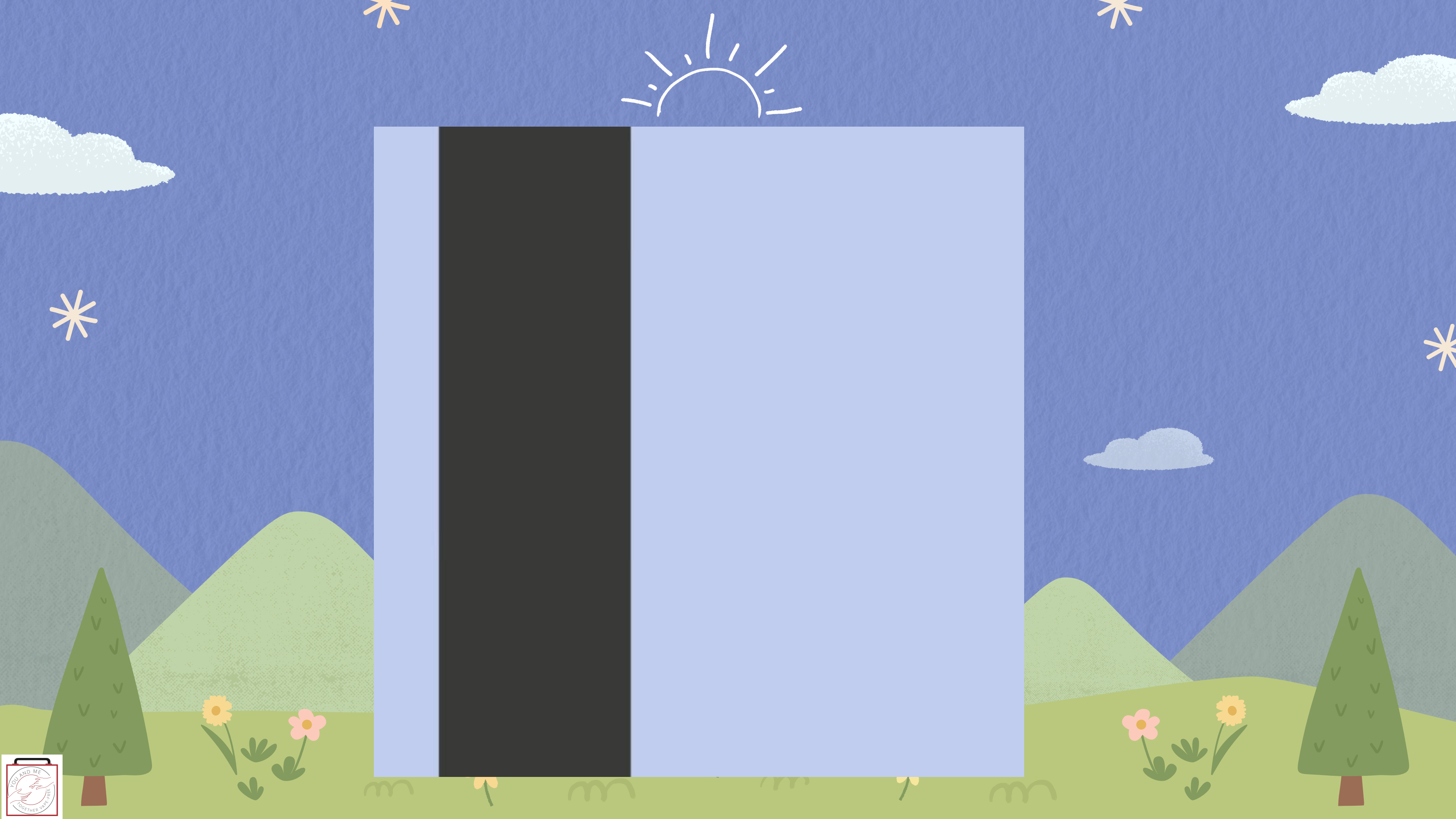
DON'T BE PLAYED!

How tobacco marketing
targets You-th

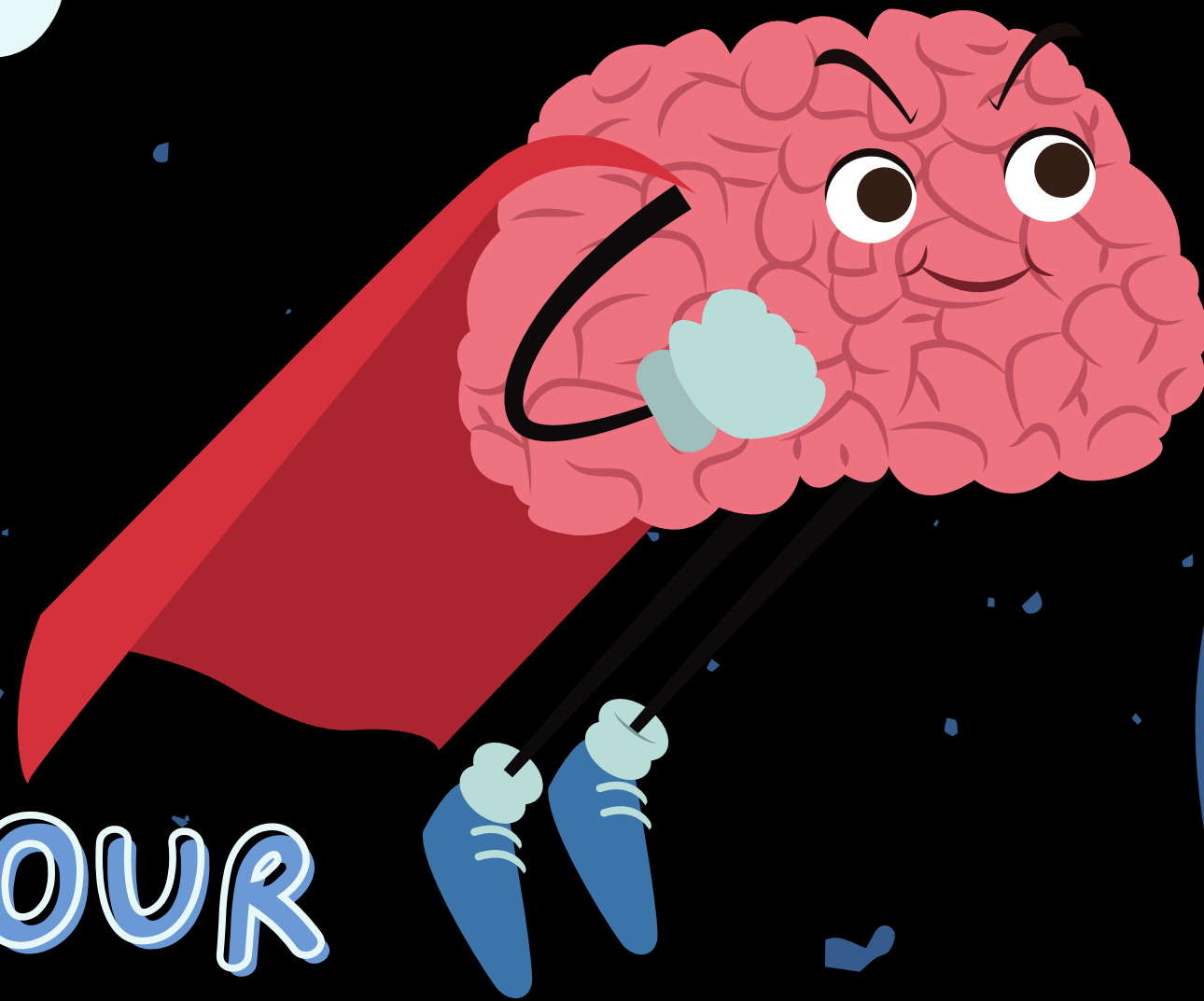


PRODUCT PLACEMENT





BE YOUR
STRENGTH



STRESS,
COPING, AND
WELLNESS



TOBACCO
PREVENTION
TOOLKIT

MENTAL HEALTH & SELF-MEDICATION

We may respond by choosing activities that we think will help us reduce the stress like using e-cigs or vapes.



Self-medication is when someone uses substances to repeatedly and consistently deal with stress, anxiety, or other mental health issues.



KEY TAKEAWAYS

Stress is a part of everyone's life

There are healthy ways to cope with stress

Using e-cigs and/or cannabis vapes are unhealthy ways to cope with stress

Stigma of substance use may worsen mental health and underlying stressors

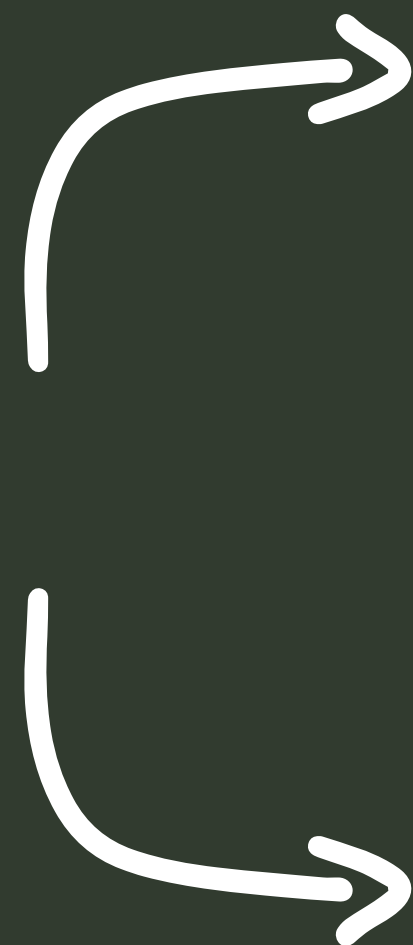
Negative

Positive





USING CANNABIS?



YES

Consider stopping until your brain is finished developing

Consider reducing how much you use

NO

Consider waiting until your brain is finished developing to decide

Consider not starting

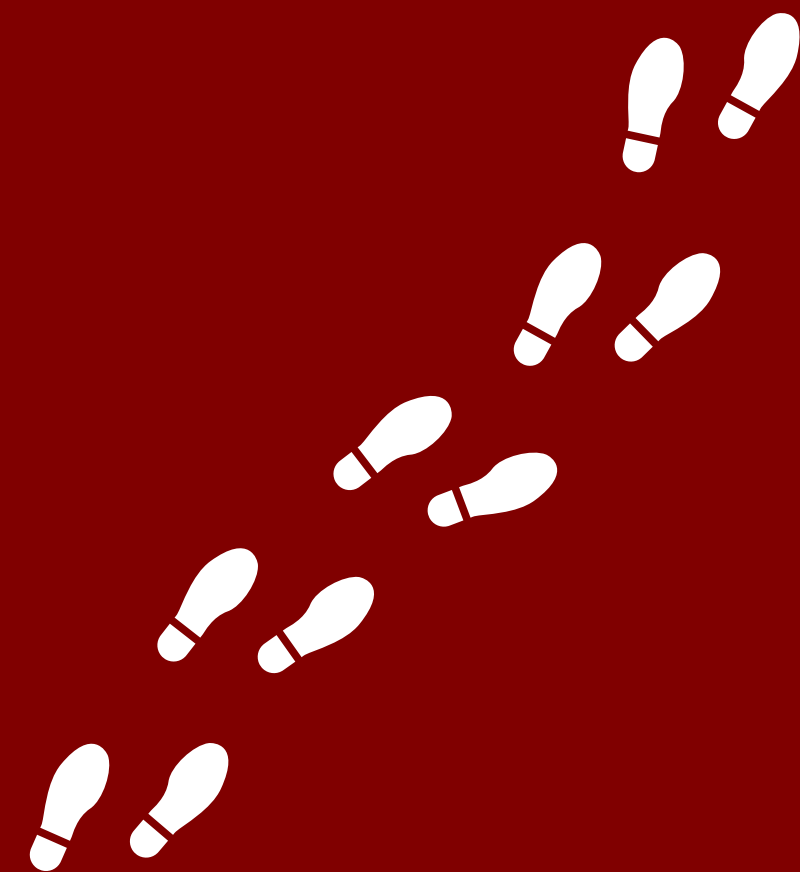




KEY TAKEAWAYS

1. Cannabis can be consumed by eating or inhalation.
2. Cannabis use can cause short term effects (such as memory loss, skin sensation, and altered perception) and long term effects (such as heart and lung damage).
3. Young and developing brains are particularly susceptible to damage due to cannabis use.
4. Refusing marketing and peer to peer influence.
5. YOU are in charge.





LIVE
WALK-THROUGH

SCAVENGER HUNT!



L1: Thumbs up/
Thumbs down
Activity



L4: Your
favorite
"Decoding Ads"
Practice Slide



L2: What's
in That
Aerosol
Slide?

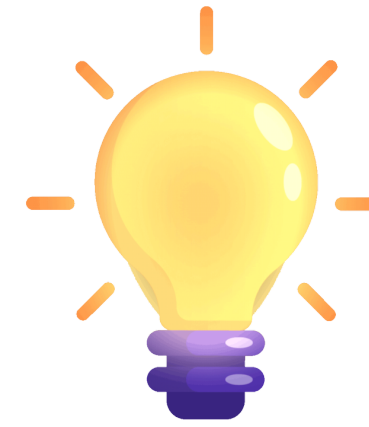


L3:
Photo Voice
Garbology
Project



L5: Healthy
Options for
Coping with
Stress Examples





POST-TRAINING SURVEY

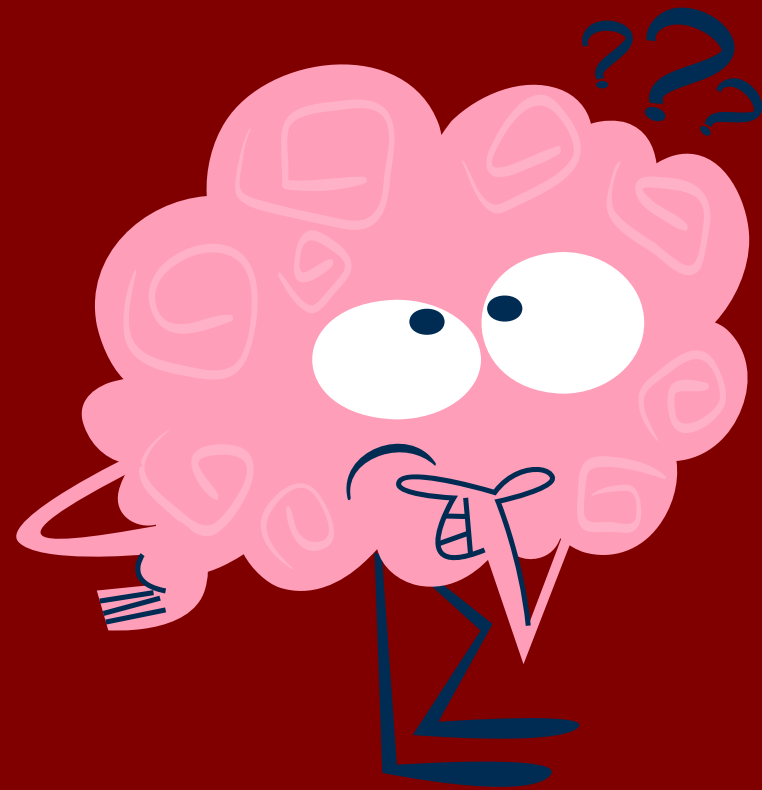


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TRAININGEVAL-POST](https://tinyurl.com/tpt-trainingeval-post)



THANK YOU!

ANY QUESTIONS?



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STAY CONNECTED



schoolhealthcenters.org



info@schoolhealthcenters.org



[sbh4ca](https://twitter.com/sbh4ca)



[sbh4ca](https://www.instagram.com/sbh4ca)

Gracias

謝謝

Thank you

Cảm ơn

Salamat

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