

# *Additional Resources for Parents and Educators on Vaping & Tobacco*



## *Parenting Now: Catch My Breath – What Parents Should Know About Teens, ‘Tweens and Vaping*



Thank you for joining us for “Parenting Now: Catch My Breath - What Parents Should Know About Teen, ‘Tweens and Vaping”. Below are some additional resources for parents and educators. We appreciate you taking the time to learn more about the dangers around vaping. We look forward to partnering with you on these important prevention and cessation efforts.

### *Additional Information on Vaping:*

Visit [www.mass.gov/vaping](http://www.mass.gov/vaping) to learn about vaping addiction, health, and quitting

**Institute for Health and Recovery** (specifically TAPE project) – provides many different resources and educational materials on smoking/vaping

**National Institute on Drug Abuse** – Facts about e-cigarettes FOR TEENS <http://teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes>

Visit [www.teen.smokefree.gov](http://www.teen.smokefree.gov) for tools and tips

### *More Information for Teens:*

**Scholastic website** – Facts about e-cigarettes – **FOR TEENS** (and adults): <http://headsup.scholastic.com/students/e-cigarettes-what-you-need-to-know>

**Kidshealth website** – Facts about e-cigarettes – **FOR TEENS** (also available in Spanish): [Vaping: What You Need to Know \(for Teens\) - Nemours KidsHealth](http://kidshealth.org/teen/life_skills/substance_use/vaping/vaping_what_you_need_to_know_for_teens.html)

[http://teens.drugabuse.gov/facts/facts\\_nicotine1.php](http://teens.drugabuse.gov/facts/facts_nicotine1.php)

[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

<http://truthinitiative.org/>

[www.thetruth.com](http://www.thetruth.com)

*NIDA for Teens Campaign for Tobacco-Free Kids Truth Initiative®*, formerly American Legacy Foundation Campaigns funded by the Truth Initiative® Teen quitting program and education, focus on vaping Resources for teens, kids, parents, and providers Youth movement fighting Big Tobacco in Massachusetts California DPH website on teen vaping and flavors

<http://kidshealth.org>

[www.the84.org](http://www.the84.org)

<https://www.flavorshookkids.org/>

### *More Information for Parents:*

Information for parents/adults is available at [www.getoutraged.org](http://www.getoutraged.org)

**Kidshealth website** – Facts about e-cigarettes – **FOR PARENTS** (also available in Spanish): [Vaping: What You Need to Know \(for Parents\) - Nemours KidsHealth](#)

### *Assistance with Quitting:*

**This is Quitting** powered by Truth is a free and confidential texting program for young people who vape. Young people can text “VapeFreeMass” to 88709 to get started. In partnership with the Massachusetts Department of Public Health

**QuitWorks** - This is a free, evidence-based referral service that connects patients with phone-based counseling through the Massachusetts Smokers’ Helpline to help them stop smoking/vaping. Once a referral is made to Quitworks, providers receive feedback reports to stay informed of their patient’s progress.

**Massachusetts Smokers’ Helpline 1-800-QUIT-NOW** (7 DAYS PER WEEK/24 HOURS PER DAY) to receive counseling online, by phone, or through eChat and at least four weeks (currently 8 weeks) of free nicotine patches for those 18+

The *Massachusetts Tobacco Cessation and Prevention Program (MTCP)* is dedicated to reducing the health and economic burdens of tobacco use. They offer the following resources: [www.makesmokinghistory.org](http://www.makesmokinghistory.org)

**My Life, My Quit** has youth coach specialists trained to help young people by phone or text. Call or text “Start My Quit” to 855-891-9989 for free and confidential help. For more information or to sign up online, visit [www.mylifemyquit.com](http://www.mylifemyquit.com)

<http://smokefree.gov/smokefreetxt/default.aspx> **Mobile text service** that provides 24/7 encouragement, advice, and tips to stop smoking for good (13 years and older).

**Help for smokers:** [www.trytostop.org](http://www.trytostop.org) or 1-800-879-8678 – this website also stocks many free brochures, posters, and videos

<http://espanol.smokefree.gov> *Spanish language website*

<https://www.becomeanex.org/> The Truth Initiative® offers a quit smoking website and online community.

### **Smoking Cessation Leadership Center**

<http://smokingcessationleadership.ucsf.edu/> SCLC works to increase smoking cessation rates and increase the number of health professionals who help smokers quit; handouts, resources and peer curriculums available on website.

### *Additional Websites:*

**Centers for Disease Control and Prevention:** [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

**American Cancer Society:** [www.cancer.org](http://www.cancer.org)

**Nicotine Anonymous:** [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Resources and statewide information, including on e-cigarettes/vaping [mass.gov/vaping](http://mass.gov/vaping) - Vaping information

for youth and young adults in Massachusetts **MA SMOKERS HELPLINE: Free telephone counseling 1-800-QUIT-NOW (1-800-784-8689) Spanish: 1-800-8-Dejalo (1-800-833-5256) TTY: 1-800-833-1477**

**NICOTINE ANONYMOUS: 12 STEP FELLOWSHIP** [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) Nicotine Anonymous welcomes those seeking freedom from nicotine addiction, including those using nicotine withdrawal aids & cessation programs. The fellowship offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. On-line and in-person meetings are available.

## **NATIONAL CANCER INSTITUTE WEBSITES**

[Smokefree: Home](#)

<http://women.smokefree.gov> *Focus on women and smoking*

<http://teen.smokefree.gov> *Focus on youth and smoking*

<https://60plus.smokefree.gov/> *Focus on older adults*

<https://smokefree.gov/veterans> *Focus on veterans*

## **TOBACCO DEPENDENCE AND CO-OCCURRING DISORDERS**

**National Behavioral Health Network for Tobacco & Cancer Control** <http://bhthechange.org/NBHN> provides resources and convenes communities with a goal of improving the overall health and wellness of people with mental illness and addictions focused on eliminating cancer and tobacco disparities.

### **Addressing Women's Smoking and Pregnancy/Post-Partum**

[www.pregnets.org](http://www.pregnets.org) [www.smokingcessationandpregnancy.org](http://www.smokingcessationandpregnancy.org)

[www.becomeanex.org/pregnant-smokers.php](http://www.becomeanex.org/pregnant-smokers.php)

[www.women.smokefree.gov/pregnancy-motherhood.aspx](http://www.women.smokefree.gov/pregnancy-motherhood.aspx)

Great resources from Canada: <http://bcewh.bc.ca/category/post/tobacco/> and <http://www.expectingtoquit.ca/>

### **Additional Resources:**

<http://www.asiansmokersquitline.org/> The Asian Smokers' Quitline (ASQ): offers free and nationwide services in English, Korean, Chinese, and Vietnamese. <http://www.naatpn.org/>

The National African American Tobacco Prevention Network <https://thisfreelife.betobaccofree.hhs.gov/> U.S.

Department of Health & Human Services campaign that seeks to improve LGBT people's health by encouraging tobacco-free lifestyles. [http://tobacco.stanford.edu/tobacco\\_main/index.php](http://tobacco.stanford.edu/tobacco_main/index.php)

Stanford Research into the Impact of Tobacco Advertising <https://trinketsandtrash.org/index.php>

Trinkets and Trash: Artifacts of the Tobacco Epidemic, a Rutgers School of Public Health Online Surveillance System & Archive of Tobacco Products & Marketing Materials, with a search engine

Follow IHR and the TAPE Project on social media for important information and great resources:

**FACEBOOK** <http://www.facebook.com/InstituteForHealthandRecovery>

**TWITTER** <http://twitter.com/healthrecovery>

**PINTEREST** <http://pinterest.com/healthrecovery>

### *Additional Educational Materials:*

**Print-ready Handouts** <http://www.healthrecovery.org/resources/tobacco/>

#### [On-PAR Training · IHR](#)

The On-PAR Online Training, developed by IHR'S TAPE Project, assists behavioral health programs to treat tobacco dependence on par with other substance use disorders. It is **FREE** and **CEUs are available!**

**FOOD AND DRUG ADMINISTRATION** <https://digitalmedia.hhs.gov/tobacco/> *FREE Print and Digital*  
[www.maclearinghouse.com](http://www.maclearinghouse.com) - FREE EDUCATIONAL MATERIALS from the Massachusetts Health Promotion Clearinghouse. *Funded by Massachusetts Department of Public Health*

**Tobacco Recovery Resource Exchange** <https://tobaccorecovery.oasas.ny.gov/>

The Exchange offers free downloadable resources and tools to implement tobacco education, treatment, and policies in chemical dependence prevention and treatment programs, including group treatment curricula. □

**CENTERS FOR DISEASE CONTROL AND PREVENTION** [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

*Offers materials and fact sheets in English and Spanish*