

Real Talk About Vaping:

A Vaping Prevention Curriculum from UNMC & T.E.A.M

It's no secret. E-cigarettes are dangerous.

Electronic Nicotine Delivery Systems (ENDS), also known as e-cigarettes, vapes, vape pens, e-hookahs, and e-cigars are devices used to produce an aerosolized mixture that's inhaled by the user. Countless studies have shown that these vaping devices are harmful to youth. Since 2017, vaping has increased dramatically among youth, reaching an epidemic proportion.

Researchers and educators from the University of Nebraska Medical Center (UNMC) and Tobacco Education & Advocacy of the Midlands (T.E.A.M) have developed an evidence-based vaping prevention curriculum for youth and invite you to participate in piloting the curriculum.



How it works:

1

Youth participants will be asked to complete a short, confidential survey before completing the curriculum to assess knowledge, attitudes, and behaviors about vaping.

2

Participants will complete three, 30-minute lessons designed to educate youth on the health risks of vaping, increase peer pressure refusal skills, and build media literacy and awareness of tobacco marketing.

3

Youth participants will be asked to complete a short, confidential post-survey to assess knowledge, skills, and behaviors about vaping.


Curriculum Features:

- Each lesson comes with a comprehensive teaching guide. No prior experience with tobacco prevention education is needed.
- Surveys and lessons are easily accessible on Google Drive and require no special set up for educators. Continuous technical support is provided to all participating schools.
- Lessons are designed to engage students with activities and quizzes throughout each lesson.
- Each lesson is available in a lecture and video format, allowing educators the freedom to choose how students participate.
- There is no cost to participate.



Contact Us:

 info@teamtobaccofree.org

 (402) 593-3022

 teamtobaccofree.org

T.E.A.M. TOBACCO EDUCATION & ADVOCACY OF THE MIDLANDS
TEAMTOBACCOFREE.ORG

 UNMC
BREAKTHROUGHS FOR LIFE™