CURRENT CURRICULAR SCAN RESULTS

It is clear that vaping among teens is on the rise. In fact, according to a 2019 Monitoring the Future Survey, 10% of 8th graders have vaped in the past month, with that number rising to over 25% for seniors in high school.[1] As a result, it is clear that curriculum must target not only middle and high school students but also elementary and intermediate students to help prevent the spread of this epidemic.

A great deal of curriculum exists to assist in youth vaping prevention. The CATCH Global Foundation's CATCH My Breath, National Institute of Health's Smokefree Teen, and California Department of Public Health's Still Blowing Smoke programs are just a few examples of online curriculum that do a great job of educating youth and adults about vaping prevention. However, through this curricular scan, gaps were seen relating to youth empowerment to say no and stopping vaping once it has begun. The goal of these curricular additions were to help fill the voids in vaping prevention curriculum. These lessons were designed with these main objectives in mind:

- Educate youth about what vapes and e-cigarettes are;
- Explore the physical and mental health effects of vaping;
- Empower youth to say no to vaping;
- Assist youth in identifying positive and negative role models in their lives; and
- Provide youth with the tools to stop vaping and avoid the triggers to vape again.

1. National Institute on Drug Abuse. (2019). Monitoring the future 2019 survey results: Vaping. Retrieved from https://www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2019-survey-results-vaping