

Short interventions and Prevention for Youth Vape and Tobacco Use

[Catch My Breath](#), ages 10-18, 4 lessons 30-40 minutes each, free from CVS

[Taking Down Tobacco 101](#), 10 courses 20 minutes each? A facilitator could include discussion questions

[Taking Down Tobacco the Rise of Vaping](#), a 20 minute vape video appropriate for classrooms

[InDepth](#), an alternative to teen nicotine suspension or citation from American Lung Association, 4 sessions, 50 minutes each with a trained adult facilitator

[TakingDownTobacco.org](#) Escape the Vape

[N-O-T: Not On Tobacco](#), Cessation program from the American Lung Association

[SmokefreeTeen](#) tobacco and vaping cessation support from the National Institutes of Health

[This Is Quitting](#) text based tobacco and vaping cessation from Truth Initiative

1-800-QUIT-NOW national tobacco quit line

[www.kanquit.org](#) supplied by Kansas Department of Health and Environment

Text **DITCHJUUL** to **887-09** quitting text program