

Vaping Unveiled™ What Everyone Needs to Know Program Outline

Format:

Adult/Community Program:

60 minutes. Allow 45 minutes for presentation, additional 15 minutes for questions (optional panel – recommended) and pre and post survey.

Middle and High School Program:

30-45 minutes. Allow 30 minutes for presentation, additional time for questions and optional interactive components.

Content:

Note: Items below marked with an * are not extensively covered in youth program content (unless requested by school/community).

- What is Vaping and E-cigarettes
- Brief History of E-cigarettes and U.S. Regulations*
- Youth E-cigarette use – U.S. and NH (statistics and trends)
- Impact of Nicotine – Effect on Developing Brain, Body, and Addiction
- Impact of Vaping to Lungs and Respiratory System
- Current U.S. Outbreak of Vaping-Related Lung Injury
- Chemicals
- Dabbing (Marijuana/THC)*
- Popular Products and Trends Among NH Youth*
- Marketing Tactics that Appeal to Youth and Teens
- Flavors and Packaging
- NH Policies
- Potential Signs of Vaping*
- How to Help Friend Stop Vaping
- Quit Vaping Resources for Youth and Teens
- Additional Resources for Schools and Parents*