



## YOU & ME, TOGETHER VAPE-FREE CURRICULUM

The "You and Me, Together Vape-Free" curriculum is an **interactive learning program** designed for elementary, middle and high school students, in collaboration with youth, educators and scientists. It comprises 6 prevention lessons that are geared for in-classroom instruction.

### In these lessons, you'll find:

- Slides with talking points for each lesson
- Hands-on Activities & Kahoots
- Take-home Discussion Guides to continue the learning at home

## Six 50-minute Lessons

*or organize and plan your own curriculum*

Lesson 1: **Full of Potential: Your Brain Nicotine-Free**



Lesson 2: **Healthy Body, Healthy You-th: Effects of E-cigarettes on The Body**



Lesson 3: **What a Waste! Impact of Cigarettes and E-cigarettes on The Environment**

Lesson 4: **Don't Be Played: How Tobacco Marketing Targets You-th**



Lesson 5: **Be Your Strength: Stress, Coping, and Wellness**



Lesson 6: **Can't be Missed: Cannabis and You-th**



## GOALS FOR THIS CURRICULUM



Increase students' knowledge about e-cigarettes and the **harms they can cause**.



Gain awareness of strategies manufacturers and sellers of e-cigarettes employ to increase use among adolescents, such as **deceptive** and **creative marketing strategies**.



Gain skills to **refuse experimentation** and **use of e-cigarettes**.



Ultimately, to **reduce** and **prevent e-cigarette use** of any type, including nicotine, cannabis/THC, and/or non-nicotine products.

**Ready to jump in?**

Get full access here:

[tinyurl.com/stanfordyouandme](https://tinyurl.com/stanfordyouandme)

