

## **Vaping Unveiled™ *What Everyone Needs to Know*** **Program Outline**

### **Format:**

#### **Adult/Community Program:**

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

**Middle and High School Program:** Allow at least 30-40 minutes for an in-person presentation. Add an additional 15 minutes for questions and optional interactive components.

**Virtual Program (Any Age Group):** 30 minutes. Allow at least 30 minutes for presentation. Add additional time for questions if requested.

### **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
- Chemicals
- Dabbing (Marijuana/THC)\*
- Popular Products and Trends Among NH Youth\*
- Coronavirus, COVID-19, and Vaping
- Current U.S. Outbreak of EVALI: E-cigarette or vaping product use-associated lung injury
- Marketing Tactics that Appeal to Youth and Teens
- Flavors and Packaging
- NH Policies
- How to Help a Friend Stop Vaping
- Quit Vaping Resources for Youth and Teens
- Potential Signs of Vaping\*
- Additional Resources for Schools and Parents\*