

PREVENTING VAPING USE IN STUDENTS

Educators can provide students with the knowledge and skills to make informed decisions about vaping and other nicotine products. Support youth nicotine prevention by adopting consistent, clear anti-vaping messages in your classroom.

SCAN TO LEARN MORE

Prevention Education Primer



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1 **PROMOTE HEALTHY COPING MECHANISMS**

Encourage students to find healthy ways to manage stress and mood, such as mindfulness practices, physical activity, and building a support system.

2 **BUILD CRITICAL THINKING SKILLS**

Help students analyze and question the messages they hear about vaping and other nicotine products.

3 **PRACTICE REFUSAL SKILLS**

Support students in building confidence to say “no” when they feel pressured to vape.

4 **FOSTER AUTONOMY AND DECISION-MAKING**

Empower students to make healthy choices and help their peers do the same.