



What schools can do

Educate students on the harms of nicotine and e-cigarette use, including increased risks of smoking and vaping associated with COVID-19.

- [Taking Down Tobacco, Campaign for Tobacco-Free Kids](#)
- [The Real Cost of Vaping](#), a comprehensive program for Grades 6-12 developed as a partnership between Scholastic and the FDA.
- [Health care professionals: Educate your young patients about the risks of e-cigarettes](#) (CDC)
- [Know the Risks: E-cigarettes and Young People](#), US Surgeon General
- [Truth Initiative-- COVID-19: the connection to smoking and vaping, and resources for quitting](#)
- [Tobacco-Free Kids -- COVID-19: Never has it been more important for smokers to quit and for individuals to avoid damaging their lungs by vaping](#)

Provide resources to parents about talking to their teens.

- [Talk with your teen about e-cigarettes: A tip sheet for parents](#), CDC
- [Teachers and Parents: That USB stick might be an e-cigarette](#), CDC
- [JUULing: What pediatricians and families need to know](#), American Academy of Pediatrics
- [Vaping: What you need to know and how to talk with your kids](#), Partnership for Drug-Free Kids
- [E-cigarettes, "Vapes", and JUULS: What parents should know](#), American Lung Association
- [How much do you know about the epidemic?](#), Scholastic

Share resources for quitting nicotine addiction

- **Quit vaping help for New York teens and young adults**
This innovative, free text message program was created with input from teens, college students, and young adults who have attempted to, or successfully, quit vaping. To access help, text "DropTheVape" to 88709.
- **NY State Smokers' Quitline**
The New York State Smokers' Quitline (1-866-NY-QUITS) provides free and confidential evidence-based cessation services to New York residents who want to stop tobacco use, including vaping. Online support also available at www.NYSmokeFree.com.
- **Virtual Butt Stops Here Support Group for Adults**
A 7 week FREE online group tobacco cessation program, a collaborative public health initiative of St. Peter's Health Partners.
Pre-register through: <https://www.surveymonkey.com/r/VirtualBSH2020>