



TUPE

TOBACCO USE PREVENTION EDUCATION

Goals of TUPE Workshop

- Share information about our district's Tobacco Use Prevention Education (TUPE) Program
- Provide participants general information about tobacco/vaping products & resources to gain more knowledge
- Share cessation resources

What is TUPE?

Tobacco-Use Prevention Education (TUPE) Program

- The purpose of the TUPE program is to reduce youth tobacco use by empowering students in grades 6-12 to make healthy decisions
- Uses tobacco-preventative instruction, intervention, cessation programs, and reinforcement activities

TUPE Cohort—New 2020-2021



- Participating in a New 3 Year Grant
- Los Angeles County Office of Education TUPE Program
 - 18 Districts
- 2020-2021 is Year 1 of Cohort
 - Grant will focus on:
 - Student Services
 - Services to Parents and Community
 - Staff Professional Development
 - Local Agency Collaborations



Trends in Vaping

The Triangulum

The intersection of tobacco, marijuana, and e-cigarettes/vapes

E-cigarettes have become the delivery device for both tobacco and marijuana/cannabis



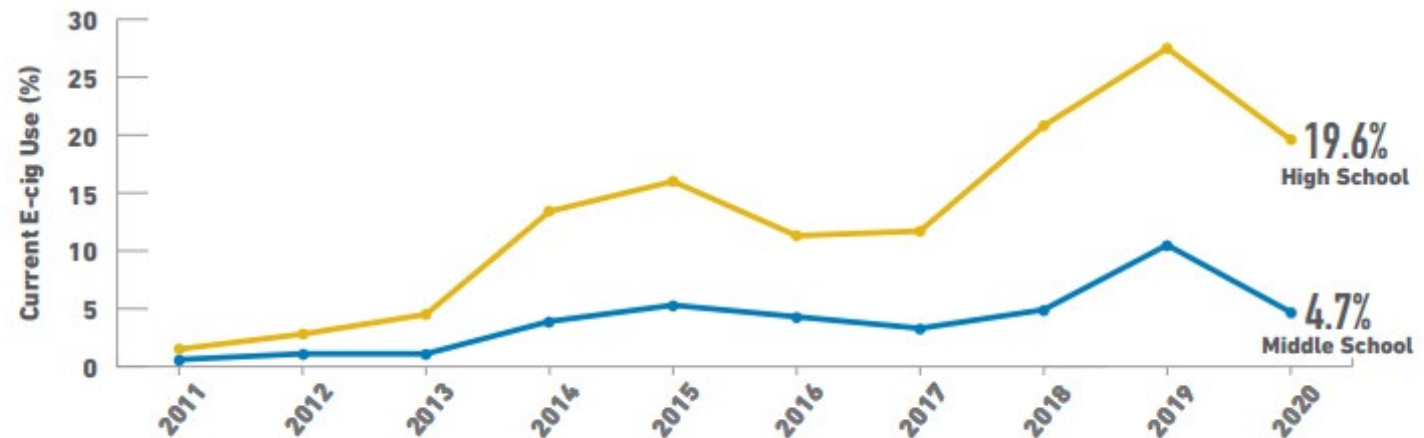
Youth Trends with Tobacco/Vape Products



2020 National Youth Tobacco Survey

Findings show a sharp decline
in youth e-cigarette use with
1.8 Million
fewer users
since last year

However, due to **alarming
increases** since 2011,
the number of current
youth e-cig users remains
concerningly high:
3.6 Million

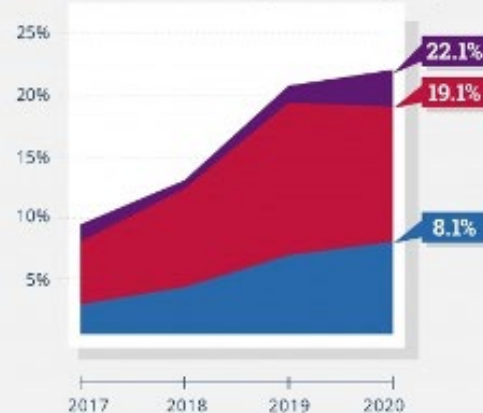


2020 Survey by National Institute on Drug Abuse

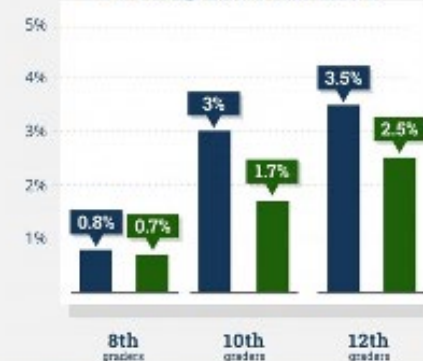
Marijuana Use by Teens--Monitoring the Future Survey

Past-Year Marijuana Vaping Holds Steady

Past-Year Marijuana Vaping

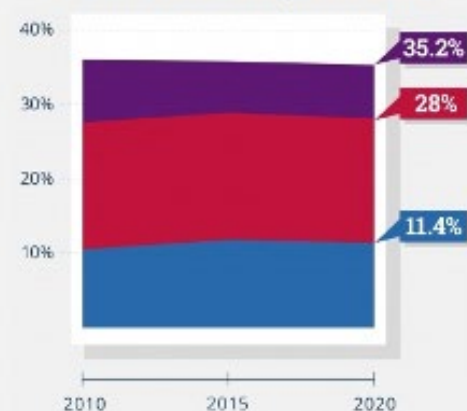


Daily or Near-Daily Marijuana Vaping Decreases Significantly Among 10th Graders

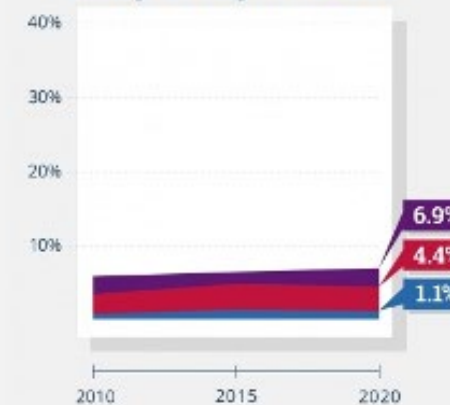


Marijuana Use Remains Steady

Past-Year Marijuana Use



Daily Marijuana Use



- Youth are still experimenting with cigarettes, marijuana, and other tobacco based products
- Electronic Cigarettes are often called E-Cigs, Pens, Vape Sticks
- Often also called JUUL in reference to the popular vape pen brand shaped like a flash drive.

E-Cigarettes & Vape Pens Generations

				
<u>Cig-a-Like</u> E-cigarettes came onto the market around 2007. Most delivered nicotine and were disposable.	<u>Variations</u> Variations on the first e-cigarettes included products like e-hookah and rechargeable versions.	<u>Vape Pens</u> These have batteries that can reach higher temperatures, have refillable e-liquid cartridges, and allow users to regulate the frequency of inhalations.	<u>Mods</u> Large size, modifiable e-cigarettes allow for more aerosol, nicotine, and other chemicals to be breathed into the lungs, at a faster rate.	<u>Pod-Based</u> These e-cigarettes are shaped like USBs and contain pods with higher amounts of nicotine than previous generations.



Vape Pens/Pods = Higher Concentration of Nicotine



What you Should Know about Vaping

INHALING AEROSOL V



"VAPING"

Resources to Learn More:

- *[Vaping Lingo Dictionary](#)
- *[Centers for Disease Control and Prevention](#)
- *[National Institute of Health \(NIH\)](#)
- *[TalkaboutVaping.org](#) American Lung Association

truth initiative
INSPIRING
TOBACCO-FREE
LIVES

Vaping Lingo Dictionary

High vaping rates among youth and young adults have introduced a plethora of new terms and keeping up with the latest lingo can be difficult. If you are wondering what the young people in your life are talking about, here is a list of some popular words, phrases, products and general language used to refer to vaping/e-cigarette use.

POPULAR VAPE BRANDS & DEVICES

	Closed Pod System (uses disposable pods)
JUUL	
BLU	



Teens find Ways to Hide Devices



Manufacturers Create Devices that Look Like Everyday Objects





**Chief Babbitt,
HLPUSD Chief of Police**



TUPE: Lessons & Interventions

TUPE Lessons



➤ Stanford's Tobacco Prevention Toolkit

- 6-8th Grade Lessons
- Check out Online Resources and Lessons
- Vaping: [Kahoot: An Introduction to Vaping](#)



➤ Project Towards No Drug Abuse (TND)

- 9-12th Grade Lessons



GUEST SPEAKERS HOSTED THIS YEAR

Music Notes

<http://www.musicnotesonline.com/anti-tobacco-services/>

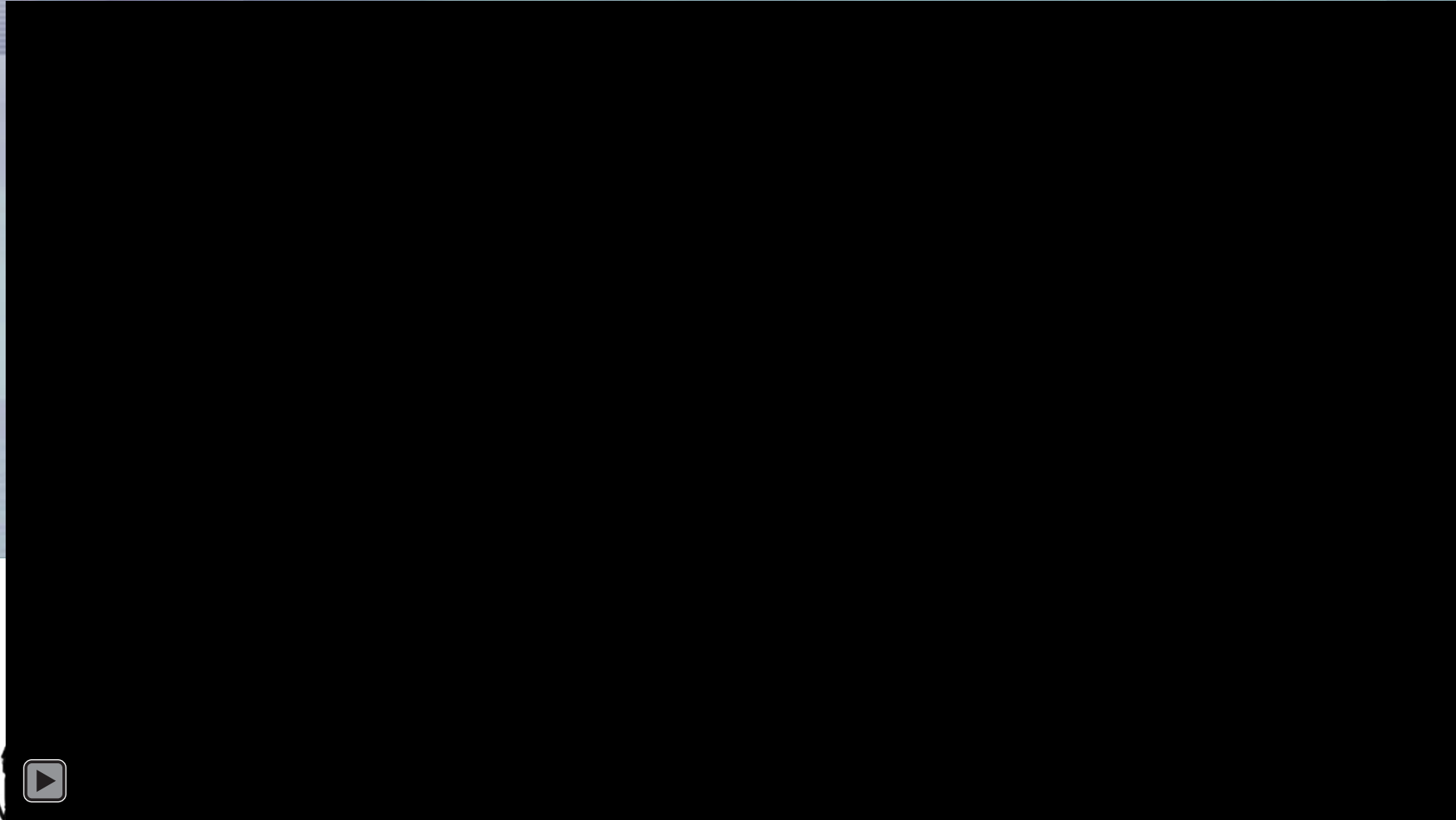


Dr. De Noble

https://www.youtube.com/watch?v=4tg_rMiOLnA

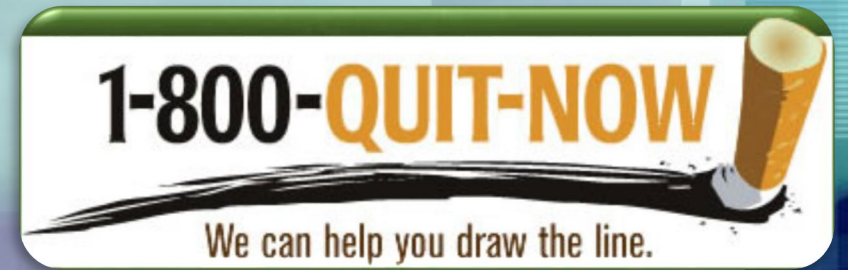
Check out [The DeNoble Files](#) on Youtube

Multimedia Messaging



Cessation Resources

- Centers for Disease Control and Prevention: For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669).
- California Smokers' Helpline
 - Free to California residents
 - www.nobutts.org
- L.A. Quits
 - LA County Department of Public Health
- Mental Health Providers
 - ENKI
 - Foothill Family
 - Pacific Clinics
 - USC Telehealth





Allegra Consulting Group





Thank you for Joining Us

Questions?

Contact your child's Principal -or-
Amanda Cevallos at Student & Family Services
626-933-5305