



Tobacco Prevention Toolkit

Alternative to Suspension Options	
<p><u>MY Healthy Futures</u> - 40-60 minute self-paced course for students to do <u>on their own</u>.</p> <p>Nicotine Version is an Alternative-to-Suspension curriculum geared for students who have been caught using nicotine products and/or for any student who is interested in trying to reduce or quit nicotine use. We offer free, online Healthy Futures training for facilitators.</p>	<p><u>OUR Healthy Futures</u> - a two- and a four-hour version.</p> <p>The two-hour version can be facilitated with just one student or in a group setting. It allows for warm-up questions interspersed between slides that allow students to share what they know about each topic.</p> <p>The four-hour version builds on the two-hour version by allowing time for personal reflection following each topic. This version allows for more individual introspection and group discussion (if done in a group setting)</p>
Prevention Curriculum	
<p>You and Me, Vape-Free Curriculum: Includes a middle and high school program that are 6 lessons, approximately 50 minutes each.</p> <p><u>Lesson #1</u> – Full of Potential: Your Brain Nicotine-Free <u>Lesson #2</u> – Healthy Body, Healthy You-TH <u>Lesson #3</u> – What a Waste! Impact of Cigarettes and E-Cigarettes on The Environment <u>Lesson #4</u> – Don't Be Played; How Tobacco Marketing Targets You-TH <u>Lesson #5</u> – Be Your Strength; Stress, Coping and Wellness' <u>Lesson #6</u> – Can't Be Missed: Cannabis & You-TH</p> <p>Sidekicks: A training for youth to equip them with the skills to have non-confrontational, respectful, friendly conversations with peers about tobacco use, vaping, or other risky behaviors. This 4-hour training can be conducted in one day or over multiple days, virtually or in person.</p>	

*****To schedule a training for tobacco or cannabis specific resources sign up [here](#)*****

Sample Substance Use Violation Tier Policy: Tobacco

1st Offense	2nd Offense	3rd Offense
-Required to complete MY Healthy Futures (1 hour independent session) -Re-entry conversation with student, school staff, and parents	-Required to complete 2-hour OUR Healthy Futures -Attend support group at MYC -Re-entry conversation with student, school staff, and parents	-Required to complete 2 or 4-hour OUR Healthy Futures -Attend support group at MYC -Re-entry conversation with student, school staff, and parents

If a student has more than 3 offenses and is 13 years old, they get referred to [SIRP](#).

Cannabis Prevention Toolkit

Alternative to Suspension Options	
<p>MY Healthy Futures - 40-60 minute self-paced course for students to do <u>on their own</u>.</p> <p>Cannabis Version is an Alternative-to-Suspension curriculum geared for students who have been caught using cannabis products and/or for any student who is interested in trying to reduce or quit cannabis use.</p>	<p>OUR Healthy Futures - a two- and a four-hour version.</p> <p>The two-hour version can be facilitated with just one student or in a group setting. It allows for warm-up questions interspersed between slides that allow students to share what they know about each topic.</p> <p>The four-hour version builds on the two-hour version by allowing time for personal reflection following each topic. This version allows for more individual introspection and group discussion (if done in a group setting)</p>
Prevention Curriculum	
<p>Smart Talk: Cannabis Prevention & Awareness Curriculum: 5-lesson theory-based and evidence-informed curriculum created by the Stanford REACH Lab as well as by our Youth Action Board, educators, healthcare providers, and scientists across the U.S.</p> <p>Lesson #1 – Full of Potential: Your Brain Cannabis-Free Lesson #2 – Effects of Cannabis on The Body Lesson #3 – Healthy People, Healthy Community Lesson #4 – Is The Cannabis Industry Misleading You-TH? Lesson #5 – Be Your Strength; Stress, Coping and Wellness</p>	

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Sample Substance Use Violation Tier Policy: Cannabis

1st Offense	2nd Offense	3rd Offense
-Required to complete MY Healthy Futures (1 hour independent session) -Re-entry conversation with student, school staff, and parents	-Required to complete 2-hour OUR Healthy Futures -Attend support group at MYC -Re-entry conversation with student, school staff, and parents	-Required to complete 2 or 4-hour OUR Healthy Futures -Attend support group at MYC -Re-entry conversation with student, school staff, and parents

If a student has more than 3 offenses and is 13 years old, they get referred to [SIRP](#).