

TEXAS E-CIGARETTE AND TOBACCO AWARENESS

REFERRAL COURSE



This course is the state's official vaping (e-cigarette) and tobacco awareness program and is intended for individuals under the age of 21 who are cited for possession of tobacco products, including vapes. This course will provide these individuals with the information and skills necessary to quit and avoid tobacco products in the future.

This online course meets the requirements of **Section 161.253, Texas Health and Safety Code.**

ABOUT THE COURSE:

The course may take 3-4 hours to complete but does not need to be completed all at the same time. The course includes engaging content, such as:

- » Videos
- » Activities
- » Short-answer reflection questions
- » Mini quizzes
- » A downloadable workbook with activities and resources

The course also includes assessments, evaluations, and an emailed certificate of completion.

COURSE TOPICS:

This course discusses the harmful health effects of tobacco products, and how the tobacco industry markets their products to young people. This course also features a video series with a teen mental health therapist who discusses how occasional use can turn into an addiction, why and how the student can track their usage as well as tips on developing a support network to help them quit.

The training features six modules that cover:

- 1) Introduction to Tobacco and Vaping
- 2) Health Risks of Vaping and Tobacco Use
- 3) The Science of Addiction
- 4) Recognizing Tobacco Industry Marketing Tactics
- 5) Building Resiliency
- 6) Getting Help: Its Okay to Be a Quitter

ACCESSING THE COURSE:

On a computer or smart device, students will need to visit

sslp.txssc.txstate.edu/referral to create a user account. Once an account is created, the student will be able to log in and out of the training. Students can scan the QR code to access the training link.

