

TEXAS E-CIGARETTE AND TOBACCO AWARENESS

PREVENTION COURSE



This free online training is designed for students in grades 6-12 who are interested in learning about the harmful health effects of vapes and other tobacco products, how the tobacco industry markets their products to young people, and how young people can build a vape free, tobacco free culture in their school.

Students can complete this course on their own or schools can require students to complete the training as part of their vaping/tobacco prevention education efforts.

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

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

COURSE TOPICS:

Students will learn about the history, marketing, and health risks of tobacco products as well as strategies to resist peer and social pressure and how they can share the information they learn in the training.

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/prevention 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.

