



TEXAS E-CIGARETTE AND TOBACCO AWARENESS

REFERRAL COURSE



As an alternative to punitive measures, such as school suspension or Disciplinary Alternative Education Program (DAEP), schools may, at their discretion, refer students in possession of tobacco products to complete this **FREE** course.

Schools are also strongly encouraged to require students who have been referred to In-School Suspension (ISS) as a result of their tobacco/vaping use to complete the course so they may better understand why they use and be motivated to consider quitting.

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.

