



Core Curriculum Menu

In this document, we provide a brief description of our [Tobacco Prevention Toolkit](#) and the [Cannabis Awareness and Prevention Toolkit](#), as well as some of the core curriculums within.

Tobacco Prevention Toolkit Overview

The [Tobacco Prevention Toolkit](#) is a research-informed and validated set of curriculums to help prevent students from starting or escalating use of any tobacco product. The goals of this Toolkit are for students to understand basic information about tobacco products, including e-cigarettes/vape pens, and the harm they cause; gain awareness of strategies manufacturers of tobacco, including e-cigarettes/vape pens, employ to increase use among adolescents through deceptive and creative marketing strategies; and to gain skills to refuse experimentation and use of tobacco.

The Toolkit includes information about cigarettes, e-cigarettes/vapes, hookah, nicotine addiction, smokeless tobacco, and positive youth development. Units and lessons include PowerPoints with Teacher Talking Point, Kahoot games/quizzes, factsheets, and educator crash courses on key topics in the curriculum.

With the wide array of new forms of "smoking", smoking devices and increase in vaping, and given that many young people are using tobacco, cannabis, and e-cigarettes, discussing this Triangulum or the intersection of all three products is important. As such, in addition to the Tobacco Prevention Toolkit, we have lessons in our Cannabis Awareness and Prevention Toolkit that you can use alone or in conjunction with the Tobacco Prevention Toolkit.

Cannabis Awareness and Prevention Toolkit Overview

The [Cannabis Awareness and Prevention Toolkit](#) is a research-informed set of curriculums to help prevent students from starting or escalating use of using cannabis/marijuana.

The goals of this Toolkit are for students to learn basic information about all cannabis products; understand how their brain develops, and how cannabis influences this development; identify ways of how using cannabis can interfere with the development of life skills all adolescents need to be learning now; process how using cannabis can get in the way of a young person finding out what can bring them pleasure; explore who they are and what they like, as alternatives to cannabis use; gain refusal skills to address peer pressure of experimentation and use of cannabis/marijuana.

The Toolkit includes information about cannabis and the developing brain, the science of THC, CBD, and dopamine, short and long-term health effects of using cannabis, differentiating facts from options about cannabis, and what a person's job is in their teen year. Pick and choose which lessons will be most useful for your work. PowerPoints, worksheets and activities can all be adapted to suit the needs of schools, community organizations, and health-related agencies



Core Curriculum Menu

Table of Contents

I. Tobacco Prevention Toolkit:	
1. <i>Vaping Prevention: A Self-Paced Online Course</i>	3
2. <i>Healthy Futures: An Alternative-to-Suspension Curriculum</i>	4
3. <i>5-Session Sample Curriculum</i>	5
II. Cannabis Awareness & Prevention Toolkit:	
1. <i>Cannabis Awareness & Prevention: A Remote-Learning Curriculum</i>	6



Core Curriculum Menu

Tobacco Prevention Toolkit: ***Vaping Prevention: A Self-Paced Online Course***

Summary: The *Vaping Prevention: A Self-Paced Online Course* sits within the [Tobacco Prevention Toolkit](#).

This new online course is a free, vaping prevention course to use for teaching and/or to assign to students to do on their own. This course was developed in consultation with and reviewed by youth, educators, and health care providers. Find an overview of the course along with detailed instructions [here](#) on the Tobacco Prevention Toolkit website.

Ages / Grades: Middle and high school students.

Duration: Two versions: Linear and Open (see below). Takes at least 1 hour for students to go through the course on their own. Educators can use the course for 5 hours of instruction, especially if [paired up with activities](#) from the Tobacco Prevention Toolkit.

The course includes quizzes, audio walkthrough, click-and-drag activities, infographics, and short videos. Each version has the same five learning modules, each with lessons that contain activities, videos, and opportunities for discussion:

- A. *A Real Intro to E-Cigarettes*
- B. *All of the Chemicals: From Liquid to Aerosol*
- C. *What's the Damage: Health Effects of the Aerosol*
- D. *Central Problem of E-Cigarette Usage: Nicotine*
- E. *What Are They Selling: Nicotine Marketing*

Each module has assessments, either open-ended or multiple-choice questions which provide feedback once students submit their answers. This tool can be used to learn what students know or to clarify what else needs to be covered in future teaching.

Implementation cost: Free

Website:

- Open version/no sign in required: <https://mededucation.stanford.edu/courses/vaping-prevention/>
- Linear version/students sign up at: <https://mededucation.stanford.edu/vaping-prevention-registration/>
 - After you have given your students time to do the linear version of the course you can contact the course manager, Richard Ceballos, at rceb3@stanford.edu to request a spreadsheet breaking down the percentage of the course that your students completed. This is one way to verify that your class or classes participated in the course. Make sure to send Richard a list of all the emails your students used to enroll in the course.



Core Curriculum Menu

Tobacco Prevention Toolkit:

Healthy Futures: An Alternative-to-Suspension Curriculum

Summary: The *Healthy Futures: An Alternative-to-Suspension Curriculum* sits within the [Tobacco Prevention Toolkit](#).

The *Healthy Futures Curriculum* provides activities and interactive materials that provide secondary prevention messages to students caught using e-cigarettes/vapes, or students and parents looking for materials to help youth move towards quit.

Ages / Grades: Middle and high school students.

Duration: Healthy Futures offers three program versions (1-hour, 2-hour and 4-hour) to accommodate school preferences and to support a progressive approach to student violations.

- All three versions of the Healthy Futures curriculum cover four main topics:
 - Health Effects
 - Your Brain
 - Messaging
 - Cost
- [The 2-hour version:](#)
 - Allows for **warm-up questions** interspersed between slides that allow students to share what they know about each topic.
 - Includes the [Healthy Future Handbook](#) that guides students to consider their individual motivations for quitting e-cigarettes/vapes.
- [The 4-hour version:](#)
 - Builds on the 2-hour version by allowing time for **personal reflection** following each topic.
 - Allows for **more individual introspection and group discussion** (if done in a group setting). This version also includes the Healthy Future Handbook.
- There is now a **Digital Healthy Futures Handbook** designed for students to complete as they work through the curriculum. Students receive a copy of their handbook for motivation as they take individual steps towards living vape-free. **Make a copy** of the Digital Handbook/Google Form by clicking [here](#).

Implementation cost: Free

Website: <http://med.stanford.edu/tobaccopreventiontoolkit/take-and-teach/HealthyFutures.html>



Core Curriculum Menu

Tobacco Prevention Toolkit: *5-Session Sample Curriculum*

Summary: The *5-Session Sample Curriculum* sits within the [Tobacco Prevention Toolkit](#).

This is a suggested 5-session curriculum that educators can use over 5 days, with 50-minute sessions. Before using the curriculum, we suggest that educators become familiar with the material including reviewing the teacher-focused crash courses.

Ages / Grades: Middle and high school students.

Duration: 5-day or 5-period curriculum, with each session being 50-minutes.

The 5-session curriculum covers three main topics and the following subtopics:

- Addiction
 - Brain Development
 - Nicotine Addiction
- General Tobacco
 - History of Tobacco
- E-Cigarettes and Vape Pens
 - Flavors, Manipulation, Targeting

Implementation cost: Free

Website: <http://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/by-time/5week.html>



Core Curriculum Menu

Cannabis Awareness and Prevention Toolkit:

A Remote-Learning Curriculum

Summary: The *Cannabis Awareness & Prevention: A Remote-Learning Curriculum* sits within the [Cannabis Awareness & Prevention Toolkit](#).

This is a new remote-learning curriculum for educating and engaging young people about the health risks and limitations of using cannabis/marijuana during adolescence. The goal of this curriculum is to empower young people to maximize their brain's potential to feel good instead of relying on drugs like cannabis to do it for them.

Ages / Grades: Middle and high school students.

Duration: There are two ways to use this curriculum. One is for students to do the curriculum on their own (Learn-It-Yourself, LIY), the other is for you to lead the class remotely (Teach-It-Yourself, TIY) on Zoom or another video conference platform.

This curriculum contains the following:

1. **Slide set** (30-45 mins): This slide set includes the informational content of the curriculum; Teacher Talking Points are provided in the notes section for those of you using the TIY mode.
2. **Student worksheet:** This allows students to assess their content knowledge and share their opinions through either a Google form or a Microsoft Word document. The Google form allows you to compile all student responses in one Google sheet viewable to only you. The Word document is a fillable form that students can return to you via email.

Implementation cost: Free

Website: <https://med.stanford.edu/cannabispreventiontoolkit/Remote-LearningCurriculum.html>