

What do students 🧐🧐 think about YVAPE?

🧐🧐❤️ *It's fast, simple, easy to understand, educational, a better choice than punishment, and supportive for quitting vaping. 🚫💪*

🧐🧐❤️ *I like the YVAPE coaches! They're nonjudgmental, great listeners, and never pushy.*

KICK/IT
California



YVAPE is operated by Kick It California at UC San Diego and is funded by the California Department of Education and the California Department of Public Health. Kick It California began in 1992, and is staffed with caring, trained professionals. YVAPE began in 2019 and is run by the same dedicated staff.

We're here to help! 😊

For more information visit **YVAPE.ORG**

💻 **yvape-support@health.ucsd.edu**
📞 **858-300-1023**



YVAPE

Youth Vaping Alternative
Program Education

YVAPE is a free educational and alternative means of correction intervention with phone coaching support for students who have been found with, under the influence of, or selling **nicotine** and/or **marijuana** at school.

YVAPE is available to California schools with students 12 years and older. YVAPE is provided in English and Spanish.



Scan the QR Code to access the secure web referral form or visit **yvape.org**.

How does YVAPE work?

Register Your School

Go to yvape.org to begin!

Request more information by using the website form or emailing yvape-support@health.ucsd.edu.



Student Enrollment

Eligibility

- Student is 12 years or older.
- Student was found with or under the influence of **nicotine** and/or **marijuana** at school.
- Student has an email address and access to a phone.

Consent

- The student and parent/guardian (of students 12-17 years old) will provide their verbal consent to school personnel to be enrolled in YVAPE.
- School personnel will provide the student and parent/guardian with the [opt out form](#).
- Students can opt out of YVAPE at any time by signing the opt out form or informing YVAPE. YVAPE will notify the school.

Enrollment

Enter the student's and parent's/guardian's information into the program's web enrollment form at yvape.org.

Video topics:

- » Marketing Manipulation
- » Health Effects of Vaping
- » Top 6 Tips to Quit Nicotine Vapes
- » Nicotine and Mental Health
- » Marijuana and Mental Health
- » Vaping Marijuana
- » Vaping Marijuana: Your Brain and Lungs
- » Dealing with Stress
- » Asking for Help
- » Understanding Motivation
- » Personal Responsibility
- » MJ Myths and Tips to Quit

Additional Support Call: Students can receive an additional check-in call for extra support with substance use and the opportunity to build social-emotional skills (20-30 mins; optional).

Completion

The school, student, and parent will be notified when the student completes YVAPE. The student will receive a certificate of completion (completion is typically 1 to 7 days)

- If the student has not completed YVAPE within 2 weeks, YVAPE will email the school, student, and parent/guardian.
- The student can be reactivated any time, which restarts call attempts.

Additional Activities

Referral to Kick It California (KIC): Students may be referred to KIC during their Additional Support Call for supplemental cessation support.

Optional Evaluation: Students who consent will be contacted a couple months later to answer brief questions about their substance use and YVAPE experience (5-10 mins; \$10 gift card).

Re-referral to YVAPE: Students returning to YVAPE will receive coaching tailored to their prior participation..

Reports: Confidential aggregate reports on student enrollment and program completion are available to schools upon request.

The Program

Videos and Discussion: Watch at least three of the YVAPE videos and use the discussion guide to discuss topics related to the videos. Each video is 2-4 minutes long.

Core Coaching Call: Covers nicotine and marijuana use, health, motivation and confidence for cessation and cessation planning (30-45 mins).

- YVAPE calls can be completed between 7:00 am-9:00 pm (Monday-Friday) and 9:00 am-5:00pm (Saturday).
- YVAPE's coaching approach is non-judgmental, student-centered, and emphasizes personal responsibility.

Why do schools like YVAPE?

- 🔥 Free
- 🚦 Alternative means of correction
- 📋 Easy to enroll students
- 👤 Flexible, can be utilized outside of school hours
- 👨‍🎓 Students interact with trained substance use coaches
- 📊 Educational, positive results helping students
- 🔥 Provides follow-up on student progress.

