

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 and video coaching support for students who have been found with or under the influence of **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 or Zoom.

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.

The Program

Initial Call: The IC covers nicotine and marijuana use, health, motivation and confidence about cessation, and goal setting (20-30 mins).

- YVAPE calls can be completed between 7am-9pm (M-F) and 9am-5pm (Saturday).
- YVAPE's coaching approach focuses on personal responsibility, is non-judgmental and student-centered.

Videos and Discussion: Watch at least three of the [YVAPE Videos](#) and use the [YVAPE Discussion Guide](#) to talk about topics related to the videos. Videos are 2-4 minutes each.

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

Follow-up Call: The FC covers nicotine and marijuana use, the videos, and their goal (10-15 mins). This call completes YVAPE.

Optional Check-in Call: Students can receive an additional check-in call for extra support (5-10 mins).

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 14 days).

- If the student has not completed YVAPE within 4 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): YVAPE students can be referred to KIC during their follow up call for help quitting.

Optional 3-month Evaluation: Students who consent for eval will be contacted to answer questions about their substance use and experience in YVAPE (5-10 mins; \$10 gift card).

Re-referral to YVAPE: Students who are re-referred to YVAPE will receive extra modules on triggers, strategies, and stress management.

Reports: YVAPE provides schools with confidential aggregate reports with the number of students enrolled and their completion statuses.

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.

