

KICK/IT
California



YVAPE is operated by Kick It California at UC San Diego and is funded by the California Department of Education. 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](https://www.yvape.org)

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



YVAPE Youth Vaping Alternative
Program Education

YVAPE is a free educational and alternative to suspension intervention with phone and video coaching support for students who have been found with nicotine and/or marijuana at school.

YVAPE is available to California public schools with students 12 years and older.

YVAPE is designed to provide a positive experience for the student and help them think through their nicotine and/or marijuana use.

How does YVAPE work?

Register Your School

Email yvape-support@health.ucsd.edu and designate a school contact. An email with next steps will be sent to the school contact.

Student Enrollment

The student is found with nicotine or marijuana at school, is determined to be eligible for YVAPE, and chooses to participate in YVAPE.

Eligibility

- Student is 12 years or older.
- Student was found with nicotine or marijuana at school.
- Student has an email address and access to a phone.
- Signed consent form is submitted to YVAPE.

The student and parent/guardian (of students 12-17 years old) provide the school with the signed consent form.

- Download a consent form from yvape.org and email the signed form to yvape-support@health.ucsd.edu. DocuSign consent forms coming soon!
- The school enrolls the student in YVAPE via yvape.org

The Program

Initial Call: A YVAPE coach will call the student for their first session (~15 mins) where they will talk with the student about their nicotine and/or marijuana use, what they'd like to learn, their health, and their motivation and confidence about cessation.

- YVAPE calls can be completed between 7am-9pm during or after school on weekdays and 9am-5pm on Saturdays.
- YVAPE coaching approach is humanistic, student-centered, and focused on connecting with the students.

Videos and Discussion: The student will watch at least three of the YVAPE videos and is encouraged to discuss questions about the video topics (~15-30 minutes) with their parent/guardian or YVAPE coach.

- Video topics include Marketing Manipulation, Health Effects of Vaping, Vaping Marijuana, Vaping Marijuana: Your Brain and Lungs, Dealing with Stress, Understanding Motivation, and Personal Responsibility.

Follow-up Call: A YVAPE coach will call the student at the scheduled time for their follow-up session (~10 mins) where they will talk about their nicotine and/or marijuana use, the videos, discussion questions.

Survey: The student will take a short, follow-up survey (~5 mins) to give feedback on YVAPE.

Completion

The school and parent/guardian will be notified when the student completes YVAPE, and the student will receive a certificate of completion.

- YVAPE is typically completed between 3 to 12 days.

If the student has not completed the program within 4 weeks of enrollment, YVAPE will email the school, student, and parent/guardian with the activities the student has not completed.

- The student can be reactivated by the school, student, or parent/guardian at any time; this will restart the proactive call attempts by the YVAPE coach to the student.

Reports: YVAPE provides schools with confidential aggregate enrollment reports each semester.



Why do schools like YVAPE?

- 🔥 **Free**
- 🚦 **Alternative to suspension**
- 📄 **Easy to enroll students**
- 👤 **Flexible, can be utilized outside of school hours**
- 📖 **Educational, positive results helping students**
- 📅 **Provides follow-up on student progress**

What do students 🧑🎓 think about YVAPE?

🧑🎓❤️ *YVAPE is awesome! it's fast, simple, easy to understand, non-judgmental, educational, a better choice than punishment, and supportive for quitting smoking. 🚫💪*

🧑🎓❤️ *I like the YVAPE coaches! They're 🙌 friendly, helpful, supportive, nonjudgmental, respectful, trustworthy, patient, motivating, great listeners, never pushy, and give 🍏 good advice.*

