

# Prevention Program Overview

**Program:** Escape the Vape SAVE (Suspension Alternative is Vaping Education)

## Program Objectives

**Escape the Vape SAVE:** Provides an alternative to suspension program for students who violate school district vaping policies. The SAVE program educates students on the physical health risks of vaping but also allows students to examine their vaping use to determine the need for additional support.

This program teaches students to:

- Understand the health risks associated with electronic cigarettes.
- Identify the ingredients contained in electronic cigarettes.
- Define addiction and withdrawal and dependency.
- Understand advertising techniques used by the industry.
- Recognize the reason for using electronic cigarettes.
- Assess their own electronic cigarette use.
- Develop a support system and alternatives to vaping.

## Program Summary

<b>Sessions</b>	Two 1.5-hour sessions.
<b>Population</b>	Appropriate for 8th-12th grade students
<b>Education</b>	<p><b>Part 1 - Facts</b></p> <ul style="list-style-type: none"><li>• Define electronic cigarettes and the operational design.</li><li>• Determine the chemical contents of e-liquid.</li><li>• Understand current research on the health effects of vaping.</li><li>• Define addiction.</li><li>• Understand addiction to Nicotine and other vaping substances.</li></ul> <p><b>Part 2 - Education</b></p> <ul style="list-style-type: none"><li>• Media's story of addiction vs Reality of Addiction</li><li>• Advertising techniques targeting youth.</li><li>• Why vaping?</li><li>• Understanding stress and emotions.</li><li>• Alternatives to managing stress and emotions.</li><li>• Hope of recovery and changing the narrative of youth use</li><li>• Resources</li></ul>
<b>Prevention Skills</b>	<ul style="list-style-type: none"><li>• Critical thinking</li><li>• Comprehend and process stress and emotions.</li><li>• Discover healthy alternatives to managing emotions.</li><li>• Strategies to help remain substance free.</li></ul>