

How You Can Support Youth Who Are Quitting Vaping

AUDIO: Music without lyrics playing through the end of the video.

GRAPHICS ON SCREEN: Joint logos of the US Department of Health and Human Services and the Centers for Disease Control and Prevention are in lower corner of screen. Empower Vape-Free Youth trademark appears. Background images are static with crayons, paper, a notebook and paper clips. The title text appears in a box and flashes.

TEXT ON SCREEN: How you can support youth who are quitting vaping.

VISUALS: The title text is in a box with a heart icon on the bottom right corner.

VISUALS: A headshot of an educator in a gray frame appears against a blue background with animated light blue dotted lines with “EDUCATOR” on the bottom of the frame. A text box appears.

TEXT ON SCREEN: As an educator, you are an important source of health information for students.

VISUALS: A female teacher and students speak in a school setting with a smiley face emoticon appearing in a yellow thought bubble from the student. A text box appears.

TEXT ON SCREEN: Use your influence to help students develop skills to safely:

- Cope with stress
- Resist pressure to vape

VISUALS: A purple vape device slides across screen with a white prohibition sign appearing over it against a blue background. The word VAPE is written on the background. A text box appears.

TEXT ON SCREEN: Youth use of any tobacco products is unsafe, including vapes (also known as e-cigarettes).

VISUALS: Images and text slide off to reveal a student looking distressed at their desk with a sad emoticon appearing in a green bubble. A text box appears with lightning bolts at the lower right corner.

TEXT ON SCREEN: Addiction to nicotine can add to the stress that many students already experience.

VISUALS: Images slide off and video slides on of a group of students standing in a circle typing and scrolling on their respective cell phones. A text box appears.

TEXT ON SCREEN: Many students face pressure to vape through social media and e-cigarette advertisements.

VISUALS: The video of students on their phones shifts to the left and a green bubble appears with a lightbulb icon inside it.

TEXT ON SCREEN: Let them know:

- Vaping is less common than they might think.

- Most students who vape want to quit.

VISUALS: Video in a frame of an educator speaking to two students against a background of happy icons and emoticons appears. A text box appears.

TEXT ON SCREEN: Quitting is hard, but it can be done.

VISUALS: Educator continues to speak with students. A second text box appears.

TEXT ON SCREEN: Encourage students to build a support system of family, friends, and teachers who will help them stay vape-free.

VISUALS: The video of the educator and students shifts to the left. A text box appears.

TEXT ON SCREEN: Empower students to talk to a doctor about treatment options.

VISUALS: A headshot of an educator appears on the left side while a headshot of a student appears on the right with an animated dotted white line connecting them and remain on the screen through a series of text boxes with changing text with resource information.

TEXT ON SCREEN: Share resources to help students quit vaping.

VISUALS: 3 text boxes appear.

TEXT ON SCREEN:

Smokefree Teens

Tips, tools, and chat-based quitting support for teens.

Teen.smokefree.org

VISUALS: 3 text boxes appear.

TEXT ON SCREEN: Share resources to help students quit vaping.

Smokefree Teens

Text message-based support for teens trying to quit.

Text QUIT to 47848

VISUALS: 3 new text boxes appear.

TEXT ON SCREEN: Share resources to help students quit vaping.

State Quitline

Connect to a quit coach for free quitting support.

Call 1-800-QUIT-NOW

VISUALS: A new graphic appears, a horizontal split blue and gray background with the word EMPOWER in the background, with joint logos of the US Department of Health and Human Services and the Centers for Disease Control and Prevention.

TEXT ON SCREEN: Empower students to live a life free of vaping. Learn more by visiting: [CDC.gov/vaping](https://www.cdc.gov/vaping)

VISUALS: Music and Audio fade out.