



# **School Support Toolkit for Responding to Tobacco and Nicotine Use**

for school administrators, teachers,  
nurses, counselors, and coaches



**TOBACCO EDUCATION AND  
PREVENTION PARTNERSHIP**  
A Boulder County Public Health program

The Boulder County Public Health Tobacco Education and Prevention Partnership (TEPP) is a grant-funded program that provides community education, works on local policy initiatives, and supports and engages community partners to create a more equitable and healthy future for the residents and visitors of Boulder County.

Visit [BoulderCountyTobaccoFree.org](https://BoulderCountyTobaccoFree.org) for more information, email [HealthInfo@BoulderCounty.org](mailto:HealthInfo@BoulderCounty.org), or call 303.413.7524.

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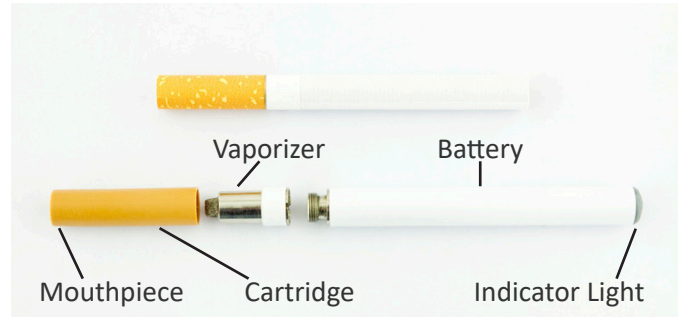
# PRODUCT INFORMATION AND HEALTH EFFECTS

## Understanding Nicotine & Tobacco Products

Electronic nicotine devices are known by many different names, including vapes devices, vapes, vape pens, e-cigs, e-devices, e-hookahs, and mods. These products are popular among young people because of their fruit and candy flavors, ease of access, ability to conceal use, and the use of marketing efforts that appeal to them. For purposes of this guide, we will use the term “e-device” to refer to all types of electronic nicotine devices.

### Devices

Most e-devices operate similarly, despite their different appearances. Each contains a battery that charges the device and heats a liquid, a disposable cartridge or refillable reservoir that stores the liquid, and a vaporizer that changes the liquid into an aerosol that is then inhaled through the mouthpiece.



### Liquids

E-liquids come in thousands of different flavors. JUUL, the most popular brand among young people, refers to its cartridges as “pods.” All e-devices contain chemicals that are not regulated by the US Food and Drug Administration (FDA), and most contain nicotine. Every JUUL pod contains nicotine - as much as in an entire pack of cigarettes. Along with nicotine, most e-liquids



contain flavoring, propylene glycol, and glycerin. The long-term effects of these chemicals when heated and inhaled is not yet known.

Although e-devices are the most common tobacco products used by our young people currently, data show that youth are also using traditional combustible cigarettes, chew, cigars, and cigarillos. While these products may be used less frequently among young people, it is still important to address the use of all tobacco and nicotine products. In fact, targeted marketing has led to disproportionately high use of cigarettes and other tobacco products in some communities.

## Health Effects of Tobacco and Nicotine Products

The health effects of cigarettes and other tobacco products include respiratory problems, cardiovascular effects, many types of cancer, and neurological impacts on the brain from nicotine.

E-devices may lead to some of these same health effects in the long-term, but there is not yet enough research to know for sure. It is clear, however, that the aerosol they emit contains chemicals and heavy metals that have the potential to cause cancer and have caused respiratory and pulmonary disease in the short-term.

Teaching youth about the health effects of cigarettes and other tobacco products, including e-devices, can help them to understand the risks.

# HOW DOES NICOTINE WORK IN THE BODY?

The infographic features a central human silhouette with numbered points (1-7) indicating the path of nicotine. Point 1 is at the mouth, 2 is in the lungs, 3 is at the heart, 4 is at the liver, 5 is at the brain, 6 is at the kidneys, and 7 is at the bladder. To the left of the silhouette are icons for a cigarette and snuff, lungs, and a heart. To the right are icons for a brain, a liver, and a kidney. A vertical sidebar on the right lists 'NICOTINE PRODUCTS' with icons for cigarettes and e-cigarettes, chewing tobacco and snuff, pipes, and dissolvable tobacco (lozenges). Text boxes describe the process at each stage: 1. Ingestion, 2. Inhalation, 3. Heart, 4. Liver metabolism, 5. Brain stimulation, 6. Kidney filtration, and 7. Excretion.

**1** You smoke a cigarette or take a nicotine product. Nicotine is absorbed through the mucosal linings in the nose and mouth.

**2** When you inhale, nicotine passes through the lung's membranes and into the bloodstream.

**3** After it reaches the bloodstream, nicotine makes its way to your heart. There, it's transferred to your arteries, and up to your brain.

**4** Nicotine is extensively metabolized to a number of metabolites by the liver.

**5** Nicotine reaches the brain in 10-20 seconds. It stimulates the release of neurotransmitters adrenaline and dopamine.

**6** Nicotine is filtered by the kidneys and excreted in urine, with variable reabsorption depending on urinary pH.

**7**

### NICOTINE PRODUCTS

- Cigarettes and e-cigarettes
- Chewing Tobacco and Snuff
- Pipes
- Dissolvable tobacco (lozenges)

[addictionblog.org](http://addictionblog.org)

# YOUTH USE IN BOULDER COUNTY

## Data

While the use of e-devices is the current trend, it is important to also look at the use of other tobacco and nicotine products since the tobacco industry is continuously and rapidly developing new products.

## Use

Data from the 2017 Healthy Kids Colorado Survey indicates that Boulder County has one of the highest rates of e-device use in Colorado and the nation. Nearly half of high school youth (46%) reported ever trying an e-device. Further, 13.7% of middle school youth reported experimenting with e-devices. While the use of e-devices is the most common form of tobacco and nicotine product used among young people, it's important to note that other tobacco and nicotine products are being used as well.

## Perception

There is a difference in how harmful young people believe cigarettes and other tobacco products to be compared to e-devices. The 2017 Healthy Kids Colorado Survey reported that 88% of high school youth perceived smoking cigarettes as risky behavior compared to only 51% of youth who perceived the use of e-devices as being risky. Talking about the health effects of all tobacco and nicotine products is crucial in helping to ensure that young people are accurately informed about the risks.

## Polysubstance Use & Mental Health

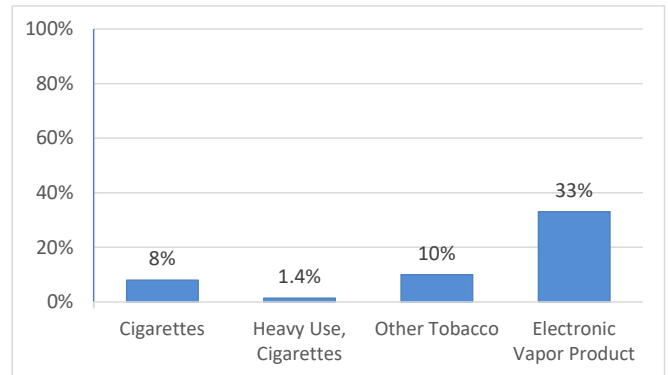
Addressing substance use as part of a holistic approach that includes mental health and other risk factors is important to fully support youth in their quitting attempts.

State-level data indicate that youth who have used tobacco products in the past 30 days are also significantly more likely to have consumed alcohol and marijuana when compared with youth who have not used tobacco products in the last 30 days. Further, youth who have used tobacco products are significantly more likely to have felt sad or hopeless for two weeks or more, and to have seriously considered suicide.

## Current Use (Last 30 Days)

BVSD\* HIGH SCHOOLS

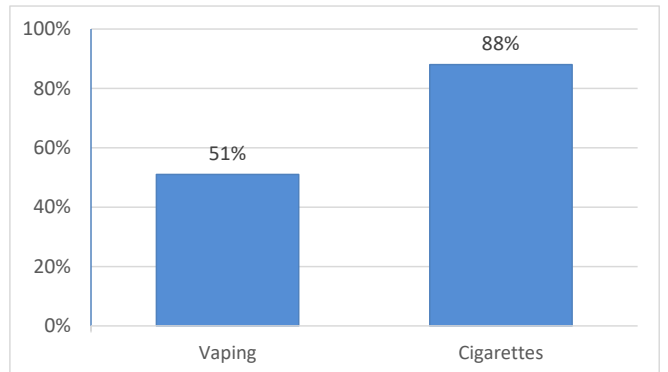
2017 Healthy Kids Colorado Survey



## Perceived Risk of Harm

BVSD\* HIGH SCHOOLS

2017 Healthy Kids Colorado Survey



\*BVSD - Boulder Valley School District



# FOR ADMINISTRATORS: POLICY, ENFORCEMENT, & DISPOSAL

## Tobacco-Free School Laws

Tobacco-free school policies ensure that campuses are smoke-free and healthy for all students, staff, and visitors. They require that no students, staff members, or visitors are permitted to smoke, chew, or use any other tobacco or nicotine product on school grounds at any time. E-devices are included in this definition, and schools should not make exceptions for these products. The law is in effect 24 hours a day, 7 days a week, and also applies to any vehicles or property being leased or rented for special events.

FDA-approved cessation devices are allowed on school grounds. They include nicotine gum, lozenges, and patches. E-devices may be marketed as cessation devices; however, they are not approved as cessation devices by the FDA.

Tobacco-free school policies also require that schools have visible signage to notify the public of their policy (see end of this section for an example).

Boulder Valley School District (BVSD) and St. Vrain Valley School District (SVVSD) Tobacco-Free School policies are available for review at:

- BVSD: <https://www.bvsvd.org/about/board-of-education/policies/policy/~board/a-policies/post/adc>
- SVVSD: <https://assets.bouldercounty.org/wp-content/uploads/2017/08/svvsvd-tobacco-policy.pdf>

## School Enforcement Strategies

It is important that schools and administrators ensure parity in how policy infractions are addressed across the school district. It is recommended that schools use a progressive discipline approach that ensures consistency. The [Public Health Law Center](#) has a resource that is helpful on this topic.

Below are some alternatives to suspension strategies and programs that may be effective for your school.

### SECOND CHANCE

[Second Chance](#) is a free, online educational program for middle- and high school-age youth who have been caught with tobacco and nicotine products on school property. It includes three modules - community, school, and the home environment. Each module takes about 45-60 minutes to complete.

Schools simply need one staff member to be the program administrator and sign the school agreement. The program administrator can then enroll students and view their progress and reports from the program.

### INDEPTH

[INDEPTH](#) (Intervention for Nicotine Dependence: Education, Prevention, and Tobacco Health) was created by the American Lung Association as an alternative to suspension for young people who are caught with tobacco and nicotine devices. INDEPTH is designed to be taught by a trained staff member or teacher in four 50-minute lessons. Lessons discuss the health effects of nicotine, how tobacco and nicotine products affect the lives of participants, and how to track the use of these products. The program includes resources for quitting and is appropriate for middle and high school youth (ages 11-19).

To implement INDEPTH, visit the website and complete a brief survey to gain access. Staff members or teachers who will be implementing INDEPTH can then complete the online training and access all of the lesson plans and materials.

### RESTORATIVE PRACTICES

Some schools use restorative practices (and the subset, restorative justice) in their school communities. Restorative practices are broad principles that can be included in all aspects of the school community, while restorative justice is usually an alternative to punitive discipline.

While most tobacco infractions do not include the interpersonal harm that is usually associated with the restorative justice process, the following principles can be used to address the situation holistically:

- *Attention to relationships* between administrators, teachers, and students. Using a tobacco or nicotine infraction as a way to show students that teachers and administrators care about their health and well-being and not just about enforcing the rules.
- *Wrongdoing recognized as opportunity for learning* by providing alternative programming and support that focuses on education and reflection rather than punishment.
- *School community involved in facilitating restoration by focusing on administrators and teachers helping students* access services they need to prevent future infractions.

Additionally, there may be opportunities to hold a more traditional restorative process. This process could include students looking at their relationships and experiences with tobacco products, as well as how their actions have the potential to cause harm for themselves, family members, and the school community.

There are several different ways that restorative practices can be part of the tobacco infraction process, ranging from a conversation following a suspension to coming to an agreement in lieu of suspension and punitive action.

Contact Boulder County Public Health at 303.413.7524 or [HealthInfo@BoulderCounty.org](mailto:HealthInfo@BoulderCounty.org) for resources and to learn more about what this could look like in your school community.





# TOBACCO-FREE ENVIRONMENT



**TOBACCO USE IS STRICTLY PROHIBITED.**

Tobacco-Free Schools Law  
C.R.S. 25-14-103.5

## Disposal

The legal minimum sales age of tobacco and e-devices in Colorado is 21 years. Colorado law requires that all schools be tobacco and e-device free. Equitably disposing of e-devices is part of consistently enforcing your tobacco-free schools policy. Proper disposal will help ensure that school campuses remain tobacco- and e-device- free and will help to protect the environment.

### Disposal Guidelines

- Confiscate any e-device and/or paraphernalia (e.g. e-liquid, cartridge) you see being used by a student.
- Place devices, components, and e-liquid in a designated bin, and secure the lid. When handling e-devices, use gloves (when possible) to limit your exposure to harmful chemicals.
  - If a device, e-liquid bottle, or pod is leaking, place it in a sealable plastic bag (e.g. Ziploc) before placing it into the disposal bin. (Be sure to wear gloves when handling a leaking device/liquid bottle.)
  - If a device is the first item in the bin, please add the date to the “accumulation start date” on the hazardous waste label.
- Securely store disposal bins in a locked administrative office without student access.
- For BVSD staff, when the waste reaches the line on the disposal bin (or at the end of the school year, whichever comes first), call Environmental Services at 720.561.5693.

For information about nicotine exposure or poisoning, call the Colorado Poison Control at 1.800.222.1222. To learn more about proper disposal of e-devices, call the Boulder County Hazardous Materials Management Facility at 720.564.2243.

The following resources can be included in any health curriculum.

Sample flyers and rack cards with e-device information are included on the following pages. They may be used in school or shared with the broader school community.

Note that the messages on these materials were designed for middle- and high school- aged youth. We recognize that tobacco and nicotine products are not intended for use by young people; these materials do not intend to suggest that young people should use nicotine products. Many young people are concerned about the environment, and these messages may help them question their relationship with nicotine.

**VAPING IS  
HAZARDOUS  
FOR THE ENVIRONMENT**

- ⚠️ Nicotine in vape devices are considered hazardous waste and should always be disposed of properly.
- 💧 When not disposed of properly, e-liquid can leak into the ground causing hazardous chemicals to enter the environment.
- 🔥 Vape batteries can start fires.
- 🚫 Cartridges and pods cannot be recycled and should not be disposed of in trash bins.

If you have questions, or are wanting to quit, text QUIT to 47848.

**VAPE AWARE**  
Your environment - Your responsibility  
[Boco.org/VapeAware](http://Boco.org/VapeAware)

Hazardous Materials Management Facility 1901c 63rd Street, Boulder (720) 564-2251

Boulder County

# VAPING IS HAZARDOUS FOR THE ENVIRONMENT



## Did you know?

Boulder County is going Zero Waste! Through reducing, reusing, recycling and composting we plan to divert 90% of waste away from landfills by 2025. *But vaping won't help us reach our goal.*



*Nicotine (among other toxic substances) in e-cigarettes, vape pens, and cartridges are considered hazardous waste, and should be disposed of properly at the Hazardous Materials Management Facility in Boulder.*



*When not disposed of properly, e-liquid can leak into the ground causing hazardous chemicals to contaminate the environment.*



*Cartridges and pods can't be recycled and should not be disposed of in trash bins.*



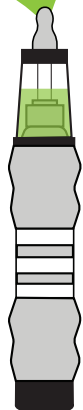
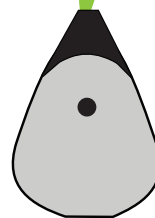
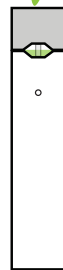
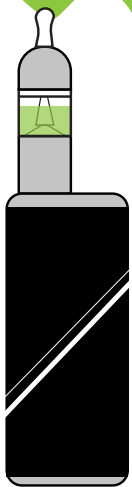
*Vape batteries can start landfill fires.*



*Aerosols from e-cigarettes can change indoor air quality and can cause respiratory health problems.*



*The best way to avoid contaminating the environment with vape waste is to avoid using them altogether. If you have questions, or are wanting to quit, text QUIT to 47848.*



**VAPE AWARE**  
Your environment • Your responsibility  
[Boco.org/VapeAware](http://Boco.org/VapeAware)

# EL VAPEO ES PELIGROSO PARA EL MEDIO AMBIENTE



## ¿Sabías?

¡El Condado de Boulder busca eliminar todos sus desperdicios! Al reducir, reutilizar, reciclar y convertir nuestros desechos en abono, planeamos desviar el 90% de nuestros desperdicios de los vertederos antes del año 2025. Pero el vapeo impedirá que logremos esta meta.



La nicotina en los cigarrillos electrónicos se considera un residuo peligroso y siempre hay que desecharlo apropiadamente.



Cuando se desecha apropiadamente, el líquido de los cigarrillos electrónicos puede filtrarse al suelo, contaminando el medio ambiente con químicos peligrosos.



Los cartuchos y las cápsulas no son reciclables y no se deben tirar en los basureros.



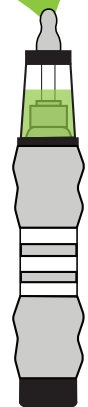
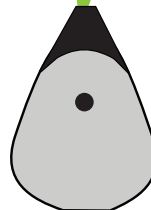
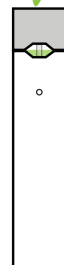
Las baterías de los cigarrillos electrónicos pueden causar incendios.



Los aerosoles de los cigarrillos electrónicos pueden afectar la calidad del aire interior y pueden causar trastornos de la salud respiratoria.



La mejor manera de prevenir la contaminación del medio ambiente causado por el desperdicio del vapeo es dejar de usar los cigarrillos electrónicos por completo. Si tienes preguntas o quieres dejar de vapear, manda la palabra QUIT por mensaje de texto al 47848.



**VAPE AWARE**  
Your environment • Your responsibility  
[Boco.org/VapeAware](http://Boco.org/VapeAware)



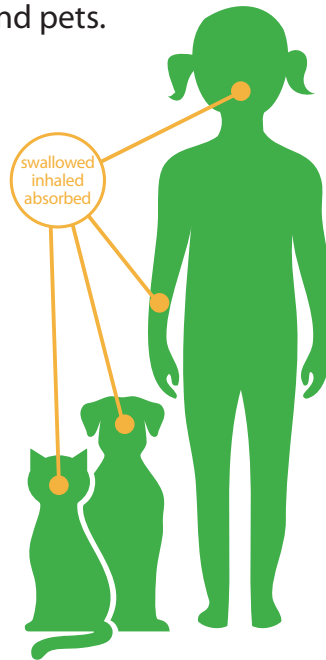
**VAPE AWARE**  
Your environment • Your responsibility  
[Boco.org/VapeAware](http://Boco.org/VapeAware)

## Safe Storage & Handling

Electronic vaping devices and liquid nicotine pose a risk to children and pets.

Nicotine poisoning can happen when nicotine is inhaled, swallowed, or absorbed through the skin.

Symptoms of nicotine poisoning can include nausea, vomiting, headache, and can cause seizures, and even death.



### Simple steps keep children & pets safe.

- Keep devices and liquid out of reach when not in use.
- Make sure tops are secure. Use childproof bottle caps if possible.
- Call the Rocky Mountain Poison and Drug Center at 800.222.1222 if a child or pet swallows e-cigarette liquid or chews on a cartridge.
- Reduce fire and explosion risk by understanding your manufacturer's use and care recommendations. Read additional FDA safety tips on our website.

To learn more about e-cigarettes, safe storage, or quitting tobacco, visit [BoulderCountyTobaccoFree.org](http://BoulderCountyTobaccoFree.org).



BOULDER COUNTY  
**PUBLIC HEALTH**  
Opportunity for a healthy life



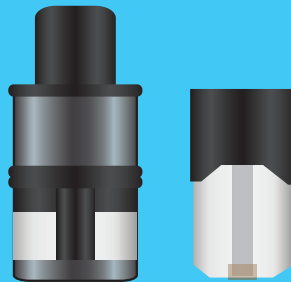
# VAPE AWARE

Your environment • Your responsibility  
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## Proper Disposal

### TANKS CARTRIDGES & PODS

Dispose at HMMF

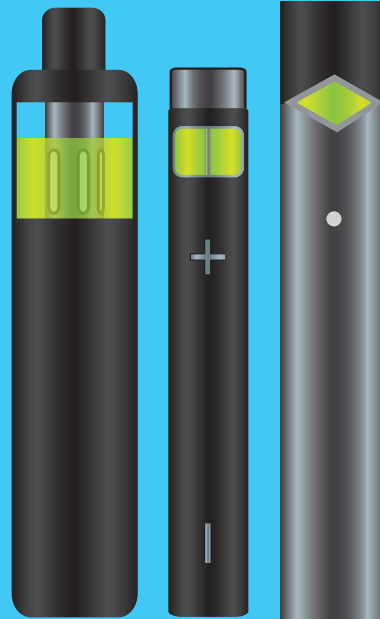


### BATTERIES & DEVICES

Dispose at HMMF

### E-LIQUID & BOTTLES

Dispose at HMMF



Place empty bottles in Recycling

- **Disposal:** E-liquid or juice may contain nicotine, vegetable glycerin, and propylene glycol and should be treated as a hazardous waste at the HMMF. Atomizers and full cartridges will be incinerated with toxics.
- **Recycle:** Batteries should be recycled at the HMMF. This keeps them out of the waste stream and prevents fires. After they are sorted and processed accordingly they can eventually be remade into new products.



**Hazardous Materials Management Facility**  
1901c 63<sup>rd</sup> Street • Boulder  
Wednesday - Saturday 8:30 a.m. - 4 p.m.  
720-564-2251 [www.BoulderCountyRecycles.org](http://www.BoulderCountyRecycles.org)

## FOR TEACHERS: LESSON PLANS

By educating about the risks of tobacco and nicotine use in class, teachers can help to prevent the use of tobacco products. Many schools include these topics in their health or prevention classes. Regardless of the class, young people are most likely to listen and learn from teachers whom they are familiar with, so take the opportunity to discuss these topics with the young people whom you teach.

Learning about tobacco and nicotine products is an important component of any health class and should be discussed along with other substance use topics.

### Elementary School

Although many young people are not thinking about tobacco and nicotine products in elementary school, some children this age are able to access these items, so it is important to start the discussion early.

#### KIDS HEALTH: SMOKING STINKS!

[Kids Health: Smoking Stinks!](#) provides two lesson plans, discussion questions, and activities on all tobacco and nicotine products. Each lesson plan lasts 35-45 minutes and is best for grades 3-5.

#### CATCH MY BREATH

[CATCH My Breath](#) is a free program created for 5<sup>th</sup> graders to address the use of e-devices. It includes several lesson guides that take 30-40 minutes each to complete. The program provides an educator guide, classroom slides, and all needed materials.



### Middle/High School

Data tells us that our high schoolers are already using tobacco and nicotine products, and that our middle schoolers are at least experimenting with them.

Ensuring that they have the facts and know the health risks is important, whether they are current users, have experimented, or have never tried a tobacco or nicotine product.

#### TAKING DOWN TOBACCO

[Taking Down Tobacco](#), created by the Campaign for Tobacco Free Kids, includes three activities on products and their health risks, as well as marketing and advertising tactics used by the tobacco and e-device industries. This program is ideal for middle school-aged students.

#### YOUNG MINDS INSPIRED

[Young Minds Inspired: Is it Worth It?](#) includes three lessons intended for use with middle school-aged students. The lessons are activity-based and focus on health effects, marketing, and how to resist peer pressure. A teacher kit and resources are provided. Lessons are also available in Spanish.

#### CATCH MY BREATH

[CATCH My Breath](#) is a free program that covers e-devices. There are different versions: 6<sup>th</sup> grade, 7<sup>th</sup>-8<sup>th</sup> grades, and 9<sup>th</sup>-12<sup>th</sup> grades. All versions contain 4 lessons, 30-40-minutes each, that include activities and needed materials.

#### KNOW THE RISKS: VIRTUAL FIELD TRIP

[Know the Risks Virtual Field Trip](#) is a free program about the health risks of e-devices. It features four short videos that discuss these products, their health effects, and how they're marketed. A companion activity is also available to download and complete with students. The program is appropriate for middle and high school-aged students.

#### COUNTER TOBACCO

[Counter Tobacco Youth and Community Engagement Activities](#) are longer-term projects that examine point-of-sale and advertising. The activities can be done in a classroom setting or to engage youth in policy and decision making in their community. All activities include a downloadable guide with objectives, instructions, and materials. These activities are appropriate for middle and high school-aged students.

## STANFORD TOBACCO PREVENTION TOOLKIT

The [Stanford Tobacco Prevention Toolkit](#) includes 13 lessons covering all tobacco and nicotine products. Lessons include presentations, activities, fact sheets, and discussion guides. The program is appropriate for middle and high school-aged youth.

## SCHOLASTIC E-CIGARETTES

[Scholastic “E-cigarettes: What You Need to Know”](#) includes lesson plans and activities to educate about the health risks and impact of e-device advertising. It also includes writing prompts, critical thinking questions, and paired reading resources. The program is appropriate for middle and high school-aged youth.

## SCHOLASTIC/FDA THE REAL COST OF VAPING

[Scholastic/FDA: The Real Cost of Vaping](#) includes lesson plans on e-devices based on health consequences, a research project, and marketing tactics. Lesson plans, handouts, and additional resources are provided. There are separate programs for grades 6-8 and 9-12; each include 3 lessons.





## FOR COUNSELORS AND SCHOOL NURSES: CESSATION SUPPORT

School counselors and nurses can help the young people that they work with to learn about and quit tobacco and nicotine products. They can be a confidante, resource, and support for those who may need cessation education and resources.

### Cessation Support

The popularity of e-devices among our youth has led to research and changes in how to best address cessation among young people. Most of the quit resources below include all tobacco and nicotine products and are available whenever a young person is ready to quit. Everyone is different, and some may want to experiment with different options before they decide what program is right for them.

Provide these resources for young people, or take action by helping them sign up and start on their quit journey.

#### COLORADO YOUTH QUITLINE

The [Colorado Youth Quitline](#) (1-800-QUIT-NOW) is part of the Colorado Quitline that's specifically developed for youth. It is available for youth as young as 12 years and includes support to quit e-devices. Five free coaching sessions are available by webchat, phone, or text with coaches who are trained to support young people.

#### MY LIFE, MY QUIT

[My Life, My Quit](#) (855-891-9989) was designed specifically for teens and is available by phone, text, or online. They offer five free coaching sessions and have specific resources to quit e-devices. The website also includes information about the risks of using tobacco and nicotine products for young people who may not be ready to quit.

#### THIS IS QUITTING

[This is Quitting](#) (text DITCHJUUL to 88709) is a text message cessation program for young people ages 13-24 years who are addicted to e-devices. Once enrolled, participants receive age-specific text messages and can text when they need support. If a young person is not yet ready to quit, they can receive up to four weeks of messages that focus on building the skills and confidence to quit.

#### NOT ON TOBACCO (N-O-T)

[N-O-T: Not on Tobacco](#) is a cessation program for young people 12-19 years old developed by the American Lung Association. The program is taught by a trained facilitator in ten 50-minute sessions. Students should enroll voluntarily.

Schools interested in implementing N-O-T can complete the facilitator training form on the website to coordinate completing the seven-hour training. Once completed, facilitators will be certified and provided access to all supplies and materials.

#### SMOKEFREE TEEN

[SmokeFree Teen](#) is designed to meet teens where they are – their mobile phones. The text messaging program can help teens quit tobacco and nicotine products, and the [quitSTART](#) app provides helpful strategies and support to address social situations where young people may use tobacco products.



## FOR COACHES: PHYSICAL ACTIVITY & SUBSTANCE USE

Coaches and those leading extracurricular activities are important, trusted adults in young people's lives, especially for those who may not have a trusted adult with whom they can talk to at home. They have the ability to impact the behaviors and choices of the young people who they work with, particularly those related to substance use.

Visit <https://www.bouldercounty.org/families/addiction/substance-use-and-athletic-performance> to watch the substance use and athletic performance training video for coaches. The training focuses on describing the harms of substance use on athletic performance and provides tips for talking to athletes about it.

Many trainings are available to increase understanding of the risks of tobacco and nicotine, as well as to support positive youth development.

Key points:

- Coaches can influence their athletes and make a positive impact as a role model.
- Youth who have a trusted adult to talk to are less likely to use substances.
- Tobacco use immediately impairs lung and heart functioning, increasing heart rate and blood pressure.
- Athletes who use tobacco take longer to recover because of the health effects of nicotine.
- Coaches can be an example for athletes and should talk about substance use often.
- Focus on positive messages and athletes' future goals.
- Make sure that athletes understand the facts - that not everyone is using substances, and it is a positive decision to refuse substances.



# TRAINING AND RESOURCES

## Training Opportunities

### SCHOOLS, VAPING, and JUULS

This training aims to educate school counselors and other school staff about e-devices so they are equipped to answer questions from young people and parents and educate others about e-devices.

Visit [BoulderCountyTobaccoFree.org](https://BoulderCountyTobaccoFree.org) and complete the training request form, or email [HealthInfo@BoulderCounty.org](mailto:HealthInfo@BoulderCounty.org) to request a training.

### START THE CONVERSATION

This training is for parents, school staff, or community members who work with young people. It includes education about e-devices and how to be a trusted adult to the young people in your lives. Visit

[BoulderCountyTobaccoFree.org](https://BoulderCountyTobaccoFree.org) and complete the training request form, or email [HealthInfo@BoulderCounty.org](mailto:HealthInfo@BoulderCounty.org) to request a training.

### POSITIVE YOUTH DEVELOPMENT

These trainings help to develop skills, opportunities, and authentic relationships to support young people in reaching their full potential. They are offered sporadically across the metro Denver area, and they are generally free or low cost. Type “Colorado Positive Youth Development Training” into any search engine to find upcoming opportunities.

### EFFEKT

This is a preventative substance use training for parents currently being piloted in BVSD. Contact your school administrator for more information.

## Community Involvement

Many communities across Colorado are taking action to address youth access to and initiation of tobacco and nicotine use. Contact local coalitions and/or your town or city officials to get involved.

If a young person you know is interested in getting involved in tobacco prevention and advocacy, direct them to [BoulderCountyTobaccoFree.org](https://BoulderCountyTobaccoFree.org) to learn about opportunities available in the community.

You can also take action by talking to the young people in your life about tobacco products. Talking openly and with accurate information about tobacco products can change the attitudes and behaviors of the young people in your life.

Stay up-to-date on tobacco and nicotine product information and share with young people you work with.

## Resources For Adults

- Centers for Disease Control and Prevention (CDC) [www.cdc.gov/tobacco/basic\\_information/youth/index.htm](http://www.cdc.gov/tobacco/basic_information/youth/index.htm)
- Tobacco Free Colorado [www.tobaccofreeco.org/](http://www.tobaccofreeco.org/)
- Truth Initiative <https://truthinitiative.org/>
- Boulder County Tobacco Education and Prevention Partnership (TEPP) [www.BoulderCountyTobaccoFree.org/](http://www.BoulderCountyTobaccoFree.org/)
- RMC Health <https://www.rmc.org/>

## Resources For Young People

- The Real Cost <https://therealcost.betobaccofree.hhs.gov/>
- The Truth <https://www.thetruth.com/>
- Tobacco is Nasty <http://tobaccoisnasty.com/>
- Enough with the Puff <http://enoughwiththepuff.com/>
- Taking Down Tobacco [www.takingdowntobacco.org/](http://www.takingdowntobacco.org/)



## Mental Health & Substance Use Resources

- Responsibility Grows Here (information on marijuana) <https://responsibilitygrowshere.com/>
- Mental Health List of Resources [www.bouldercounty.org/families/addiction/substance-use-and-mental-health-resources/](http://www.bouldercounty.org/families/addiction/substance-use-and-mental-health-resources/)
- Mental Health Partners [www.mhpcolorado.org/](http://www.mhpcolorado.org/)
- Colorado Crisis Services <https://coloradocrisisservices.org/>
- Sources of Strength (youth suicide prevention project) <https://sourcesofstrength.org/>
- Restorative Justice Colorado [www.rjcolorado.org/](http://www.rjcolorado.org/)
- Centre for Justice and Reconciliation <http://restorativejustice.org/>

## REFERENCES

Information for this toolkit was adapted from the following resources:

Tobacco Free Colorado  
[TobaccoFreeCO.org](http://TobaccoFreeCO.org)

Centers for Disease Control and Prevention (CDC)  
[CDC.gov/tobacco](http://CDC.gov/tobacco)

RMC Health  
[RMC.org](http://RMC.org)

Truth Initiative  
[TruthInitiative.org](http://TruthInitiative.org)

