










TOBACCO EDUCATION AND CESSATION IN SCHOOLS

Program Comparison




School-Based Tobacco Education Programs

Program	Products Covered	Grades	Duration & Notes	Facilitation	Cost	Training Cost
	All tobacco	6-12	Lesson plans could be integrated into existing courses	Staff	Free	Free
	E-cigarettes & vaping	5-12	4 Lessons 30-40 minutes per lesson	Staff Self-led	Free	Free recorded virtual training \$50: live virtual training \$300: live virtual train-the-trainer
	E-cigarettes & vaping	6-12	5 modules, 4-5 lessons each Open : no sign-in required Linear : Sign-in required to keep track of learning	Self-led	Free	Free
	Vaping & Cannabis (optional)	6-12	5 modules 50-60 minutes per module	Staff-led	Free	Free
	E-cigarettes and vaping	8-12	4 Digital Lessons 5-10 minutes per lesson	Self-led	Free	Free

Alternative to Suspension

Program	Products Covered	Grades	Duration & Notes	Facilitation	Cost	Training Cost
 <p>American Lung Association® INDEPTH.</p>	All tobacco	6-12	4 Lessons 50 minutes per lesson	Staff-led	Free	Free recorded virtual training available
 <p>TOBACCO PREVENTION TOOLKIT</p> <p>Healthy Futures</p>	All tobacco	6-12	1-hour, 2-hour, 4-hour	Staff-led	Free	Free

Youth Tobacco Cessation Programs

Program	Products Covered	Ages	Duration & Notes	Facilitation	Cost	Training Cost
 <p>American Lung Association® N-OT Not On Tobacco.</p>	All tobacco	14-19	10 sessions 50 minutes per session Includes INDEPTH program	Staff-led	Free	\$400: three-year certification
 <p>truth initiative INSPIRING TOBACCO-FREE LIVES</p> <p>This is Quitting</p>	E-cigarettes and vaping	13-24	4-10 weeks	Staff-led	Free	-
 <p>MY LIFE MY QUIT™</p>	All tobacco	13-18	Five, one-on-one coaching sessions usually scheduled every 7-10 days	Self-led	Free	-