



Reach Lab



**PLEASE CLICK HERE FOR AN INTRODUCTION AND OVERVIEW OF THE
YOU AND ME, TOGETHER VAPE-FREE CURRICULUM**

The You and Me, Together Vape-Free curriculum includes 6 lessons, each providing activities, online quiz games, and worksheets in addition to presentations, resources, and other materials aimed at addressing key factors associated with youth e-cigarette use, including changing adolescents' attitudes towards and misperceptions about e-cigarettes; increasing their refusal skills to pulls of flavors, marketing, and social media; reducing stress and depression which have been linked to e-cigarette initiation and use; improving coping; and decreasing intentions and actual use of all e-cigarette products.

1. FULL OF POTENTIAL: YOUR BRAIN NICOTINE-FREE

2. HEALTHY BODY, HEALTHY YOUTH: Effects Of E-cigarettes On The Body

3. WHAT A WASTE! IMPACT OF CIGARETTES AND E-CIGARETTES ON THE ENVIRONMENT

4. DON'T BE PLAYED! How tobacco marketing targets Youth

5. BE YOUR STRENGTH STRESS, COPING, AND WELLNESS

6. CAN'T BE MISSED: CANNABIS & YOUTH

PLEASE CLICK ON THE BOOKSHELVES TO ACCESS EACH OF THE LESSONS