



Stanford
MEDICINE

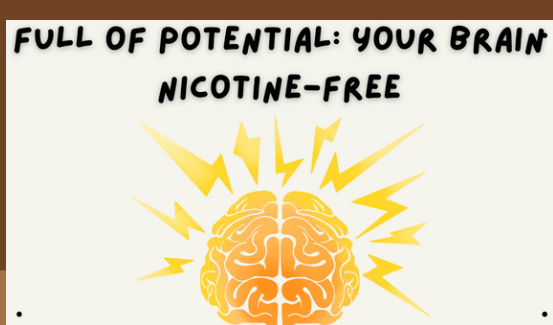
Reach Lab



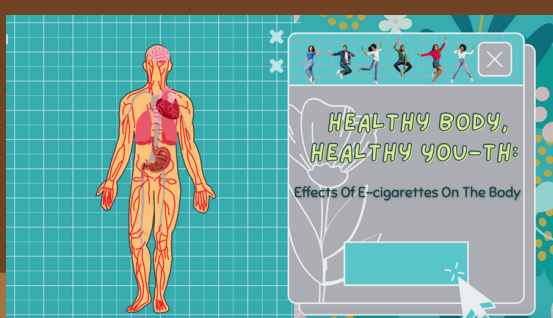
PLEASE CLICK [HERE](#) FOR AN INTRODUCTION AND OVERVIEW OF THE YOU AND ME, TOGETHER VAPE-FREE CURRICULUM

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.



2.



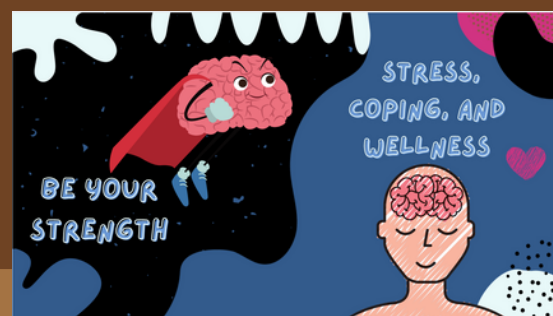
3.



4.



5.



6.



**PLEASE CLICK
ON THE
BOOKSHELVES
TO ACCESS
EACH OF THE
LESSONS**