

Tier 2 Alternatives to Suspension Curriculum

Purpose: To provide opportunities for students who got caught vaping on campus to change their attitudes and behaviors related to vaping through education, reflective dialogue with a caring adult and peers, and provide students tips and resources to quit.

	<p>Developed using Teen Intervene. Counseling type intervention consisting of 2-4 sessions for individuals who:</p> <ul style="list-style-type: none"> Are experiencing few problems with their drug use Have low levels of dependence Have a short history of drug use Have stable backgrounds Are unsure or ambivalent about changing their drug use <p>*Training provided by TUPE.</p>	<p>Contact Sonia Gutierrez at Sonia.Gutierrez@sccoe.org</p>
	<p>Stanford Tobacco Prevention Toolkit Curriculum for students in a group setting who are in possession of vapes or smoking on school campus</p> <ul style="list-style-type: none"> Letter to Parent Group Setting 1 hr, 2 hr, or 4 hr session <p>*Curriculum is free.</p>	<p>https://med.stanford.edu/tobaccopreventiontoolkit/curriculums/HealthyFutures.html</p>
	<p>Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is a new, convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students</p>	<p>https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html</p>

	<p>about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.</p> <p>Developed by the American Lung Association in partnership with the Prevention Research Center of West Virginia University, this new free education program is available for any school or community to establish to help our teens make healthier choices.</p> <p>*Curriculum is free.</p>	
	<p>Ripple Effect's multi-award winning, evidence-based interventions develop a sense of agency and resilience in the face of adversity, and promote educational equity by addressing systemic risk factors, as well as personal</p>	

	<p>A natural high comes from any activity that makes you feel good—but doesn't involve drugs. Doing things you enjoy, like riding your skateboard or dabbling in photography, releases natural feel-good chemicals in your brain like dopamine, which regulates movement, emotion, motivation, and pleasure.</p> <p>On a piece of paper people are encouraged to write about or draw these activities or situations.</p>
	<p>Students can do a variety of different in-school assignments, including:</p> <ul style="list-style-type: none">Write an essay on the harms of vaping

Parent Resources

	The Open Letter for Parents/Guardians can be used by schools to inform parents about the Healthy Start curriculum. Please feel free to modify to meet your school's needs.	Bottom of page: https://med.stanford.edu/tobaccopreventiontoolkit/curriculums/HealthyFutures.html
	Six Steps: Talking to kids about alcohol/drug - I Care, I See, I Feel, Listen, I Want, I Will	https://drive.google.com/drive/folders/1PsT8EgH1WF6OZpP6BGUQLixUqbEaG7uD?usp=sharing
	Hopelab, All Mes	