<<FEEL FREE TO ADD YOUR LETTERHEAD>>

<<Today’s Date>>

Dear Parent or Caregiver,

<<Next week or on \* dates>>, students will begin instruction with the Vaping Prevention Course from the [Tobacco Prevention Toolkit](http://med.stanford.edu/tobaccopreventiontoolkit.html), a curriculum developed by [the Toolkit Team](http://med.stanford.edu/tobaccopreventiontoolkit/about/OurTeam.html) at Stanford University’s School of Medicine with input from youth, teachers, researchers, physicians, and other health professionals.

The [Tobacco Prevention Toolkit](http://med.stanford.edu/tobaccopreventiontoolkit.html) is an age-appropriate, research-informed and validated set of curriculums to help prevent students from starting or escalating use of any tobacco product. The goals of this Toolkit are for students to understand basic information about tobacco products, including e-cigarettes/vape pens, and the harm they cause; gain awareness of strategies manufacturers of tobacco, including e-cigarettes/vape pens, employ to increase use among adolescents through deceptive marketing strategies; and to gain skills to refuse experimentation and use of tobacco.

This new online course is a free, vaping prevention course for teaching students remotely about the harms of vaping. This course was developed in consultation with and reviewed by youth, educators, and healthcare providers for middle and high aged students. There are five learning modules in this course which includes quizzes, audio walkthroughs, click-and-drag activities, infographics, and short videos. The topics include:

1. *A Real Intro to E-Cigarettes*
2. *All of the Chemicals: From Liquid to Aerosol*
3. *What’s the Damage: Health Effects of the Aerosol*
4. *Central Problem of E-Cigarette Usage: Nicotine*
5. *What Are They Selling: Nicotine Marketing*

For independent learning, there is a self-paced version.

The focus of the curriculum is on encouraging non-use, learning to recognize pressures to use, and developing and practicing skills to resist these pressures. <<\*\* Unified School District/School \*\*>> is committed to providing the most effective approaches to preventing the use of tobacco in our schools and communities. We know that prevention of drug use is most effective when it is a partnership between the community, the home, and the school.

[Research consistently shows](https://www.drugabuse.gov/publications/preventing-drug-use-among-children-adolescents/prevention-principles) that teens who learn about the risks of tobacco at home, from parents, and from other caregivers, are less likely to use substances than teens who report learning nothing about the risks at home. However, getting the message across is not easy. The Vaping Prevention Course can be paired with a [discussion guide](http://med.stanford.edu/tobaccopreventiontoolkit/take-and-teach/discussion-guides.html) for the student and a trusted adult in their life. These essential conversations are geared towards opening up lines of communication, not finding right or wrong answers. Parents are encouraged to talk less and listen more.

You can learn more about this curriculum at: <http://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/Remote-LearningCurriculum.html>.

Additionally, feel free to contact me at the email address below with any questions.

Sincerely,

<<\*ADD EDUCATOR INFO>>