



Extension  
UtahStateUniversity



# BE EPIC, ESCAPE THE VAPE PRESENTS: EVERYDAY STRONG



## A RESILIENCE TRAINING FOR EDUCATORS

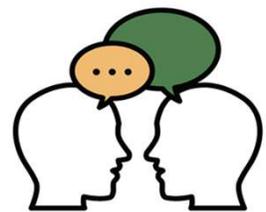
Presented by Josie Hatch, BS; Health and Wellness Prevention  
Coordinator, Carbon County

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# PARTICIPATION GUIDELINES

for a positive sharing environment

**Listen respectfully**



**Be aware of time when sharing and  
stay on topic**

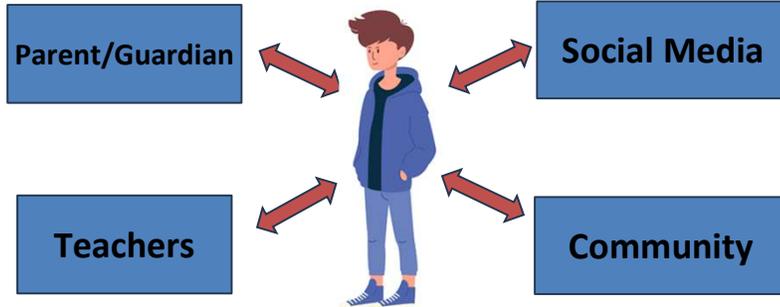
**Be mindful of others' perspectives**



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# Be Epic, Escape the Vape: a Multi-Component Youth Vaping Prevention Program

Goal: Prevent Youth E-cigarette use



A comprehensive approach to youth health and wellness using interventions across multiple populations at different levels

**BE EPIC**  
ESCAPE the VAPE

(Image Source: Canva) (Mikkelesen et al. 2016; Yaughter et al., 2023)

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## Do e-cigarette companies still target youth?

Some new E-cigarettes come with video games (e.g. Pacman, Tetris, Mario etc.)



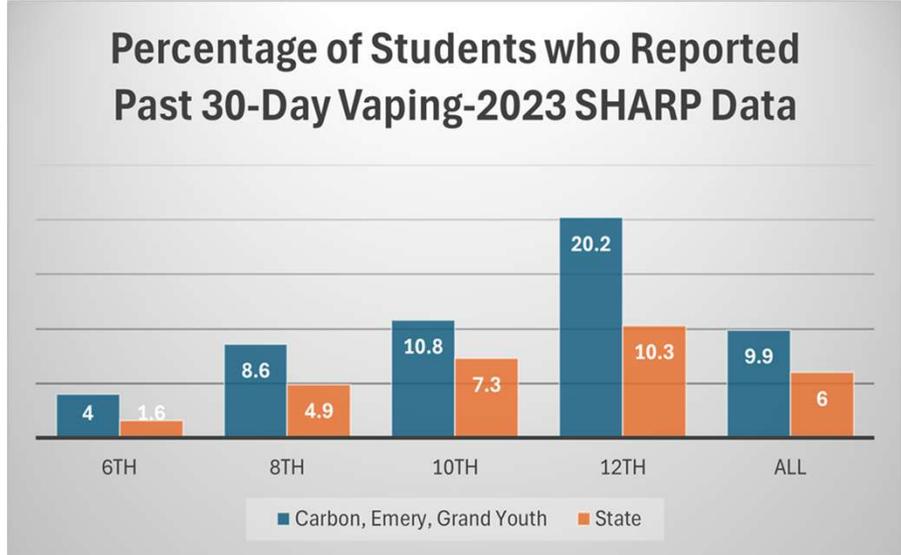
Vapes confiscated from students at a Utah High School



(Unger et al., 2024)

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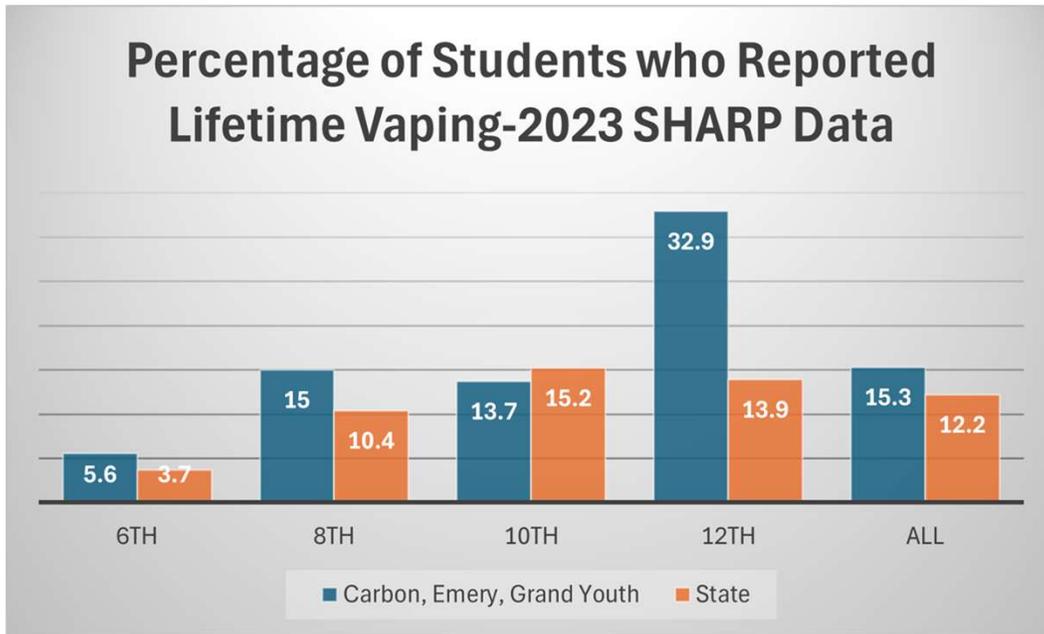
# Four Corners District-How do our youth vaping rates compare to the rest of the state?



(Bach-Harrison, 2023; CDC, 2024; Image Source: SunCatcherStudio)

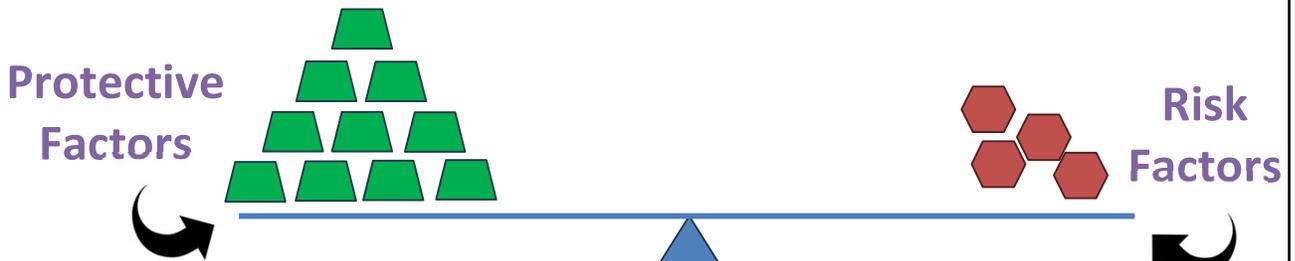
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# Youth vaping rates continued-Lifetime Vaping



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# Why Teach about Resilience?



Protective Bonding to Family, School, Community, and Peers:

- **Opportunities** for young people to actively contribute
- **Skills** to be able to contribute
- **Consistent Recognition** of efforts

(Utah DHS, 2023; Griffin & Botvin, 2010; Tebes et al., 2007)

**BE EPIC**  
ESCAPE the VAPE

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***"We cannot always build the future for our youth, but we can build our youth for the future."***

-Franklin D. Roosevelt

(Roosevelt, F.D., 1940)

**BE EPIC**  
ESCAPE the VAPE

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United Way  
United Ways of Utah

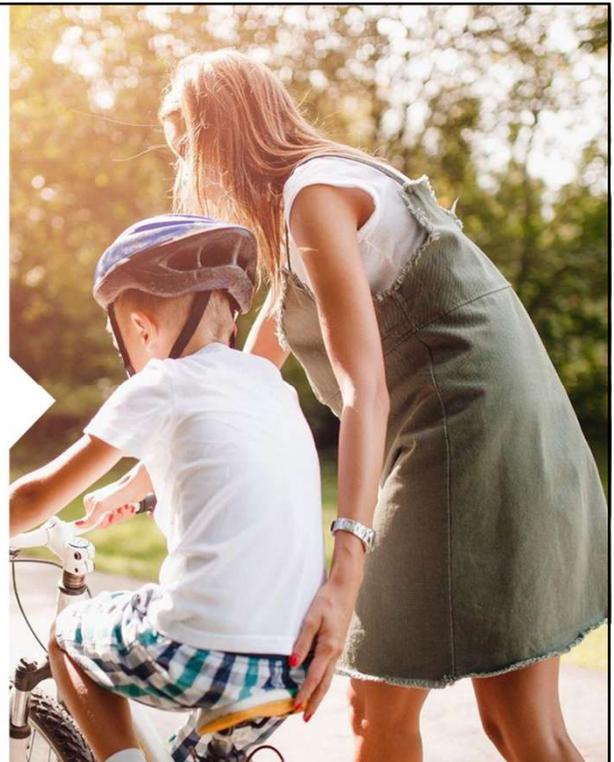
EveryDay Strong

Thrive  
Confidence & Competence  
Connection  
Safety  
Physical needs

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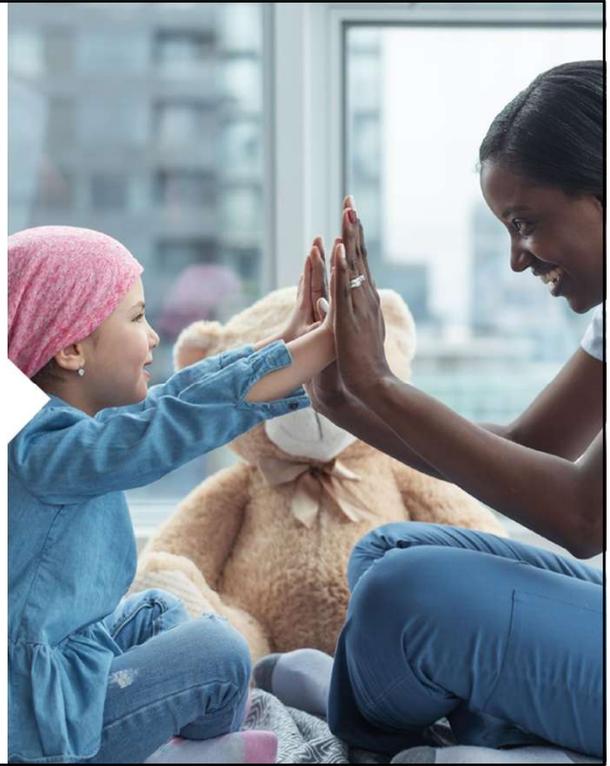
## Today we will learn:

- Why kids need adults' help to be resilient
- A simple, research-based framework that builds resilience
- How to apply this tool in everyday situations



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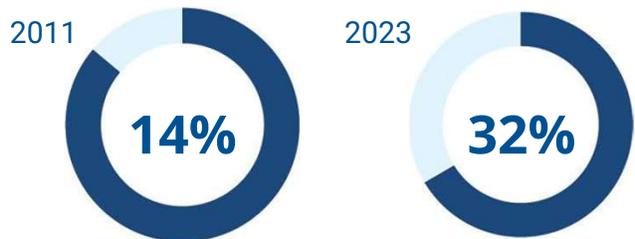
# How would you define resilience?



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## Utah Youth Are Struggling



Youth: during the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

Utah SHARP Survey of 6th, 8th, 10th, and 12th graders

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## Your relationship is powerful!

“When confronted with the fallout of childhood trauma, why do some children adapt and overcome, while others bear lifelong scars that flatten their potential?”

A growing body of evidence points to one common answer: Every child who winds up doing well has had at least one stable and committed relationship with a supportive adult.”

- Harvard Graduate School of Education, March 2015

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Human beings are like plants to nourish...

...not a project to complete.



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**What does it mean  
to nourish a child or  
teenager?**

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## Safety

Who is someone who you feel really relaxed with?

What does that person do that makes you feel that way?

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## Safety

**We create safety when we:**

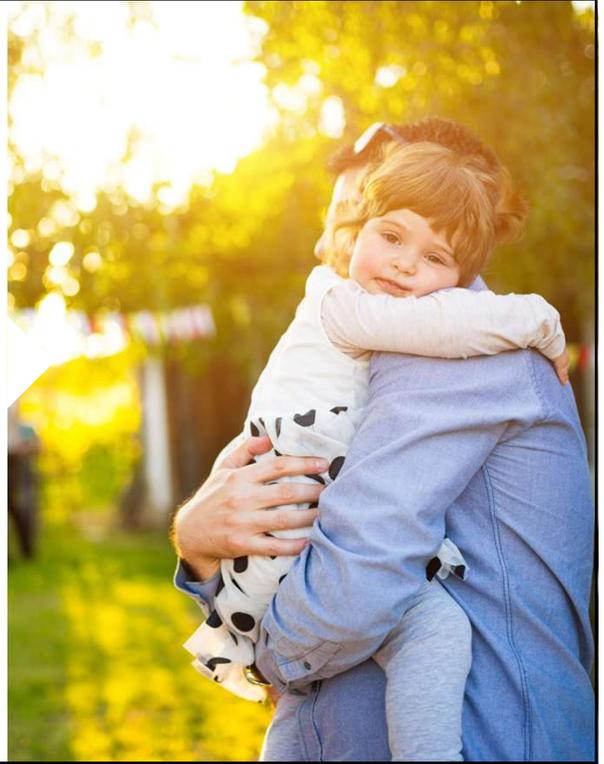
- listen more than we talk
- make room for kids to feel all their emotions (from anger to disappointment to happiness)
- normalize failure
- show appreciation for the things that make a kid feel different from everyone else
- reinforce that it's okay if teens make different decisions than us

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## Breakout Activity:

### Small Group Discussion Questions:

- Can you think of a particular relationship where you felt completely safe?
- What specifically did the other person in the relationship do to help establish that feeling of safety?
- How can you help others feel safe with you?



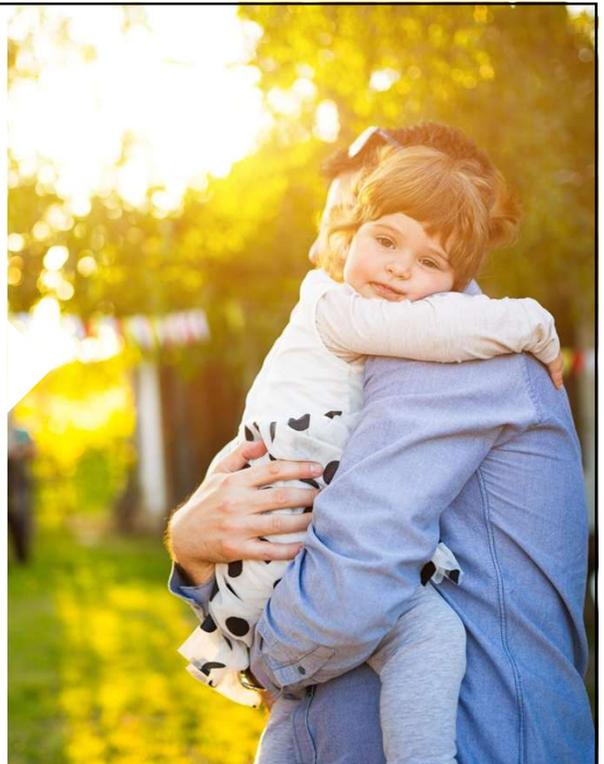
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## On Your Own Activity:

Think of an example of a relationship in your life where you felt safe.

Then answer the following questions:

- What specific actions did that person take to help you feel safe?
- How can you exemplify those kinds of characteristics in your own way with people in your life?



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## Connection

Have you ever felt really shy but someone kept trying to be your friend anyway?

How did that feel?

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## Connection

**Connection is created through persistence.**

- play together  
(for teens, that might look like video games, watching TikTok, or cooking together)
- ask questions that show we're interested
- laugh together
- express our feelings of love or appreciation
- apologize and repair mistakes

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## Confidence & Competence

How does it feel for you when someone tries to fix all your problems for you?

How does it feel when someone doesn't give you any instructions at all?

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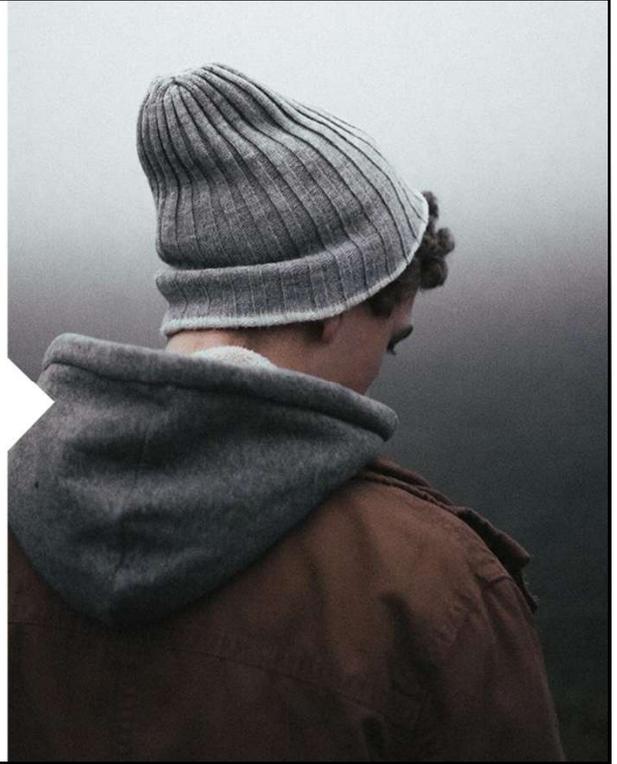
## Confidence & Competence

**We create confidence & competence when we:**

- remind them of what they can do ("Remember how you zipped your coat all by yourself yesterday?")
- express trust in their abilities ("I know you can figure this out. I'm right here if you need help")
- let them practice new skills in safe environments (for example, pouring their own juice, solving a puzzle, putting on their own shoes, helping with chores.)

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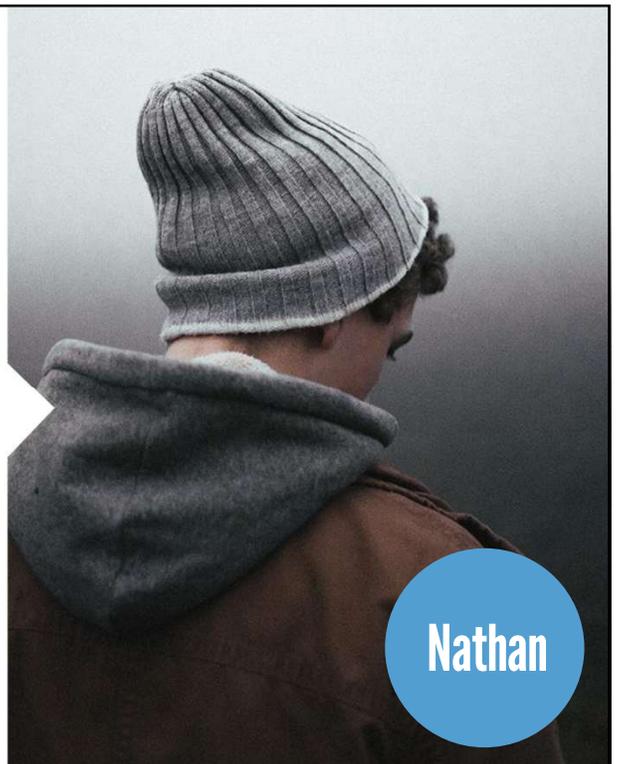
# Let's see how this works in real life



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Nathan is a teen who recently announced his intention to drop out of school, in part because he doesn't see any path to graduation due to excessive school absences and failed classes. School administrators say he is often found with friends who skip class to smoke weed.

- What usually happens to a kid like Nathan?
- What could happen if we tried to meet his needs?

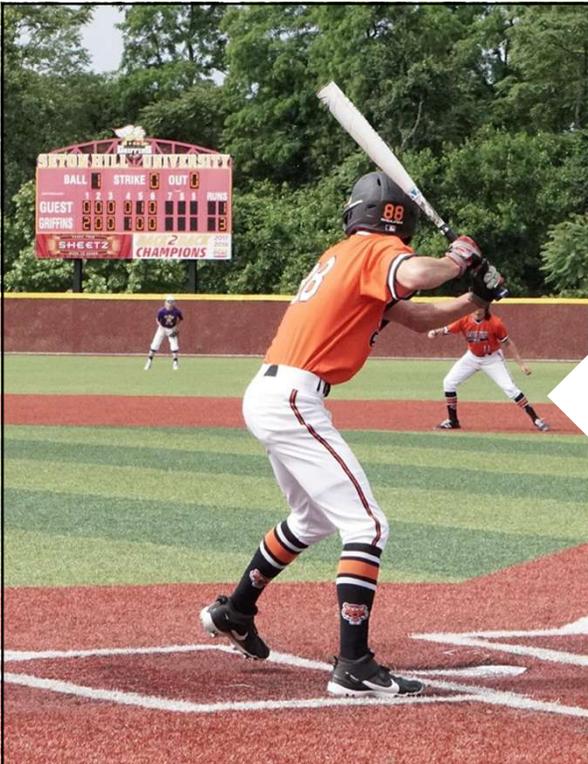


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<https://youtu.be/4Wen1aAck-M?si=oeB8NQ7IWwKrijh9>

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**When is motivation  
not enough?**

Was I motivated to hit  
the baseball?

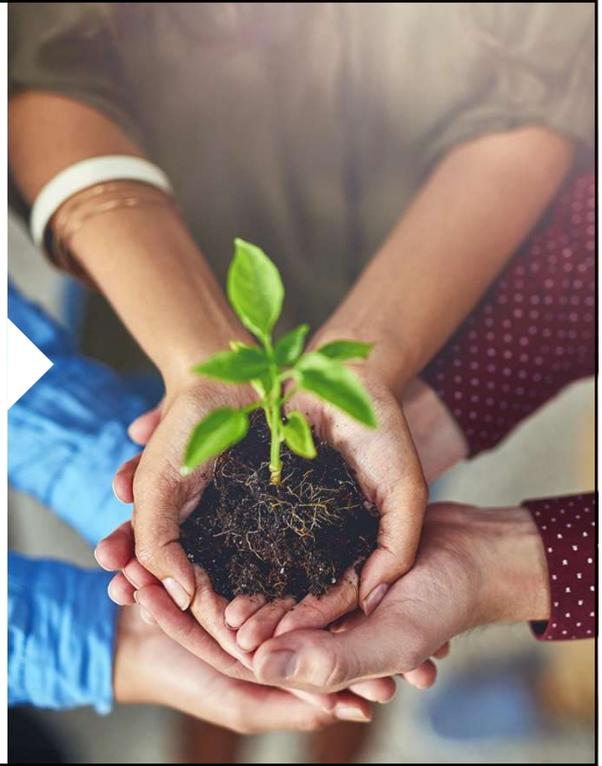
Then why didn't I hit it?

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## Case Study Breakout Activity:

You will be assigned a case study with your small group. Read through your case study and discuss the following:

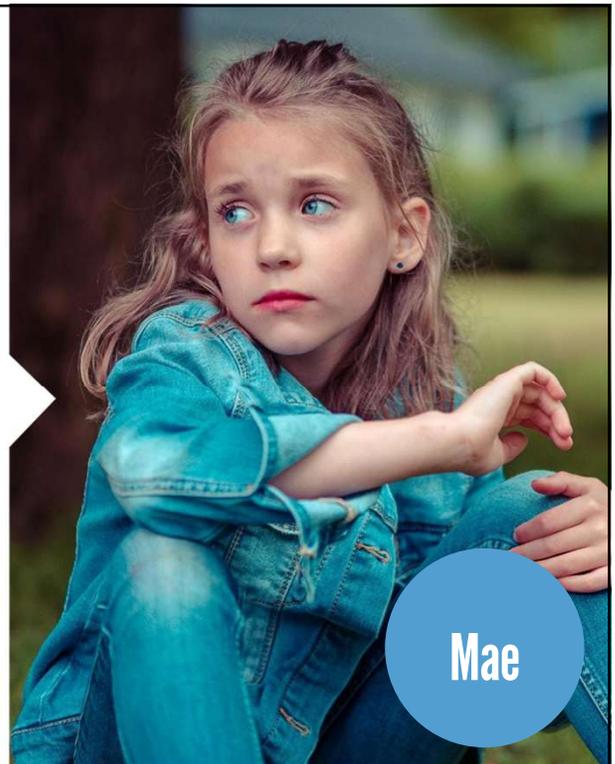
- What can be done to meet this person's needs (even without fully understanding the cause)?
- Go through the pyramid from the bottom up & brainstorm ideas for each category:
  - Physical needs
  - Safety
  - Connection
  - Confidence
- Be ready to share with the whole group



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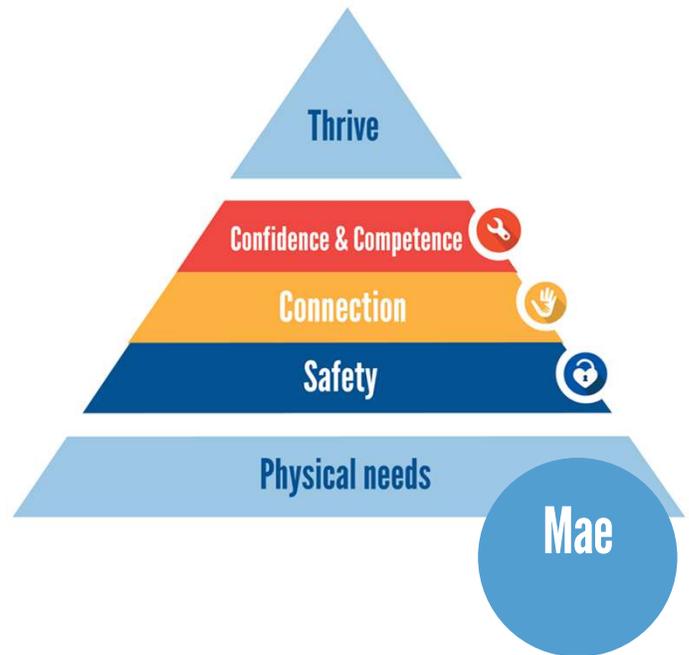
**Mae is a 4th grader who has shown low frustration tolerance and even some aggression** repeatedly over the past several weeks. She threw a volleyball at a peer's face and a pen across the classroom at her teacher.

- What usually happens to a little girl like Mae?
- What could happen if we meet her needs?



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- 1: **Identify:** what is a need you could care for right now?
- 2: **Brainstorm:** think of a few ways to meet that need
- 3: **Move up:** which other needs could be met?

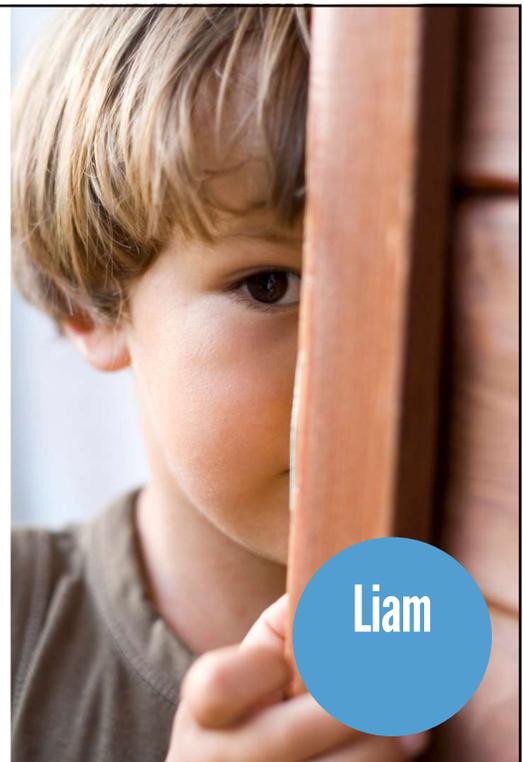


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**Liam is a preschooler who has been quiet and withdrawn since starting school.** When asked a question or prompted to participate, Liam either whispers inaudibly or doesn't respond at all. He often opts to play alone during free play, typically choosing quiet activities like puzzles or books. He doesn't talk to other kids and mostly plays alone, however he does appear to quietly observe others playing together around him.

- What usually happens to a little boy like Liam?
- What could happen if we meet his needs?

(Image Source: Canva)



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- 1: **Identify:** what is a need you could care for right now?
- 2: **Brainstorm:** think of a few ways to meet that need
- 3: **Move up:** which other needs could be met?



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**Zoe is a first grader who struggles to focus and stay seated during lessons.** She frequently interrupts the teacher, gets out of her seat without permission, and talks to classmates during quiet work time. Despite being bright and curious, she often leaves tasks unfinished and appears restless throughout the day.

- What usually happens to a little girl like Zoe
- What could happen if we met her needs?

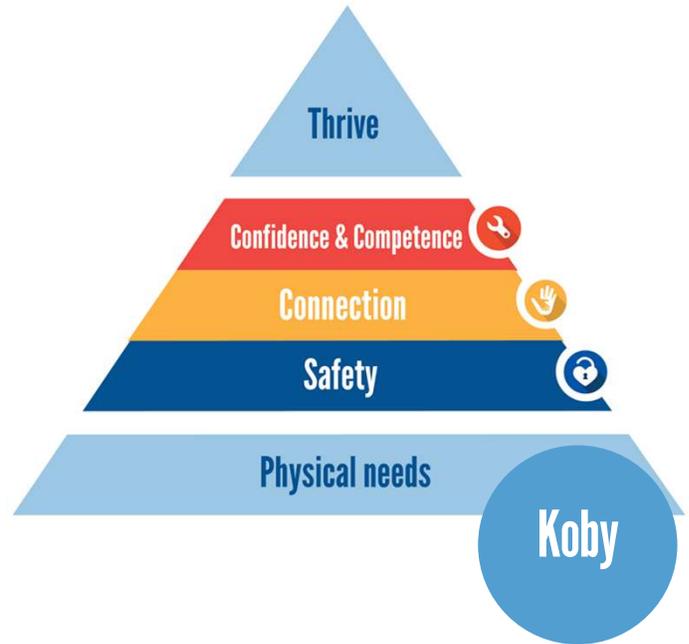


Zoe

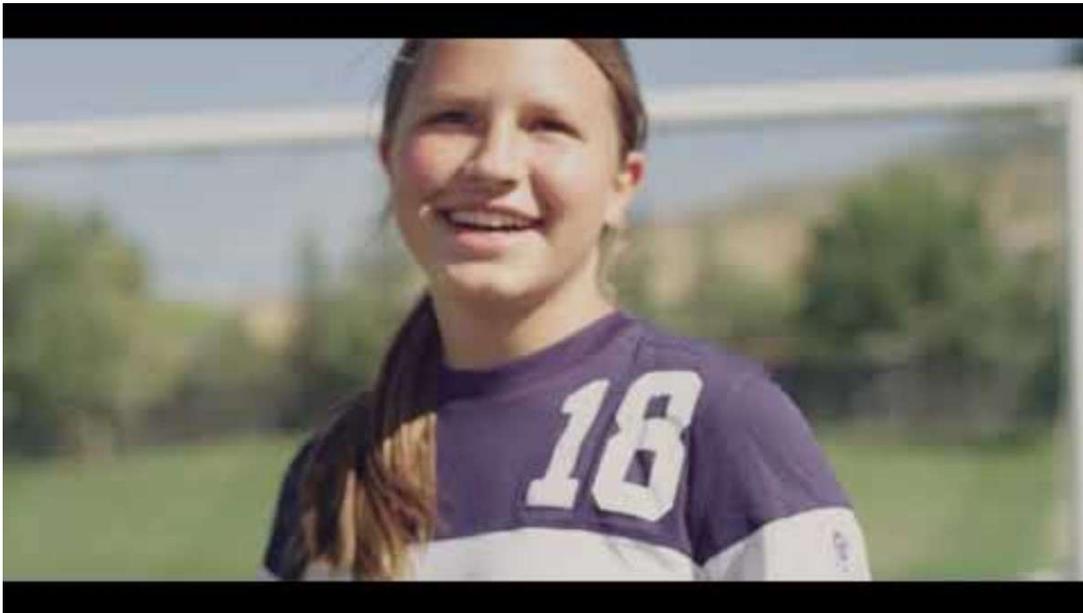
(Image Source: Canva)

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- **1: Identify:** what is a need you could care for right now?
- **2: Brainstorm:** think of a few ways to meet that need
- **3: Move up:** which other needs could be met?



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<https://www.youtube.com/watch?v=yLm6KbH5Who>

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“I would love it if people would ask themselves **every day**, ‘What can I do to help others in my life feel safe, connected, and confident? When we meet their needs, we’re building resilient communities, families, and workplaces.’”

- Dr. Matt Swenson, Child Psychiatrist,  
Intermountain Healthcare;  
Chair, EveryDay Strong Professional Advisory  
Council

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# www.EveryDayStrong.org

Get help with questions like:

- How do I get my child to talk to me?
- Will my young adult ever move out?
- Are screens ruining my child’s mental health?
- Why won’t my kid go to school?



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# RESOURCES FOR TEACHERS AND PROFESSIONALS

## Be Epic Offers:

- Trainings for teachers and other youth-serving professionals
- Parent education workshops and events
- Youth afterschool programs
- Shareable social media campaign
- Resources and support at local events including Red Ribbon week, back to school nights, community events, etc.

[Extension.usu.edu/be-epic/events](https://extension.usu.edu/be-epic/events)



**UNDERSTANDING AND ADDRESSING YOUTH E-CIGARETTE USE**  
 A PRESENTATION FOR PROFESSIONALS WHO WORK WITH YOUTH

**DATE** THURSDAY, OCTOBER 9TH **TIME** 7-8PM **REGISTER** EMAIL JOSIE.HATCH@USU.EDU

**LIVE WEBINAR**

Registered participants will receive swag bags PLUS a Subway Meal Voucher\*

If you work with youth in any capacity, staying up to date on the challenges they face is essential. This **FREE** presentation is designed to equip professionals with tools, resources, and knowledge to confidently discuss the risks of vaping with young people.

[extension.usu.edu/be-epic/](https://extension.usu.edu/be-epic/)

\*Swag bags and meal vouchers must be picked up in person at a USU Extension office in Carbon, Emery, or Grand County Utah.

# YOUTH E-CIGARETTE PREVENTION RESOURCES



- Resources for educators, parents, youth
- 2-Page Resource Pages for Carbon, Emery, and Grand



- Free Youth Vaping Prevention Lesson Plans and Resources



- You and Me, Together Vape-Free Curriculum
- Healthy Futures: Alternative-to-Suspension Curriculum
- Cannabis Awareness & Prevention Toolkit



**BE EPIC  
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TOOLKIT**



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**Be Epic, Escape the Vape Website**  
[extension.usu.edu/be-epic/contact-us](https://extension.usu.edu/be-epic/contact-us)



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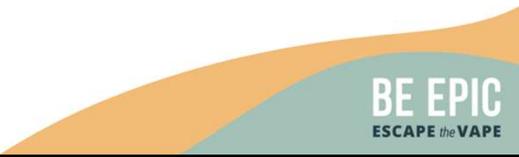


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