

BE EPIC, ESCAPE THE VAPE

Community Implementation Toolkit 2.0

Updated December 2025



Extension
UtahStateUniversity



BE EPIC
ESCAPE *the* **VAPE**

Dear Friends,

Thank you for your interest in the Be Epic, Escape the Vape (Be Epic): E-Cigarette Prevention in Rural Communities multicomponent intervention. Since its inception in 2020, Be Epic has made iterative changes to programming to meet the changing needs of the communities it serves. **This new and updated toolkit 2.0 will explain program updates made between 2023-2025.** For more information on Be Epic and the programs we used in 2020-2023, see our original [toolkit](#).

The Be Epic program enhances prevention efforts in Utah’s rural Carbon, Emery, and Grand counties by offering evidence-based programming to local residents. Program components detailed in this toolkit include parent education, teacher trainings, youth afterschool programs, social media campaigns, and community outreach.

[The Be Epic program](#) has demonstrated significant success, reaching **over 1,000 teachers, youth, and parents/caregivers**, thousands of community members through outreach at local events, as well as hundreds of thousands through our social media campaign. **Parents have expressed appreciation for the applicable, real-world information shared at Be Epic parent education events with one participant writing,** *“I just wanted to let you know that I appreciate you giving that presentation. I really enjoy the Everyday Strong ideas and hope to better implement them in my family and in my job (and I can see immediate application).”* and another parent who appreciated the *“breakdown of how vaping is affecting our youth and tips to talk about it.”* Additional impacts, brief reports, and research on our program outcomes can be found on our [E-Cigarette Prevention Research page](#) (e.g. [Outcomes & Impacts Quarterly Report](#) and on our [Impacts and Outreach page](#).

This Toolkit contains information for those interested in implementing similar multicomponent interventions in their own communities. It provides an overview of the basic programming elements of Be Epic, as well as examples to build upon.

Be Epic is a key asset in addressing local e-cigarette prevention needs in rural Utah. Our model has been well received and is suited for expanding to other communities to make large impacts. We thank you for your interest and invite you to [contact us](#) with any questions you may have regarding this Toolkit.

Sincerely,
Ashley Yaughner

Ashley Yaughner, PhD

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What's the Deal with E-Cigarettes?

According to the Centers for Disease Control and Prevention [CDC] (2018), even while tobacco use in the form of cigarettes was decreasing, the introduction of e-cigarettes (or vapes) to the U.S. market led to a rapid increase of e-cigarette use, particularly in youth and young adult populations (Utah Department of Health [UDOH], 2018). From 2013 to 2017 vaping rates doubled among youth in the U.S. (UDOH, 2018) which was extremely concerning given the negative health consequences associated with e-cigarette product use (e.g., future substance dependence; UDOH, 2024). By 2019, more than 5 million youth in the United States reported current e-cigarette use with nearly 1 million reporting daily use (Wang et al., 2019).

Youth in rural Utah were not immune to these national trends and in 2019, nearly 50% of 12th graders in the Four Corners Health District (Carbon, Emery, and Grand County's, Utah) reported vaping in their lifetime, and over 28% reported current e-cigarette use (Utah Department of Health and Human Services, 2023). With the implementation of national and local prevention efforts, youth e-cigarette use has steadily declined since the record highs of 2019. According to the 2024 National Youth Tobacco Survey (NYTS) results, youth tobacco product use has dropped to a 25-year record low, with 1.6 million middle and high school students reporting current e-cigarette use (U.S. Food & Drug Administration, 2025).

Despite these decreasing national rates, youth in the Four Corners District in rural Utah continue to experience higher rates of e-cigarette use than the rest of Utah, with 20.2% of 12th graders in the Four Corners District reporting past 30-day vaping compared to 10.3% of youth across the state of Utah (UDOH [SHARP], 2023).

While we are seeing progress with reducing rates of youth vaping, there is still important work to be done.

SHARP Survey Statewide vs. Four Corners LSAA Lifetime E-Cigarette use 6th, 8th, 10th, 12th Grade

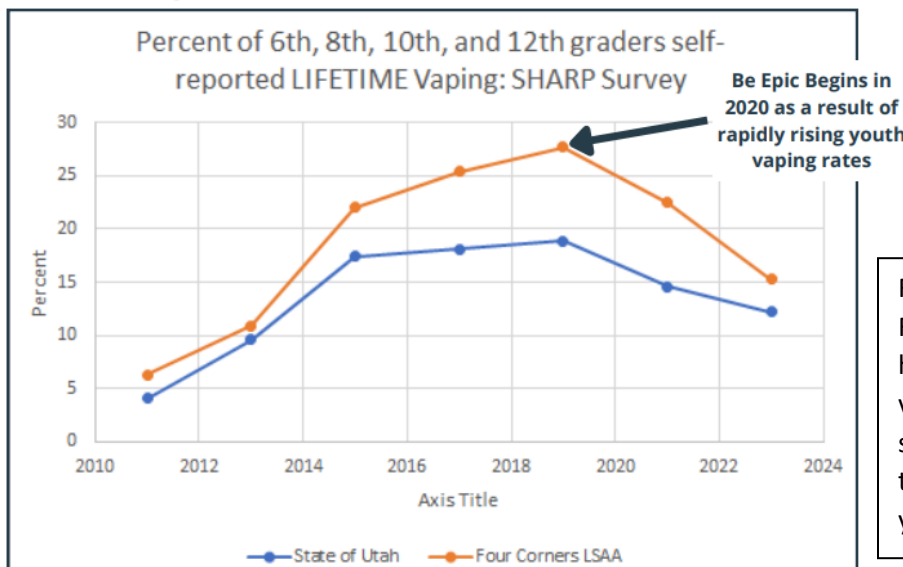


Figure 1. (left) Since 2011, Four Corners youth report higher rates of youth vaping than the rest of the state, however, since 2020 there has been a decline in youth vaping rates.

An Effective Approach to Preventing Youth Vaping

The purpose of the *Be Epic, Escape the Vape* (Be Epic) program is to reduce tobacco use and prevent vaping initiation among youth using a *multicomponent intervention* approach. Multi-component programs are beneficial in addressing public health issues as they are a multi-faceted and comprehensive way to reach the population they are targeting (in our case, youth) by utilizing interventions across multiple populations at different levels (see fig. 2). Five main components guide the efforts of the Be Epic program and are as follows:

- **Parent Education**
- **Teacher Trainings**
- **Youth Afterschool Programs**
- **Social Media and Marketing Campaign**
- **Community Engagement**

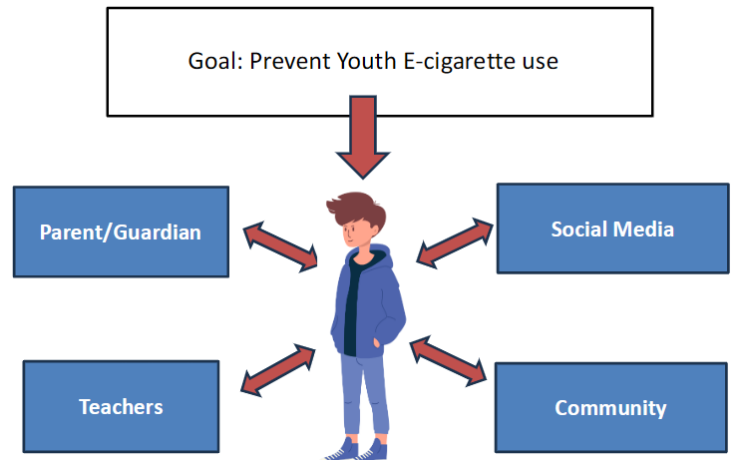


Figure 2. (above) Depiction of multiple sources that impact youth health and wellbeing that may be considered when creating a multi-component program.

The goal of these interventions is to strengthen skills in youth to help them avoid negative risk-taking behaviors such as e-cigarette or other substance use. This is done by working to strengthen protective factors while decreasing risk factors in the community.

Risk factors identified in the SHARP survey for youth in Southeast Utah include:

1. Poor family management, family conflict, and family history of substance use
2. Local laws and norms favorable to substance use
3. Low commitment to school, attitudes favorable to antisocial behavior and substance use, and intention to use substances

Protective factors targeted by the Be Epic program include:

1. Family attachment and opportunities for prosocial involvement and rewards
2. School and community opportunities for prosocial involvement and rewards
3. Peer and individual belief in a moral order.

The evidence-based programs and resources used by the Be Epic program are detailed in this toolkit. Implementing these programs ensures that communities receive up-to-date e-cigarette prevention information, as well as evidence-based skill-building resources that foster family and community attachments and support effective prevention efforts.

Component 1: Parent Education

This component provides prevention education and support for parents/guardians and caregivers through presentations and workshops.

Note: All of our presentation slides from Be Epic parent education events are housed on our website here: extension.usu.edu/be-epic/parents in the box titled, Four Corners District Vape Prevention Presentation Slides. For questions, feel free to [contact us](#).

Parent Presentations and Workshops

In the first three years of programming (2020-2023), Be Epic successfully offered 1-hour educational presentations for parents on e-cigarettes and their associated harms to youth health and well-being. Beginning in 2023 we saw a need to shift our parent education training to focus more strongly on building protective factors in families. This was supported by data from the Student Health and Risk Prevention (SHARP) survey, which identified poor family management, family conflict, and family history of antisocial behaviors as contributing risk factors for youth substance use in our rural areas. Recognizing that strong parent/child relationships and social-emotional connection are important factors in prevention work, we began developing and using new presentations focused on strengthening parent/child bonds. The presentations and workshops we have used are detailed below.

- [*Building Strong Relationships with Youth: A Foundation for Youth Vaping Prevention*](#)
The purpose of this 1-hour presentation is to educate parents about e-cigarettes and their associated harms, while also teaching practical, evidence-based strategies for building strong family relationships. Concepts taken from the evidence-based [EveryDay Strong](#) presentation were incorporated into this new offering.
- [EveryDay Strong Resilience Training for Caregivers](#)
The 1-hour EveryDay Strong presentation is an evidence-based training for parents and was developed by specialists at the United Way of Utah County. It teaches adults strategies for building resilience in youth using the framework of Maslow's Hierarchy of Needs. Be Epic modified the presentation slightly to include custom slides that can be updated each year based on emerging e-cigarette trends. While parents still benefit from understanding the evolving landscape of youth vaping, the emphasis on relationship-building also addresses broader social-emotional needs and risk factors, thereby supporting long-term prevention of substance use and other risky behaviors. To offer this intervention, facilitators must complete an implementation training. Find more information at: unitedwayuc.org/our-work/everyday-strong/

To further support your community, you may consider offering longer, more detailed parent workshops. Examples of other evidence-based programs we have successfully offered for parents include:

[Active Parenting of Teens: Families in Action](#)

- A six-week, evidence-based program featuring 2-hour, in-person sessions
- Parents and teens both participate but meet separately with their own facilitators, then reunite at the end of each session to practice new skills together

[Guiding Good Choices](#)

- A five-week, evidence-based program featuring 2-hour sessions designed primarily for parents of youth age 9-14
- Adults learn practical strategies to strengthen family bonds and reduce youth risk behavior
- Youth are invited to join Session 4, giving families the opportunity to practice skills together
- Can be taught either in-person or virtually (e.g. via Zoom)

Video Series, Fact Sheet, and E-Course for Parents and Guardians

Not all parents have the time or inclination to attend workshops and webinars, so having a variety of accessible information and resources that can be easily shared is another great way to engage and educate. The following resources were developed by Be Epic specifically for parents:

- **Three-Part Video Series:** This short, three-part video series on youth vaping prevention for parents can be found on our [website](#) and on YouTube at the following links:
 - [Parent Awareness: What exactly are e-cigarettes?](#)
 - [Parent Perception: What are the harms of youth using e-cigarettes?](#)
 - [Parent Involvement: How can I help prevent my youth from using e-cigarettes?](#)
- **Fact Sheet:** Our fact sheet called [Understanding the Teen Brain and Building Strong Relationships: A Foundation for Supporting Healthy Decisions](#) provides parents with evidence-based tips for building relationships and talking to youth about substance use.
- **E-course: A Parent's Guide on Talking to Teens about Substance Use:** Coming soon is a short and interactive e-course created by the Be Epic team based on our fact sheet. The e-course, along with many other helpful e-courses for parents will be available here: https://extension.usu.edu/strongermarriage/course/parenting_ecourses

Tips for Implementing Parent Education

Parent education can be accomplished through in-person events or virtually (e.g. webinar format). We found the most success with parent events when collaborating with local schools, PTA's, and other community organizations that donated space and resources to help recruit and incentivize parents to attend. Sample flyers for these events can be found in **Appendix A1** (see [Appendix A1: Parent/Guardian Sample Flyer for Advertising](#)). For more detailed implementation ideas for parent events, including checklists, swag, advertising ideas, etc., [check out our original toolkit](#).

- Find a printable trifold pamphlet for parents here (see Figure 3.): <https://extension.usu.edu/be-epic/files/Be-Epic-Parent-Guardian-Trifold.pdf>.
- Additional resources can be found on the parent portion of our website here: extension.usu.edu/be-epic/parents

Evaluation

Evaluations may be used for reporting purposes, determining education effectiveness, and for program improvement.

Pre- and post-survey evaluations for the 1-hour Be Epic parent presentations are recommended for all event attendees. Surveys for the modified EveryDay Strong Resilience Training for parents, along with a sample letter of information/consent can be found in **Appendix A2** (see [Appendix A2: Parent/Guardian Evaluation Samples](#)). Other sample evaluations for parent e-cigarette education presentations can be found in the appendix of our [original toolkit](#).

Evaluation tools for both *Active Parenting of Teens* and *Guiding Good Choices* are included as part of the training materials for each curriculum and can be obtained when one becomes a community trainer for either of those programs.

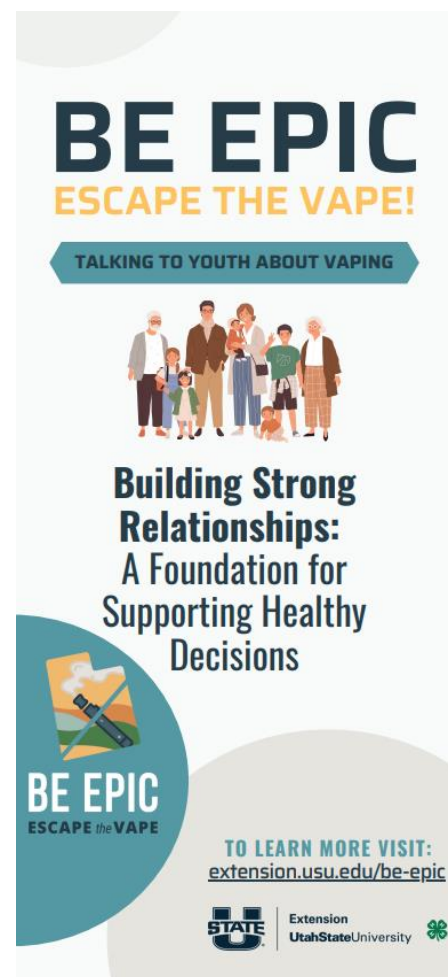


Figure 3. (above) Sample of Be Epic trifold pamphlet for parents on talking to youth about e-cigarettes and vaping

Component 2: Teacher Education

This component provides prevention education and support to educators and other youth-serving professionals through in-service trainings, refreshers, and newsletters.

Note: Our presentation slides for teachers and other youth-serving professionals are housed on our website here: extension.usu.edu/be-epic/teacher in the box titled, *Presentations for Professionals Slides*. For questions, feel free to [contact us](#).

CATCH My Breath

For information on how we have implemented *CATCH My Breath* teacher trainings, see our [original toolkit](#). While we continue to offer these, most interested teachers in our communities have already been trained. As a result, our teacher education component has expanded and evolved to be more accessible all youth-serving professionals, including teachers.

Refreshers and Newsletters

Updates in the form of “refreshers” are shared with educators and counselors who have joined our CATCH My Breath trainings or expressed interest in vaping prevention. These are shared through quarterly emails and newsletters and samples can be found on our website here: extension.usu.edu/be-epic/teacher in the box titled *Be Epic: Teacher Refresher Resources*. We have also provided samples of our MailChimp newsletters in **Appendix B1** (see [Appendix B1: Sample Email Newsletter for Educators](#)).

Be Epic Presentation for Youth-Serving Professionals

[Understanding and Addressing the Concern of Youth E-Cigarette Use: A Presentation for Professionals Who Work with Youth](#)

In 2025, the Be Epic team developed a 1-hour presentation specifically for any and all youth-serving professionals. It provides important information on e-cigarettes and their impact on youth development and offers practical strategies for discussing them with youth.

We have offered this training to all professionals and volunteers who work with youth, including:

- Teachers and school counselors
- Coalition board members
- Foster parents
- Volunteers (e.g. coaches, 4H, church group leaders, etc.)

[Teacher Training Implementation Tips and Resources](#)

Both the CATCH My Breath training, as well as our new Be Epic presentation trainings can be held in-person or online (e.g., via zoom). Sample flyers for recruiting participants for the Be Epic training for professionals can be found in **Appendix B2** (see [Appendix B2: Sample Flyers for](#)

[Professionals Presentation](#)). For more resources and tips on inviting educators and youth-serving professionals to attend trainings, including sample email drafts, checklists for trainings, and more, check out the teacher training section of [our original toolkit](#).

Evaluation

Samples survey's for the full *CATCH My Breath* teacher training and Be Epic presentation for youth-serving professionals along with a sample letter of information/consent can be found in **Appendix B3** (see [Appendix B3: Evaluation Resources for Youth-Serving Professionals](#)). Evaluation results may be used for reporting purposes, determining education effectiveness, and for program improvement.

Paper surveys or online applications such as Qualtrics can be used to administer surveys.

*Prior to doing any evaluation, make sure participants understand what is being asked of them. Participants should never be forced to participate in evaluation measures.

Component 3: Youth Education

This component provides prevention education and skill-building resources directly to youth through engaging after-school programming.

When youth have opportunities for prosocial involvement, they are less likely to initiate substance use (Utah Division of Substance Abuse and Mental Health [DSAMH], 2019). For this component, Be Epic uses the two evidence-based curriculums for youth detailed below.

Be Epic Confidence Club

Be Epic modified and combined the *Discover 4H: Building Confidence* curriculum (available for free download here: extension.usu.edu/utah4h/discover) with lesson plans from the *Catch My Breath Vaping Prevention Program* (available here: letsgo.catch.org/pages/catch-my-breath). Links to the full **Be Epic Confidence Club** curriculum can be found in **Appendix C1** (see [Appendix C1: Confidence Curriculum](#)). This four-session course is recommended for youth in 5th-8th grades and includes these lessons:

- *Session 1: What is Confidence?* helps youth to establish their own definition of confidence while learning to develop confidence in themselves. They learn it is ok to make mistakes and even fail sometimes.
- *Session 2: The Friendship Factor* discusses the importance of having and being a true friend, as well as the value of good communication skills. Youth practice these skills through role-play activities.
- *Session 3: Resilience* focuses on building gratitude and resilience through activities centered on having a ‘growth mindset.’ Kids learn skills that help them better adapt to a constantly changing environment and learn to recover from setbacks.
- *Session 4: Be True to You* discusses positive thinking and allows youth to practice calming techniques they can use when frustrated or upset.

ME Time for Teens (Blues Program)

This six-session evidence-based emotional wellbeing program is for youth (13-17) who experience mild depressive symptoms and has been shown to boost moods and reduce substance use. To implement this program in your community, you must become a certified community trainer (find more info at bluesprogram.org/). The six sessions of ME Time can be taught in-person, or online and include the following topics:

- *Session 1:* Triangle of Thoughts, Feelings, and Behaviors, analyzing emotions, identifying negative thoughts and having more fun.
- *Session 2:* Thinking more positively, challenging negative thoughts and rewards.
- *Session 3:* Another way of challenging negative thoughts & contracts.
- *Session 4:* A third way of challenging negative thoughts, and negative coping mechanisms and stopping them.
- *Session 5:* Daily hassles and planning future fun.

- *Session 6*: Major life events, coping with bad feelings, and positive emotions toolbox.

Implementing Youth Groups

Recruiting youth to participate in youth programs can be accomplished by:

- 1) Contacting an existing youth group coordinator (4-H, afterschool program coordinators, community youth groups, church groups, etc.) or
- 2) Recruiting youth and creating your own group.

Sample flyers for youth groups can be found in **Appendix C2** (see [Appendix C2: Sample Youth Program Flyers](#)).

ME Time:

Because the ME Time program is specifically for teens with depressive/anxious symptoms, extra permission slips and information are required for parents, beyond a simple flyer. To be transparent about what this workshop offers, we created a Microsoft Form to refer parents/participants to. A sample of the form we use can be found in **Appendix C3** (see [Appendix C3: ME Time Informational Form](#)). This form also helped us filter out bots and spammers that tried to claim the gift card we were offering as incentive for program participation.

We also created a separate Microsoft form for official registration that contained links to permission slips for both the parent and youth to digitally sign. Samples of this form can be found in **Appendix C4** with the permission slips in **C5** (see [Appendix C4: ME Time Registration Form](#) and [Appendix C5: ME Time Permission Slip](#))

For more detailed implementation ideas for youth groups, including checklists, sample flyers, advertising ideas, swag suggestions, etc., [check out our original toolkit](#). Additional resources for youth can be found on our website here: extension.usu.edu/be-epic/youth

Evaluation & Follow-Up for Youth Programs

If an evaluation of the youth program is desired, samples and tools can be found in Appendix C6 (see [Appendix C6: Youth Group Evaluation Resources](#))

Prior to administering the survey, clearly explain to the youth what they are being asked to do, and remind them that it is not a requirement to participate in the survey. For the younger confidence club, we administered a post-only survey and for the older ME Time group we did a pre-survey, post-survey, and 3-month follow-up survey. For the older youth, incentives in the form of \$10 gift cards were offered. One gift card was given at the conclusion of the 6 sessions, and another was given after the 3-month follow-up survey was taken.

Component 4: Myth Busting Social Media Campaign

This component delivers prevention education and information to the community through engaging social media content.

Because we live in a digital world, the aim of this component is to utilize social media to reach as many people as possible to educate and reduce misinformation surrounding e-cigarettes and vaping. We do this by sharing informational images and content on social media platforms (e.g. Facebook, Instagram, X, YouTube) and having a website to refer people to.

- The USU Extension *Be Epic, Escape the Vape* website is found here: extension.usu.edu/be-epic/
- Samples of our Social Media Campaigns can be found under the Impacts and Outreach section of our website here: <https://extension.usu.edu/be-epic/impacts-and-outreach>

Implementation of Social Media Campaign

Posting educational content on Instagram, Facebook, X, and other social media platforms provides a unique way to connect with youth and adults you might not have had the opportunity to connect with otherwise and can broaden program reach significantly.

To create images for our social media campaign, we used Canva. Our goals for the campaign include debunking myths surrounding e-cigarettes, providing education on strengthening protective factors, and creating shareable flyers for our local events.

Evaluation

An evaluation of the effectiveness of a social media campaign may be desired. We use analytics provided by Facebook, including 'total views' of each post, and 'impressions' to measure total reach of our social media posts. Other analytics including the number of comments, likes, and shares can also be collected using tools provided by Facebook, Instagram, and X and can be recorded and tracked on an Excel sheet for reporting purposes. You may choose to evaluate your social media campaign in a similar manner or choose another measure that better fits your purposes (e.g., create surveys).

Component 5. Community Outreach

This component provides prevention education and resources to the community at large through collaborative coalition work and participation in community events

Sharing prevention information and resources with community members is essential for ensuring they are aware of your program and the resources you provide. Be Epic team members actively attend community events and support other prevention work being done in their communities. When attending these events, we hand out swag and resources including:

- [Be Epic trifold pamphlets for parents](#)
- Vaping fact sheets and pamphlets from the local health department
- Tobacco cessation resources
- Flyers for upcoming events
- [Bookmarks for youth](#) (ways to stay vape free) [and parents](#) (how to talk about vape prevention)
- Be Epic swag (i.e. pens, stress brains, notepads, informational magnets, chip clips, stickers, etc.)

Finding events to attend in your community can be accomplished by getting involved with local coalitions, including those who are implementing the Communities that Care framework (<https://www.communitiesthatcare.net/>) and reaching out to organizations that have similar prevention goals.

Events to attend can include:

- School sponsored parent nights
- PTA sponsored events such as Red Ribbon Week
- DEA sponsored Take Back Day
- Community fairs or festivals
- Health and wellness events including mental health awareness, substance use prevention events, hospital or clinic outreach days
- College or career fairs
- Youth sports games or tournaments

References

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Appendix

For your convenience, samples are shown and/or links are provided in the appendix below*. To view the entire appendix folder, click here:

<https://usu.box.com/s/n5fefwkrxhnnl8iq6n7gou6dzuani3x0>


*Resource Disclaimer: Please note that all of the resources provided are for educational purposes and Utah State University (USU) does not specifically endorse their services. Resources are intended to provide information, not to treat substance use/vape use or other mental health concerns. USU does not control the websites or books referenced above or below.

Appendix A: Parent Education Implementation Resources

Note: All of our presentation slides from Be Epic parent education events are housed on our website here: extension.usu.edu/be-epic/parents in the box titled, Four Corners District Vape Prevention Presentation Slides. If you are interested in obtaining PowerPoint versions of these slide decks, please contact Dr. Ashley Yaughner at ashley.yaughner@usu.edu

Appendix A1: Parent/Guardian Sample Flyer for Advertising

WHAT DOES MY CHILD NEED FROM ME?



Everyday Strong Resilience Training


EDUCATION EVENT FOR PARENTS & GUARDIANS IN CARBON COUNTY

DATE: Tue. March 11th
TIME: 7-8 PM
Location: (Location and Address)

Light refreshments will be served

What you will learn:

- How to get your child to talk to you
- How to ask youth questions that improve your relationship (without causing them to shut down!)
- Simple ideas to support your teen's **motivation and emotional health**
- Plus receive a handbook and other resources that will help you, as an adult, strengthen relationships with youth of all ages!




**Pre-and-post surveys will be given at the event*


To learn more and register, scan QR code or visit:
Carbon-EveryDay_Strong.eventbrite.com

EveryDayStrong.org | extension.usu.edu/be-epic/events

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Appendix A2: Parent/Guardian Evaluation Samples

A sample **pre-survey** for the modified EveryDay Strong Resilience training for parents and caregivers can be found here: <https://usu.box.com/s/gx73bqfcdnfn20zt38zapn241s3szii1>

A sample **post-survey** for the modified EveryDay Strong Resilience training for parents and caregivers can be found here: <https://usu.box.com/s/867kwbmw7lvjpwpsmiwr28hmzrs8hzng>

For a sample **letter of information and consent overview** for parent education surveys, click here: <https://usu.box.com/s/3if4z2ufqnaohbenpksnr70x5x6f5pk>

Appendix B: Teacher Education Implementation Resources

Note: Our presentation slides for teachers and other youth-serving professionals are housed on our website here: extension.usu.edu/be-epic/teacher in the box titled, *Presentations for Professionals Slides*. If you are interested in obtaining PowerPoint versions of these slide decks, please contact Dr. Ashley Yaughner at ashley.yaughner@usu.edu

Appendix B1: Sample Email Newsletter for Educators

[Be Epic, Escape the Vape Teacher Newsletter](#) (April, 2025)

[Be Epic, Escape the Vape Teacher Newsletter](#) (Sept, 2025)

Appendix B2: Sample Flyers for Professionals Presentation



UNDERSTANDING AND ADDRESSING YOUTH E-CIGARETTE USE

A PRESENTATION FOR FOSTER PARENTS

Staying informed about the risks youth face is key to being a supportive adult. This engaging presentation will equip foster parents with practical tools, resources, and up-to-date information for confidently talking with the young people in their care about the risks of vaping.

Enjoy a free dinner and take home a swag bag as a thank-you for all you do!

JOIN US:
WEDNESDAY, NOV 5, 2025
6-7:30 PM
(LOCATION AND ADDRESS)

Sponsored by:

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UNDERSTANDING AND ADDRESSING YOUTH E-CIGARETTE USE

A PRESENTATION FOR PROFESSIONALS WHO WORK WITH YOUTH

DATE  **THURSDAY, OCTOBER 9TH** **TIME**  **7-8PM** **REGISTER**  **(INSTRUCTIONS FOR REGISTRATION)**

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/

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

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Appendix B3: Evaluation Resources for Youth-Serving Professionals

Sample **pre-survey** for the **CATCH My Breath** teacher training:

<https://usu.box.com/s/imn1njeetc1wfm91ec12pzt3tglwepc6>

Sample **post-survey for the CATCH My Breath** teacher training:

<https://usu.box.com/s/8gompbi3de25aolo0v9525if9ag0dlnw>

Sample **3-month follow-up questions** for the CATCH My Breath teacher training:

<https://usu.box.com/s/dahf61xqpdijigo1qfdlszydxblho01>

Sample **pre-survey for the Be Epic, *Understanding and Addressing Youth E-Cigarette Use***

Presentation: <https://usu.box.com/s/9oy160t1b8qfmcdbnwjgip4lm7dlhqj5>

Sample **post-survey for the Be Epic, *Understanding and Addressing Youth E-Cigarette Use***

Presentation: <https://usu.box.com/s/byogtqe62pmfvblvl2d3a31dlo8gwibo>

For a sample letter of information and consent overview for teacher and professional trainings evaluations, click here: <https://usu.box.com/s/011g5ehhbpe7br9ynrpmp4tuy9qq7wvb>

Appendix C: Youth Education Implementation Resources

Appendix C1: Confidence Curriculum

Note: Lesson plans were taken from a discover 4-H curriculum called Building Confidence (available for free download here: extension.usu.edu/utah4h/discover) and modified for use in the Be Epic, Escape the Vape youth afterschool program. Vaping prevention activities can be found at catch.org.

Session 1: What is Confidence?

PDF lesson plan and materials can be found here:

<https://usu.box.com/s/ytr7t18ft0l34e2frw0ih35hw5kjhq02>

Session 2: The Friendship Factor

PDF lesson plan and materials can be found here:

<https://usu.box.com/s/lachq52ei5l9rxf9qps57ln05xf0709q>

Session 3: Resilience

PDF lesson plan and materials can be found here:

<https://usu.box.com/s/5jsio819ytltt1cz0b1bk174hcgdghgm>

Session 4: Be True to You

PDF lesson plan and materials can be found here:

<https://usu.box.com/s/xdxf9a9ij87vxw1qxgls5ylpssmqmabc4>



BE EPIC! CONFIDENCE CLUB

**INCLUDES
SWAG AND
SNACKS!**

**Dates: XXXXX
(TIME)**

Are you looking to build your confidence and learn healthy habits? This is the place for you! Come learn about positive communication skills, friendship, and how to prevent e-cigarette use.
Open to youth in 5th-8th grades

Location:
XXXXXXXXXXXX
XXXXXXXXXXXX
XXXXXX
~~~~~

Questions? Contact  
XXX: (email address)



\*We will ask youth to fill out a post-survey as part of this program.



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## Beginning in January 2025: **ME TIME FOR TEENS**

Are you wanting to develop skills to help manage mild depressive symptoms? Teens (13-17) in **Carbon, Emery, and Grand County** are invited to participate in a FREE, fun and interactive, **ONLINE** workshop series.

**Monday's 6-7 PM**  
Jan. 27th, Feb. 3rd, 10th, 24th  
March 3rd, 10th

**Location: Zoom**

(Meeting information will be provided in swag bags)

**\*\$20 in GIFT CARDS for attending all 6 sessions & completing surveys\***

**Supplies and swag provided for all participants, and must be picked up at local USU Extension offices.**

Pre-and post-surveys will be administered to assess program effectiveness. Scan the QR code or visit our website for more info and to sign up!

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



Scan the QR Code or visit:  
[tinyurl.com/Jan2025MEtime](https://tinyurl.com/Jan2025MEtime)

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### Appendix C3: ME Time Informational Form

We used Microsoft Forms (similar to Google forms) to create an informational form with a link that could be shared with parents and youth. This helped us filter out hundreds of spammers

and bots who tried to “register” because we were offering gift cards. If parents were interested in the class after reviewing this form, they could email a coordinator to receive a separate registration form (see below). Here is a link to a sample of the informational form we created: <https://usu.box.com/s/4vrwonlw7zw61t0nck13jf9e7l2biq9j>

#### Appendix C4: ME Time Registration Form

After filtering out spammers and bots with the form above, we were able to share this registration form with interested parents and youth. Links to permission slips that must be signed before beginning the class are included in this form, with a prompt to sign digitally: <https://usu.box.com/s/xigzlpccqox6ytwz1epx8bg9gnaqvup2>

#### Appendix C5: ME Time Permission Slip

This permission slip was shared with both parents and the youth who participated in our ME Time series. Both were required to sign the permission slip before the youth could participate: <https://usu.box.com/s/26ttsrc7g4du0pgeoayhbugc5y7nd4ya>

#### Appendix C6: Youth Group Evaluation Resources

Be Epic **Confidence Club** sample post-survey:

<https://usu.box.com/s/51i26b8skw9dizt75x9t92j4prd9w0bp>

**ME-Time sample pre-survey:** <https://usu.box.com/s/aygo2yfno2xm92azib0ym6lsb2lwvpvo>

**ME-Time sample post-survey:** <https://usu.box.com/s/17xlpmhoo0c8kigorgz7bw0glxfk09do>

#### Sample Survey Overview for Youth Groups

Thank you for participating in the Catch My Breath and Be Epic group!

This page gives you some information about the survey you are being asked to fill out now.

**What am I being asked to do?** You are being asked to complete this short survey to help us provide the funder of BE EPICE & Grand with information about impacts of this program.

**Will my parents or other people see my responses?** No, your answers will not be shared with anyone outside of the funder. Your individual responses will be combined with everyone’s and it will not be possible to identify your individual response.

**Do I have to answer all of the questions?** While we would prefer that you answer each question, you can certainly skip any questions you do not wish to answer.

*\*Survey overview information is attached on the page prior to the post-survey.*

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