



BE EPIC ESCAPE THE VAPE TOOLKIT

Updated on 03/06/2023



Extension
UtahStateUniversity



BE EPIC
ESCAPE *the* VAPE

Dear Friends,

Thank you for your interest in the Be Epic, Escape the Vape: E-Cigarette Prevention in Rural Communities multicomponent intervention. This program was developed by USU Extension in 2020 and funded by consecutive grants received from the Southeast Utah Health Department to implement an evidence-based e-cigarette and vape prevention program which targets youth in Southeastern Utah communities. Be Epic, Escape the Vape uses four main components that educate teachers, parents, youth, and the community to enhance prevention efforts.

[The Be Epic, Escape the Vape program](#) has demonstrated significant success, reaching **over 600 participants** (teachers, youth, parents/guardians, and many others in the community). Be Epic met teachers where they were to provide evidence-based curriculum training, provide afterschool trainings to youth, and reach into the homes of families to provide education to parents on vape prevention and cessation. After an online parent training, **one parent said the information was applicable, real-world information, and “A breakdown of how vaping is affecting our youth and tips to talk about it.”** Additional impacts, brief reports, and research can be found on our website, as well as in a recently [published](#) Outcomes and Impact Quarterly report.

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

Be Epic, Escape the Vape continues to be a key asset in addressing local e-cigarette prevention needs in rural Utah. Our focus on a multi-component prevention model has been well received and is well 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 after reading through the Toolkit.

We look forward to continuing to serve the health and wellness needs of rural Utah, with a focus on e-cigarette prevention.

Sincerely,

Ashley Yaughner

Ashley Yaughner, PhD

Professional Practice Extension Assistant Professor of Health & Wellness

Health Extension: Advocacy, Research, & Teaching (HEART) Initiative

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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 is decreasing the use of e-cigarette products is increasing, 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 is concerning given the negative health consequences associated with e-cigarette product use (e.g., future substance dependence; UDOH, 2022). Furthermore, in Utah approximately one in four youth (grades 8, 10, and 12) report trying vaping and young adults have the highest rate in the state for vaping at 12% (ages 18-24 years old; UDOH, 2018).

Preventing E-Cigarette Use

The purpose of *Be Epic, Escape the Vape* is to reduce tobacco use and prevent vaping initiation among youth using a *multicomponent intervention* approach. Four main components guide the efforts of the program and are as follows:

- **Parent Education**
- **Teacher Trainings**
- **Youth Afterschool Programs**
- **Myth Busting Social Media Campaign**

The goal of these interventions is to strengthen skills in youth to help them avoid risk taking behaviors and prevent initial use of vape products. This is done by targeting three main risk factors:

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 moral order.

Vape prevention education for the *Be Epic, Escape the Vape* program is taken from the free *CATCH My Breath vaping prevention program*, which is a peer-reviewed, evidence-based youth nicotine and vaping prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health (CATCH, 2018).

By implementing these four components, youth will be provided with up-to-date e-cigarette prevention information, exposure to evidence-based techniques to build skills, and experiences that facilitate connections with family and other adult role models.

Component 1: Parent Education

The purpose of this component is to offer a one-hour long training for parents, giving them the opportunity to learn about the dangers of vaping in youth. This includes helping parents understand what e-cigarettes are, how they operate, and what harmful ingredients they contain. It aims to inform parents of the adverse effects of vaping on adolescent brain development, as well as highlight the marketing strategies of big tobacco companies which target young people. Additionally, it teaches parents how to recognize signs of possible e-cigarette use and equips them with ideas on how to have positive conversations with their youth on vaping and substance use.

Parent education can be accomplished through in-person events or in an online webinar format, utilizing Catch My Breath parent materials as a primary prevention method. The following materials may be used in ways that best fit your purposes regarding e-cigarette prevention. Additional resources can be found on our website: extension.usu.edu/be-epic/parents

Advertising

Promoting the event is key to maximizing attendance of participants. See **Appendix A** for examples of flyers that may be adapted for local events. Helpful details to include are date, time, location, registration information, and a brief description of the event. Flyers can be posted in community locations such as libraries, grocery stores, gas stations, post offices, etc. PDF versions can also be emailed to partners in the community or shared electronically via social media platforms.

Ideas for advertising could include the following:

- Do a radio interview with your local radio station
- Submit a press release to your local newspaper
- Set up a booth at school events such as sporting events, PTA events, fairs, community dinners, school plays, etc.
- Work with local school districts to advertise to parents through the school's website and/or social media pages as well as parent links (text/email)
- Email flyers to community organizations that work with the public to notify them of your upcoming event

Preparation and Implementation

To help prepare for the upcoming parent event, **Appendix B** contains a checklist of to-do's. This checklist can be used to track progress before, during, and after the event is held and can be adapted to fit local needs.

During webinars, a co-host can help by keeping count of attendees, answering questions in the chat, or posting helpful information and links for participants. A checklist of co-host to-do's can be found in **Appendix C**.

For the parent education event, See **Appendix D** for instructions on how to access electronic and PDF versions of a sample PowerPoint slide deck that has been prepared to educate parents on what e-cigarettes are, how to recognize signs of use, and how to talk with youth about e-cigarette use. Current local risk assessment survey data (e.g., SHARP survey data), as well as contact information of local personnel will need to be updated on applicable slides.

Evaluation

Evaluations for this intervention can be administered via pre- and post- surveys for event attendees. Sample surveys can be found in **Appendix E** (pre-survey) and **F** (post-survey) along with a letter of Information/Consent in **Appendix G**. Evaluation results may be used for reporting purposes, determining education effectiveness, or for program improvement.

During the week prior to the event, emails may be sent reminding participants to take the pre-survey. Sample email templates can be found in **Appendix H**, and it is suggested that emails be sent one week, three days, one day, four hours, and one hour prior to the event.

Similarly, email reminders to participants regarding participation in the post-survey can be sent following the event. It is suggested that emails be sent immediately following the event, three days after the event, and one week after the event.

Incentives

Depending on your local area and funding, it may be helpful to incentivize participants to attend your event. For our purposes, a 'parent swag bag' was created and handed out to participants. The swag bag included a meal voucher to a local restaurant (see **Appendix I** for a sample meal voucher), as well as items related to substance use prevention and intervention such as:

- A folder containing a [fact sheet](#) and [resource guide](#) regarding substance use prevention/intervention
- Pen
- Notepad
- Chapstick
- Magnet
- Stress Ball
- Chit Chat cards for parents and children

Component 2: Teacher Education

The purpose of this component is to provide in-service teacher trainings for 5th-12th grade teachers on the use of an evidence-based e-cigarette prevention curriculum (*CATCH My Breath*) which covers a variety of topics to help educators feel confident and comfortable in teaching prevention material to students. This includes current vape trends, how to recognize the signs of vaping, discussing both risk and protective factors for youth, and knowing how to talk to youth about substance use. **In order to provide this intervention, local program coordinators will need to be trained by CATCH as community trainers** (for more information on becoming a community trainer, visit catch.org/program/vaping-prevention/).

Teacher trainings can be accomplished in-person or online (e.g., via zoom) utilizing the Catch My Breath community trainer master presentation. Potential resources and materials for both a complete teacher training and follow-up teacher refresher courses will be discussed below. Additional resources can be found on our website: extension.usu.edu/be-epic/teacher

Extending an Invitation

Finding educators that are interested and willing to participate in trainings can be accomplished by first sending a courtesy email to the superintendent explaining that you will be contacting schools in his/her district with an invitation to participate in trainings on the use of an evidence-based e-cigarette prevention curriculum. Reaching out to district supervisors and principals of elementary, middle schools, and high schools is the next step. This may also be done via email (see **Appendix J** for a template). Depending on the number of responses received, a follow-up email may be necessary. Making a personal connection through in person visits to schools and explaining the objectives of the e-cigarette prevention curriculum is also recommended.

Teacher Training Preparation

As you prepare for your newly scheduled training(s) with educators, keeping track of your progress prior to the event is necessary to stay organized. A checklist of to-do's for the complete teacher training can be found in **Appendix K**, and a modified checklist for the follow-up teacher refresher course can be found in **Appendix L**.

As training dates approach, send an email reminder to participants so they know what to expect during the training, as well as the zoom link (if applicable) for the meeting.

Teacher Training

During the training, documenting the number of participants that attend may be important. If holding a virtual training, you will have to note the number of attendees. If holding an in-person training, remember to pass around a sign in sheet where participants can document their name, email, etc. A pre-made sign in sheet can be found at catch.org, if needed.

For the teacher training, the complete Catch My Breath Vaping Prevention training can be found at letsgo.catch.org. Once you have completed training through the CATCH program, you will be able to log in to their website and have access to all needed materials, including the complete Catch My Breath master presentation, as well as additional supplemental materials.

Teacher Refresher Trainings

Refresher trainings have been created for the purpose of following up with teachers who have been trained. These refreshers aim to help answer questions and problem solve issues that have arisen as the program is implemented in the classroom. This is also a good time to provide teachers with updated information and gather data as to how effective the initial training was. These additional trainings with teachers may be held at intervals you deem appropriate for your local area (e.g., every 2 months, every 4 months, etc.). Sample training materials for teacher refresher training #1 and teacher refresher training #2 can be found in **Appendices M and N** respectively.

Appendix O contains a sample 'Thank You Email' template to be sent to teachers who have completed full and refresher trainings. A follow up thank you email is a great way to again remind them of available resources. Depending on your programming resources, you may also provide teachers with a small gift as a token of your appreciation (e.g., meal voucher, gift card, swag bag, etc.).

Evaluation

Depending on your purposes for implementing the vape prevention program, evaluating program effectiveness may be important. 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. Sample overview/consent documents can be found in **Appendix P**.

Depending on whether your training is in-person or virtual, you will want to plan your evaluation measures accordingly. Either paper surveys or online applications such as Qualtrics can be used to administer surveys to participants to measure effectiveness during the implementation of this program. Samples for the full CATCH training survey, teacher refresher training #1 survey, teacher refresher training #2 survey, and the final follow-up survey can be found in **Appendix Q**.

Component 3: Youth Education

The purpose of the youth education component is to implement an after-school youth program focused on confidence building to improve teens' ability to decline e-cigarettes. 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 reason, a free discover 4-H curriculum called *Building Confidence* (available for free download here: extension.usu.edu/utah4h/discover) was modified and combined with lesson plans from the *Catch My Breath Vaping Prevention Program*. Steps to prepare, implement, and evaluate this program are detailed below. Additional resources and information can be found on our website: extension.usu.edu/be-epic/youth

Advertising & Preparation

Finding a group of youth to participate in the youth program can be accomplished by:

- 1) contacting an existing group of youth (local 4-H group, school clubs, community youth groups, etc.) to see if they are interested in participating or
- 2) recruiting youth and creating your own group.

For a sample flyer to advertise the youth program, see **Appendix R**.

After the logistics have been solidified (dates, time, and location established, youth signed up, etc.), preparation for teaching begins. **Appendix S** contains a checklist of to-do items to prepare for teaching the youth groups. Depending on your resources, you may also want to provide incentives, such as snacks and/or swag for youth attending the group. Ideas for trinkets to include with the youth program include:

- Drawstring bags
- Journal
- Gel pens
- Bouncy ball
- Fidget spinner
- Fidget pop it
- Silly 4-H pen
- Carabiner with compass
- [Youth Vaping Fact Sheet](#)

Curriculum

The curriculum for the youth confidence building afterschool program is fun and interactive. It is broken down into four one-hour sessions, meant to be held once per week for four weeks. Links to free downloads of the lesson plans described below can be found in **Appendix T**.

The lessons are:

- *Session 1: What is Confidence?* helps youth to establish their own definition of confidence while learning to develop confidence in their own abilities. 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 having good communication skills. Youth practice these skills through role-play activities.
- *Session 3: Resilience* focuses on building gratitude and resilience by allowing youth to participate in activities centered on having a ‘growth mindset.’ Kids learn skills that help them better adapt to a constantly changing environment and 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.

Each of the four sessions allots a period of time for youth to complete an activity centered on e-cigarette prevention. Lesson plans from the *Catch My Breath Vaping Prevention Program* curriculum are free to use and can be tailored to fit into the building confidence curriculum. For more information on CATCH My Breath, visit their website at letsgo.catch.org/pages/catch-my-breath.

Evaluation & Follow-Up

If an evaluation of the youth program is desired, a suggested post-survey can be found in **Appendix V** to measure youth gains in confidence, resilience, and intention to decline tobacco products. The post-survey is meant to be administered at the completion of session 4. 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. A sample letter of information detailing youth’s consent to participate can be found in **Appendix U**.

Upon the completion of youth groups, be sure to thank anyone who assisted with planning and implementing the youth group in any way. This may include existing youth groups, schools, or other community partners. This will allow for working relationships to continue in the future. You may consider presenting partners with a gift such as a meal voucher and swag bag along with a thank you letter expressing appreciation for their help in implementing the youth program.

Component 4: Myth Busting Social Media Campaign

Because we live in a digital world, the aim of the fourth and final component of this multicomponent intervention is to utilize a community wide social media campaign aimed at reducing misinformation surrounding e-cigarettes and vaping. This can be accomplished in a variety of ways, including creating and distributing informational flyers for upcoming events (see **Appendices A and AA** for examples) and having a website to refer people to. The USU Extension *Be Epic, Escape the Vape* website can be found and viewed here:

extension.usu.edu/be-epic/

Implementation

Creating social media posts focused on disseminating accurate vape prevention information can allow your reach to broaden significantly. Posting vape prevention information, especially information surrounding protective factors, on Twitter, Instagram, Facebook, 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. During the initial implementation of this program, ten social media posts were created using *Canva* (canva.com) and posted once per week over ten weeks (2.5 months). For examples of social media posts, see **Appendix W**.

Evaluation

An evaluation of the effectiveness of a social media campaign may be desired. During initial implementation of this program, statistics provided by Facebook, including ‘total views’ of each post were used to measure total reach of the informational social media posts. Information such as the number of comments, likes, and shares was also collected using tools provided by Facebook and was tracked in an Excel spreadsheet 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).

References

- CATCH. (2018). *Catch My Breath: Youth vaping prevention program*. Catch.org. Retrieved September 2020 from, <https://catchinfo.org/wp-content/uploads/2018/10/CATCH-My-Breath-One-Page.pdf>
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- Utah Department of Health. (2017). *Utah Health Status Update: Vaping trends among Utah youth and adults*. Utah Department of Health. Retrieved September 2020, from https://ibis.health.utah.gov/ibisph-view/pdf/oph/publication/hsu/2017/1712_Vaping.pdf

Appendix

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

<https://usu.box.com/s/p4ghqs191b0q87iwpoiqrxfazrgmh06>

*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.

Parent Education

Appendix A: Parent/Guardian Vape Prevention Flyers for Advertising

VAPE PREVENTION PARENT/GUARDIAN WEBINAR



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GRAND COUNTY



**Tuesday, April 5,
2022
6:00pm-7:00pm MST**

Youth are faced with many challenges right now. Sign up today to participate in a FREE webinar to learn about the dangers of vaping in youth. Knowing how to talk to your youth now can help prevent future issues.



To Register:

<https://be-epic-grand-parents.eventbrite.com>

- Event includes a swag bag, complete with a voucher for a FREE meal from Moab Diner, which can be picked up at Grand County USU Extension Office
- Parents/Guardians of youth 5th-12th grades are especially encouraged to attend
- Participants will be asked to fill out a brief pre- and post- survey during the event



EXTENSION.USU.EDU/BE-EPIC

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UTAH STATE UNIVERSITY EXTENSION PRESENTS



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UTAH VAPE PREVENTION PARENT/GUARDIAN WEBINAR

Youth are currently faced with many challenges. Sign up today to participate in a FREE educational webinar to learn about the dangers of vaping in youth. Knowing how to talk to youth now can help prevent future issues.

- Parents/guardians of youth 5th-12th grades are especially encouraged to attend
- Participants will be asked to fill out a brief pre- and post-survey during the event

To register visit:

<https://be-epic-utah-parents.eventbrite.com>

Tuesday
May 10, 2022
6:00pm-7:00pm MST



Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination. For USU's non-discrimination notice, see equity.usu.edu/non-discrimination.

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Appendix B: *Parent/Guardian Vape Prevention Webinar Checklist*

For a sample checklist, click here:

<https://usu.box.com/s/rp1gp6fkxt2c7ppdbfuenrt6a1w8mm4h>

Appendix C: *Parent/Guardian Webinar Co-Host Checklist*

For a sample checklist, click here:

<https://usu.box.com/s/5xngrm4xi17zgp5v22rggd2gpk3c6pv>

Appendix D: *Parent/Guardian Vape Prevention Power Point*

To view the PDF version of slide deck, follow this link:

<https://usu.box.com/s/vygrww15vo171or8yev1qzvz2u8kx8ql>

To view a recording of the Parent/Guardian Vape Prevention webinar for 2021 or 2022, visit:

<https://youtu.be/Xqaobv9CXeM>

If you are interested in obtaining the PowerPoint version of this slide deck, please contact Dr. Ashley Yaughner at ashley.yaughner@usu.edu

Appendix E: *Parent/Guardian Vape Prevention Webinar Pre-Survey*

For a sample pre-survey taken, click here:

https://usu.box.com/s/fc3qfef4u7aa9g1ic530xxqcn7e1skrv*

Appendix F: *Parent/Guardian Vape Prevention Webinar Post-Survey*

For a sample post-survey, click here:

https://usu.box.com/s/che0s1m34qus7edzbsvz126jxs6161he*

Appendix G: *Parent/Guardian Survey Letter of Information*

For a sample letter of information and consent overview for the survey, click here:

<https://usu.box.com/s/0xc3zmlsc3t739pw9zjk2ozhhh7dpihu>

**Parent pre- and post- surveys samples taken from year 3 of programming (2022-2023) while all other materials are year 2 (2021-2022).*

Appendix H: Parent/Guardian Vape Prevention Webinar Pre-Survey Email Templates

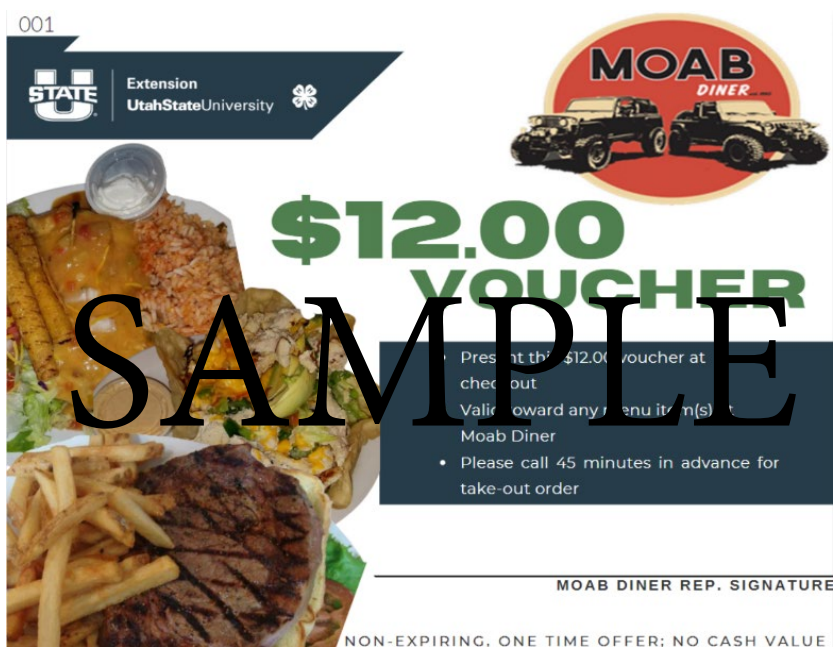
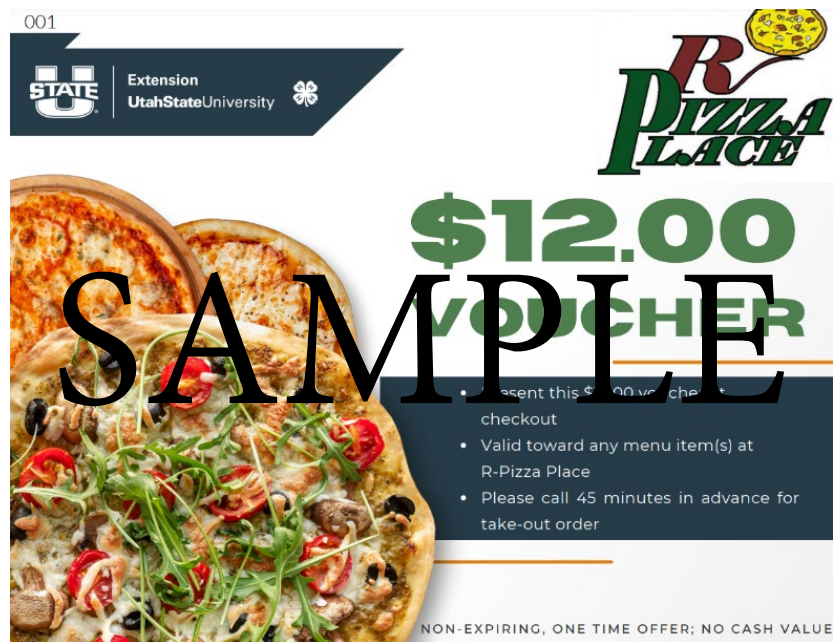
For an initial sample pre-email, click here:

<https://usu.box.com/s/qdfz1g71zkqe8d03ipyh957kt7d07kan>

For other email templates, click here,

<https://usu.box.com/s/5bfuzkaehxh0y803bx4sz3oolnu905cy>

Appendix I: Parent/Guardian Vape Prevention Webinar Meal Voucher Samples



Teacher Education

Appendix J: *Initial Email Invitation to Schools*

For a sample email, click here: <https://usu.box.com/s/64sxvpf6xe6z5q9b8uqwxly076yjr1v>

Appendix K: *Complete Teacher Training Checklist*

For a sample checklist, click here:

<https://usu.box.com/s/surb1m9m6mcrnu4xedteq4v10u1uustn>

Appendix L: *Follow-Up Refresher Teacher Training Checklist*

For a sample checklist, click here: <https://usu.box.com/s/1fsb5nhz5oao8htruerh4emcrt55r2vl>

Appendix M: *Teacher Refresher Training #1*

To view the PDF version of slide deck, follow click here:

<https://usu.box.com/s/mtowdu08c031efhfumz7pwik7ofu0k0g>

If you are interested in obtaining the PowerPoint version of this slide deck, please contact Dr. Ashley Yaughner at ashley.yaughner@usu.edu

Appendix N: *Teacher Refresher Training #2*

To view the PDF version of the slide deck, follow this link:

<https://usu.box.com/s/vd1qp40z9s8z8xww385ct31gcwp5geo7>

If you are interested in obtaining the PowerPoint version of this slide deck, please contact Dr. Ashley Yaughner at ashley.yaughner@usu.edu

Appendix O: *Email Templates for Teacher Vape prevention Participation*

For a sample “Thank you” email, click here:

<https://usu.box.com/s/1kmkv1pfd39c214s3pt4ht90uithwioz>

For other email templates, click here:

<https://usu.box.com/s/5bfuzkaehxh0y803bx4sz3oolnu905cy>

Appendix P: *Teacher Training Overview/Consent Documents*

For a sample letter of information and consent overview for full teacher trainings and surveys, click here: <https://usu.box.com/s/ipf4ywvl7ohvlnsv73t285iytou97qsl>

For a sample letter of information and consent overview for refresher teacher trainings and surveys, click here: <https://usu.box.com/s/75hv6y3i8pmj7h3qwn3dai95rpx0jdt>

Appendix Q: *Teacher Trainings Surveys*

For a sample of full pre-survey, click here:

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

For a sample of full post-survey, click here:

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

For a sample of #1 refresher survey, click here:

<https://usu.box.com/s/nh0wrpldpfj90noix05128bqykqo026e>

For a sample of #2 refresher survey, click here:

<https://usu.box.com/s/eljxzel7rui6xdx0py6jre6y6lupnumk>

For a sample of 3-month follow-up questions, click here:

<https://usu.box.com/s/dahf61xqpdjjigo1qfdlszydxblho01>

Youth Education

Appendix R: *Sample Flyer to Advertise Youth Group*

BE EPIC!
AFTER SCHOOL CONFIDENCE CLUB



BE EPIC
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Meaningful Mindz | 15 East Main Street Price, Utah 84501

**March 7th, 14th,
21st, and 28th
5:30-6:30pm**

Must attend all sessions

To register, visit:
meaningfulmindz.org
For questions, email:
josie.hatch@usu.edu

Are you looking to build your confidence and learn healthy habits? This is the place for you! You will learn about positive communication skills, friendship, and how to prevent e-cigarette use. This program is FREE to attend. See you there!

- Open to youth in 5th-8th grades
- Includes FREE swag and snacks!

We will ask you to fill out a post- survey as part of this program

EXTENSION.USU.EDU/BE-EPIC

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Appendix S: *Youth Group Checklist*

For a sample checklist, click here:

<https://usu.box.com/s/38kbn5gn05u2zvmn67gm8epul5zl3k0j>

Appendix T: *Confidence Curriculum**

Session 1: What is Confidence?

PDF lesson plan and materials can be found here:

<https://usu.box.com/s/bkry68w8dl8i16hn8t5ncsbb4dj04s7a>

Session 2: The Friendship Factor

PDF lesson plan and materials can be found here:

<https://usu.box.com/s/088rgnr7b0namf9oru3jm0aiiuyfj56f>

Session 3: Resilience

PDF lesson plan and materials can be found here:

<https://usu.box.com/s/guadbzi8n5fg59o20r4ntjbv6ttb4ho8>

Session 4: Be True to You

PDF lesson plan and materials can be found here:

<https://usu.box.com/s/t5j55wpd4tcjwbrddl1ohz5iu73ijcov>

**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.*

Appendix U: *Youth Survey Overview/Consent Document**

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 EPIC & 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. See appendix item V for more details.*

Appendix V: *Youth Group Post-Survey*

For a sample youth post-survey, click here:

<https://usu.box.com/s/c1wcpt3eptdn0ti4ya1z05cv0ehdqvaj>

Social Media Campaign: Myth Busting E-Cigarette Misinformation

Appendix W: *Sample Social Media Posts Created on Canva (canva.com)*

Youth who choose to be

VAPE FREE

are less likely to begin smoking traditional cigarettes later in life. Make the choice now to set yourself up for

SUCCESS



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BE EPIC ESCAPE the VAPE

Are you going to be the next Albert Einstein? Perhaps the next Louis Armstrong or Michael Jordan?

Your brain needs to be at its best! Live your dreams by choosing to be vape free.

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BE EPIC ESCAPE the VAPE


E-cigarette aerosols put cancer-causing chemicals in your body.

Choose to be vape free instead!

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DID YOU KNOW THAT MORE THAN 85% OF UTAH YOUTH CHOOSE TO BE VAPE FREE?

LEARN MORE AT [EXTENSION.USU.EDU/BE-EPIC](https://extension.usu.edu/be-epic)



STATE Extension UtahStateUniversity **BE EPIC ESCAPE the VAPE**

DID YOU KNOW?

FICTION: Many people believe e-cigarettes do not contain nicotine

FACT: 99% of e-cigarettes contain nicotine


CONCLUSION: Choose to be vape free

STATE Extension UtahStateUniversity **BE EPIC ESCAPE the VAPE**

BE EPIC ESCAPE the VAPE

EVERYONE NEEDS A FRIEND

WHEN YOUTH CHOOSE TO ASSOCIATE WITH PEOPLE WHO PARTICIPATE IN POSITIVE, PRO-SOCIAL BEHAVIORS, THEY ARE LESS LIKELY TO USE SUBSTANCES THEMSELVES.



GO BE A FRIEND TO SOMEONE TODAY!

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