



Utah State
Board of
Education

Prevention

Best Practices and Resources Library

Alcohol, tobacco, and electronic cigarette
prevention and cessation interventions

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Overview

This resource library outlines evidence-based prevention programs, practices, and interventions that school personnel can use to prevent and address alcohol, tobacco, and e-cigarette use among students and to foster well-being. It serves as a resource that school staff can draw upon when working with students and parents following substance use incidents on school grounds. By integrating these strategies into school settings, personnel can help create a safe, supportive, and healthy learning environment.

Intervention / Cessation Resources

1. Tobacco and E-Cigarette Intervention / Alternatives to Suspension Resources

- a. [A Smoking Prevention Interactive Experience \(ASPIRE\)](#) – MD Anderson Cancer Center
 - i. All Utah schools can access ASPIRE through their local health department.
 - ii. **Program Description:** This is a free, bilingual, online tobacco prevention and cessation curriculum for teens. The interactive online tool has eight modules and explains the dangers of tobacco and nicotine use, so teens never use tobacco products. Or, if they already do, ASPIRE provides information and ways to quit.
 - iii. **Program Effectiveness:** An evidence-based program. [Evidence-Based Cancer Control Programs \(EBCCP\)](#)
- b. [Healthy Futures: Stanford Medicine](#)
 - i. **Program Description:** Free curriculum provided to school or community facilitators that can be used in a one-on-one or group setting. Curriculum has one-hour, two-hour, and four-hour options. The curriculum includes education on the risks and costs associated with tobacco and e-cigarette use.

- ii. **Program Effectiveness:** Theory-based and evidence-informed.
[About | Tobacco Prevention Toolkit | Stanford Medicine](#)
- c. [Helping Teens Quit – INDEPTH: An Alternative to Teen Nicotine Suspension or Citation](#) – American Lung Association
 - i. **Program Description:** Free curriculum provided to school or community facilitators that is meant to be delivered in four 50-minute group sessions. The goal of every program is to educate students about nicotine addiction and cravings and ultimately guide them through the process of identifying their own reasons for chewing, smoking or vaping tobacco products.
 - ii. **Program Effectiveness:** An evidence-based program
[INDEPTH](#)

2. Tobacco and E-Cigarette Cessation Resources

- a. [EX Program: Quit Support for Individuals and Organizations](#) – Truth Initiative
 - i. Text DITCHVAPE to 88709 to sign up.
 - ii. **Program Description:** This is a free mobile program designed to help young people quit vaping. The first-of-its-kind text messaging program incorporates messages from other young people like them who have attempted to, or successfully quit, e-cigarettes.
 - iii. **Program Effectiveness:** Evidence based tips and strategies are sent to quit and stay quit.
- b. [My Life My Quit](#)
 - i. Call or Text “Start My Quit” to 855-891-9989 to sign up.
 - ii. **Program Description:** Get help quitting nicotine, vaping and other tobacco products with the help of a coach.
 - iii. **Program Effectiveness:** Uses best practices for youth ages 13-17.

- b. [Not On Tobacco \(N-O-T\): Proven Teen Smoking and Vaping Cessation Program](#) – American Lung Association
 - i. **Program Description:** School based smoking cessation program designed for teens who are daily smokers. The program consists of 10 weekly 50-minute sessions.
 - ii. **Program Effectiveness:** An evidence-based program. [Evidence-based Cancer Control Programs \(EBCCP\)](#)
- c. [See Through The Vape](#)
 - i. **Program Description:** Get help quitting nicotine, vaping and other tobacco products. Visit the website for research informed tips on quitting and to sign up for a free quit coach.
 - ii. **Program Effectiveness:** Evidence informed.
- d. [SmokeFree Teen](#)
 - i. Download the app or text “QUIT” to 47848 to sign up.
 - ii. **Program Description:** Chat online or over the phone with an expert.
 - iii. **Program Effectiveness:** Evidence informed.
- e. **Utah Tobacco Quit-Line**
 - i. 1-800-QUIT-NOW
 - ii. **Program Description:** The Utah Tobacco Quit Line (1-800-Quit-Now) is a free telephone coaching program that can help tobacco users end their addiction. Youth receive 5 calls with a quit coach.
 - iii. **Program Effectiveness:** Uses best practices for young adults ages 18-24 and adults.
- f. [Way to Quit](#)
 - i. **Program Description:** Get help quitting nicotine, vaping and other tobacco products. Visit the website for research informed tips on quitting and to sign up for a free quit coach.
 - ii. **Program Effectiveness:** Evidence informed.

3. Underage Alcohol Intervention/Treatment Resources

a. [Prime For Life](#)

- i. Or contact your [Local Substance Abuse Area Authority](#).
- ii. **Program Description:** Prime For Life is an evidence-based motivational prevention, intervention and pretreatment program specifically designed for people who might be making high-risk choices. This includes but is not limited to impaired driving offenders, college students, and young people charged with alcohol and/or drug offenses.
- iii. **Program Effectiveness:** Evidence based: [Youth Evaluations | Prime For Life](#)

b. [United Way – 211 Treatment Resource List](#)

- i. Or call 211 and ask for alcohol treatment options in the area.
- ii. **Program Description:** Database of local resources.

Prevention Resources

1. Underage Alcohol Prevention Resources

- a. **[Botvin LifeSkills Training](#)** – National Health Promotion Associates
 - i. For questions regarding delivering the training to the required grades, contact prevention@schools.utah.gov.
 - ii. For information on adding Botvin LifeSkills training to additional grades, visit Botvin LifeSkills Training.
 - iii. **Program Description:** This program teaches students skills to resist social (peer) pressures to smoke, drink and effectively cope with anxiety. It provides education on immediate consequences of substance use and helps students develop greater confidence and self-esteem. All students in 4th or 5th grade, 7th or 8th grade, and 9th or 10th grade should be offered this approved prevention program with the addition of the electronic cigarette and vaping resource insert ([Utah Code Section 53G-10-406](#), [Board Rule R277-910: Underage Drinking and Substance Abuse Prevention Program](#)).
 - iv. **Program Effectiveness:** *Certified Model+ Program* on [Blueprints for Healthy Youth Development](#)
- b. **[Good Behavior Game](#)** – PAXIS Institute
 - i. **Program Description:** A classroom behavior management game, providing a strategy to help elementary teachers reduce aggressive, disruptive behavior and other behavioral problems in children, particularly highly aggressive children, while creating a positive and effective learning environment.
 - ii. **Program Effectiveness:** *Promising Program* on [Blueprints for Healthy Youth Development](#)
- c. **[Positive Action – Curriculum and Program](#)**
 - i. **Program Description:** This program is for students in elementary and middle schools to increase positive behavior and reduce negative behavior. It includes lessons on the

- health and social consequences of alcohol use and additional drug prevention kits can be purchased which includes games, stories and role-playing designed to extend coping strategies.
- ii. **Program Effectiveness:** *Certified Model Program* on [Blueprints for Healthy Youth Development](#)
- d. **[Project Towards No Drug Abuse \(TND\)](#)** – Keck School of Medicine, University of Southern California
 - i. **Program Description:** Project TND is a curriculum designed for high school students. The program has 12 sessions, ideally delivered in 40–50-minute sessions across four weeks.
 - ii. **Program Effectiveness:** *Certified Model Program* on [Blueprints for Healthy Youth Development](#)

2. Tobacco and E-Cigarette Prevention Resources

- a. **[ASPIRE](#)** – MD Anderson Cancer Center
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 - iii. **Program Effectiveness:** An evidence-based program. [Evidence-based Cancer Control Programs \(EBCCP\)](#)
- b. **[Botvin LifeSkills Training](#)** – National Health Promotion Associates
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consequences of substance use and helps students develop greater confidence and self-esteem. All students in 4th or 5th grade, 7th or 8th grade, and 9th or 10th grade should be offered this approved prevention program with the addition of the electronic cigarette and vaping resource insert ([Utah Code Section 53G-10-406, Board Rule R277-910: Underage Drinking and Substance Abuse Prevention Program](#)).

- iv. **Program Effectiveness:** *Certified Model+ Program* on [Blueprints for Healthy Youth Development](#)
- c. [CATCH My Breath](#) – Coordinated Approach to Child Health (CATCH)
 - i. **Program Description:** This free e-cigarette prevention program offers in-class activities, teacher education, online resources, and take-home materials for parents. The program offers curriculum for 5th/6th grade, 7th/8th grade, and 9th/12th grade. It is delivered in four 35–40-minute sessions.
 - ii. **Program Effectiveness:** An evidence-based program shown to significantly reduce the likelihood of vaping in the year following program implementation (Kelder, S. H. et al. 2020).
- d. [Good Behavior Game](#) – PAXIS Institute
 - i. **Program Description:** A classroom behavior management game, providing a strategy to help elementary teachers reduce aggressive, disruptive behavior and other behavioral problems in children, particularly highly aggressive children, while creating a positive and effective learning environment.
 - ii. **Program Effectiveness:** *Promising Program* on [Blueprints for Healthy Youth Development](#)
- e. [See Through the Vape](#)
 - i. **Program Description:** Learn about the dangers of vaping. Prevention and cessation resources.
 - ii. **Program Effectiveness:** Evidence informed.

Additional Informational Resources

1. Alcohol

- [School-Based Programs to Prevent and Reduce Alcohol Use among Youth](#) – National Institutes of Health (NIH), National Library of Medicine (NLM) National Center for Biotechnology Information
- [Talk. They Hear You: What Educators Can Do to Help Prevent Underage Drinking and Other Drug Use Fact Sheet](#) – Substance Abuse and Mental Health Services Administration (SAMHSA)
- [To Prevent and Reduce Underage Drinking](#) – U.S. Department of Health & Human Services, U.S. Public Health Service

2. Tobacco

- [Addiction Policy Forum](#)
- [Campaign for Tobacco Free Kids \(CTFK\)](#)
- [Community and School Resources](#) – Utah Department of Health and Human Services
- [E-Cigarettes \(Vapes\)](#) – U.S. Centers for Disease Control (CDC)
- [E-Cigarettes Use Among Youth](#) – CDC and Prevention
- [Online course for parents available as well as an Addiction 101](#) – Addiction Policy Forum
- [Truth Initiative](#)