

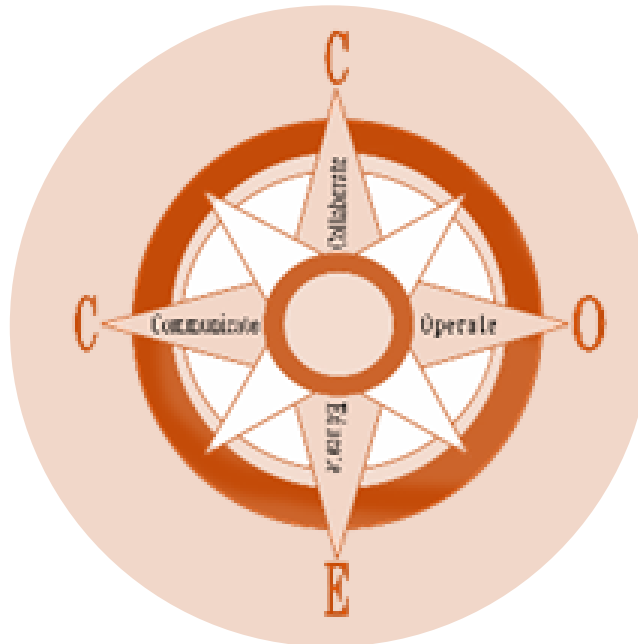


TUPE recommended evidence informed curriculum for local educational agencies to prove tobacco-use prevention, intervention, and cessation referrals.



CONTACT US

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Prevention Services



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TOBACCO USE PREVENTION EDUCATION CURRICULUM



**TUPE RECOMMENDED
EVIDENCE-INFORMED
CURRICULUM**



California
HEALTH
EDUCATION

Recommended Curriculum

Tobacco Use Prevention Education aims to assist local educational agencies in assisting youth in providing tobacco-specific, research-validated educational instruction that aligns with the Health Education Framework which supports the development of knowledge, skills, and attitudes in the following standards:

1. Essential health concepts
2. Analyzing health influences
3. Interpersonal communication
4. Decision making
5. Goal setting
6. Practicing health-enhancing behaviors
7. Health promotion in six content areas of health education:
 - Nutrition and physical activity
 - Growth, development, and sexual health
 - Injury prevention and safety
 - Alcohol, tobacco, and other drugs
 - Mental, emotional, and social health
 - Personal and community health

TUPE Recommended Evidence- Informed Curriculum

CATCH My Breath
Focus: Vaping
Grades: 5-12
Sessions: 4
Ideal for : Teachers



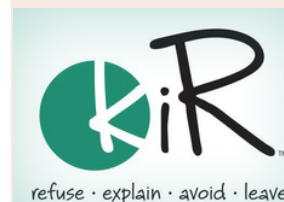
Project ALERT
Focus: Life Skills
Grades: 7-8
Sessions 11 + 3
Ideal for: Teachers



Stanford Tobacco Prevention Toolkit
Focus: Tobacco & Vaping
Grades: 6-12
Sessions: 5 or 8
Ideal for: Teachers



TUPE Recommended Evidence- Informed Curriculum



Keepin' It Real
Focus: Life Skills
Grades: 6-9
Sessions: 10 + 4
Ideal for : Teachers

Project TND (Towards No Drug Abuse)
Focus: Life Skills
Grades: 9-12
Sessions 12
Ideal for: Teachers



Real Cost of Vaping
Focus: Vaping
Grades: 6-12
Sessions: 3
Ideal for: Teachers

Alternatives-to-Suspension



YVAPE is available to California public middle and high schools who will enroll students instead of alternative disciplinary action for vaping. YVAPE is designed to provide a positive experience for the student and help them think through their vaping behavior.



Brief Intervention
Focus: Intervention
Grades: 7-12
Sessions: 3 + 2
Ideal for: Counselors