



Adolescent Cannabis and Tobacco/Vaping: The What, Why, and How to Help

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in Pediatrics II**

Founder & Executive Director, REACH Lab and Curriculums

Disclosures

- Expert scientist in some e-cigarette litigation
- Expert for some city, state, and federal-level policies

The REACH Lab



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Behavioral Health Services

Objectives

- Understand and be able to recognize different substances that youth are using.
- Understand harms associated with different drugs
- Know about and how to use our REACH Lab prevention and intervention curriculums and resources



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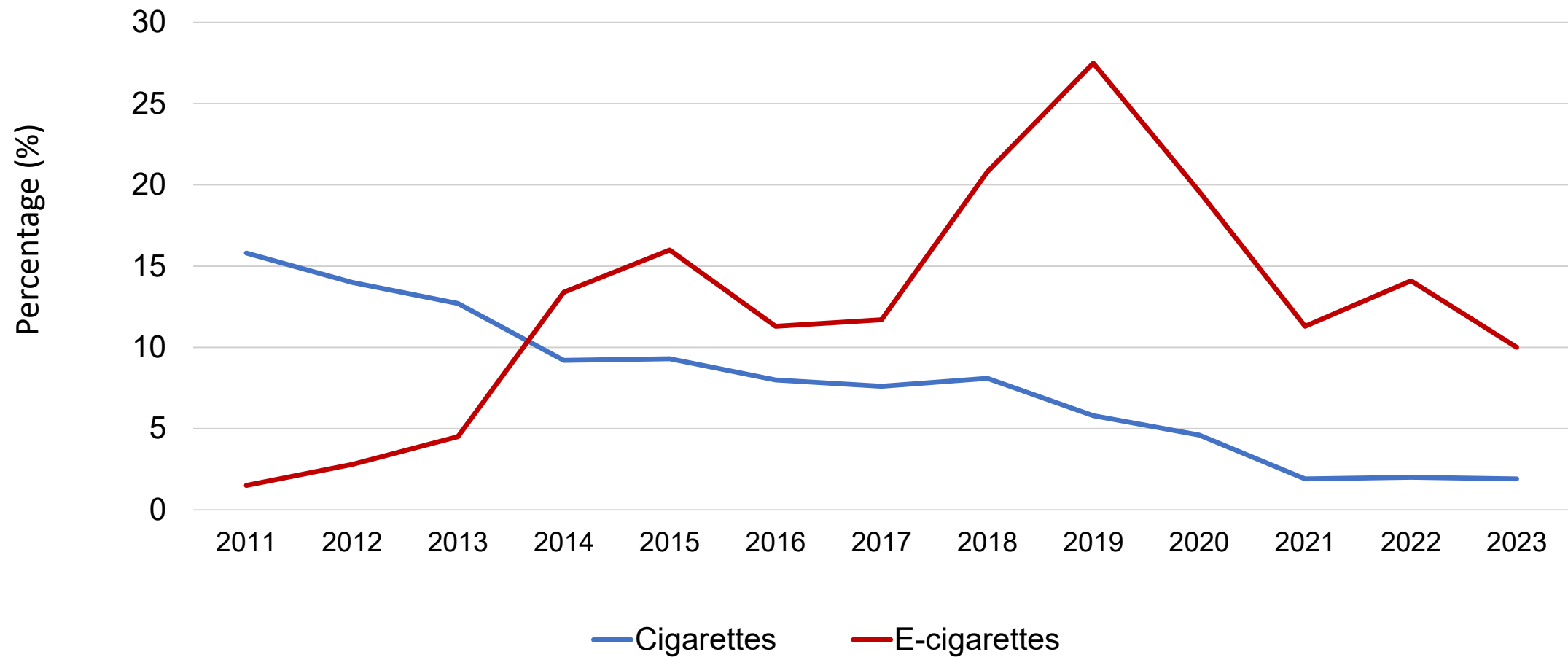
Tobacco Products & Use Rates



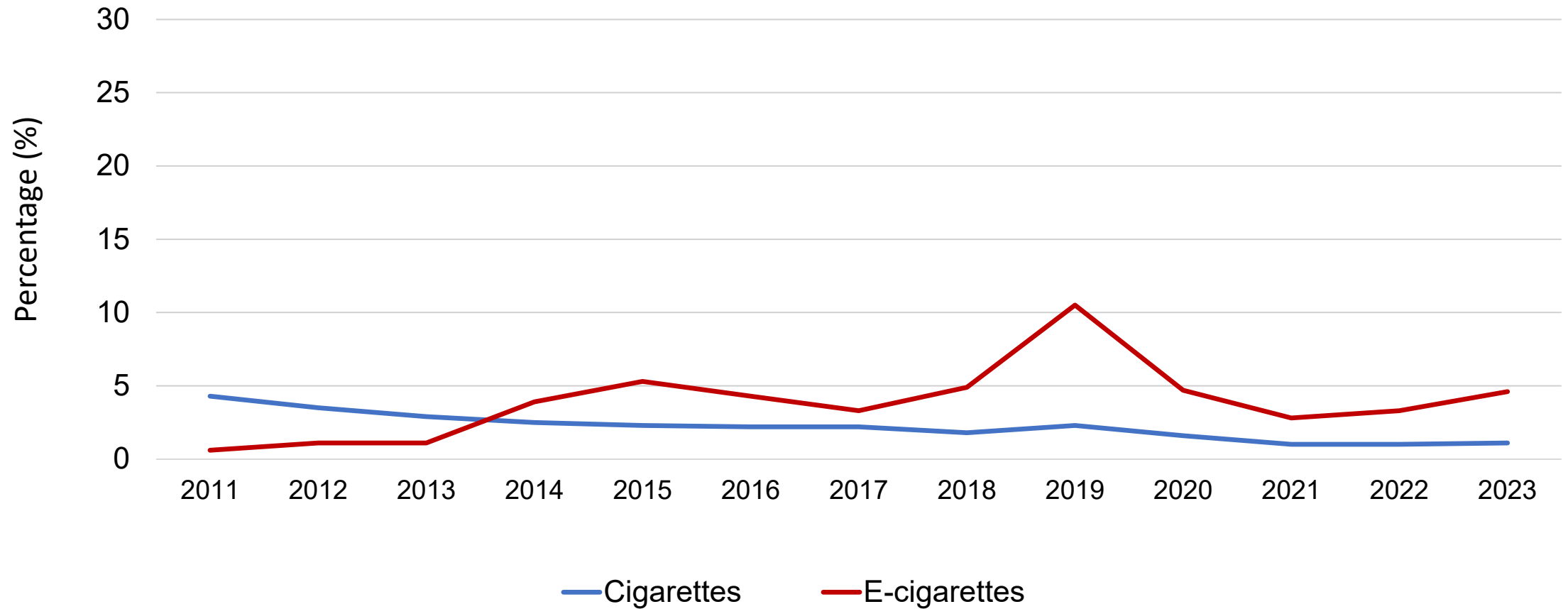
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Past 30-day Use of Cigarettes vs E-cigarettes; 2011-2023 High School Students

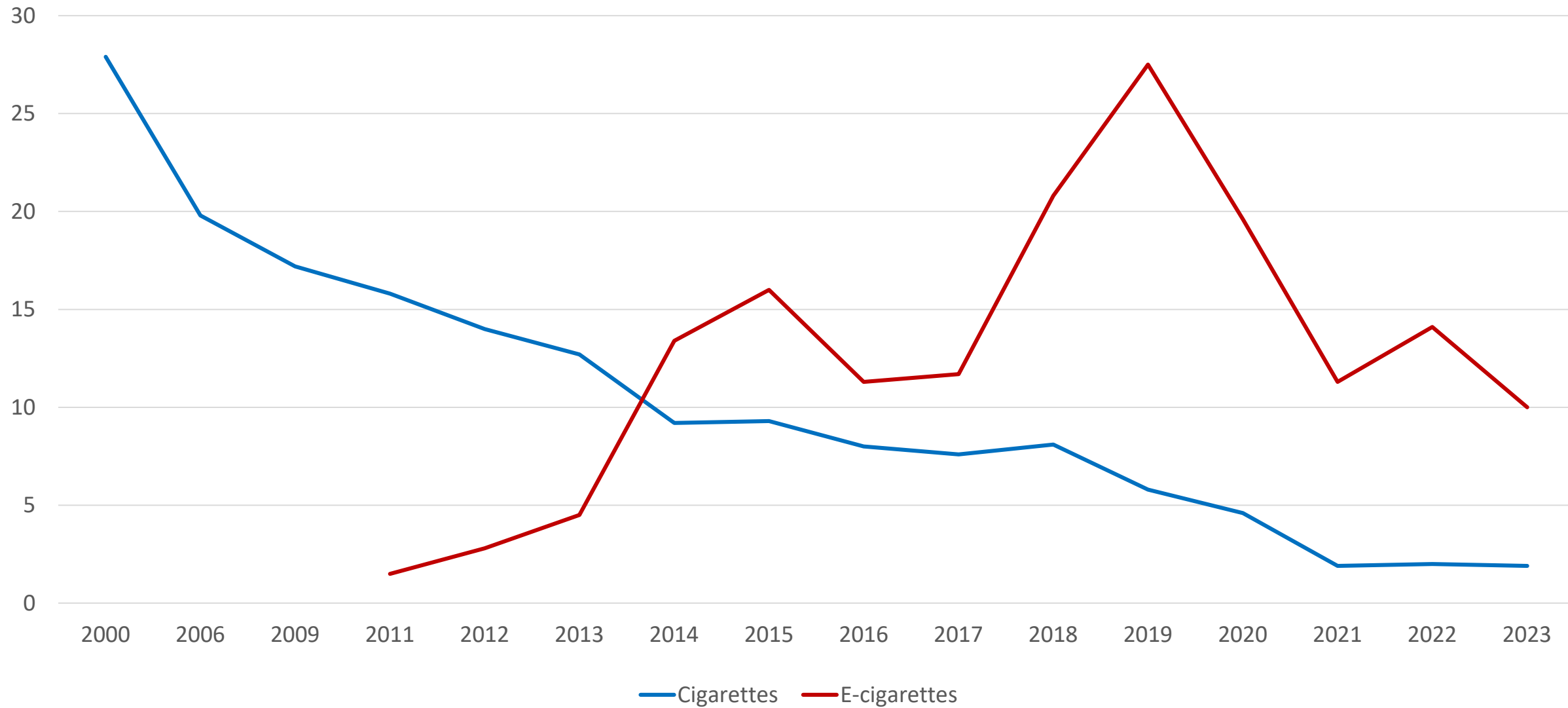


Past 30-day Use of Cigarettes vs E-cigarettes; 2011-2023 Middle School Students

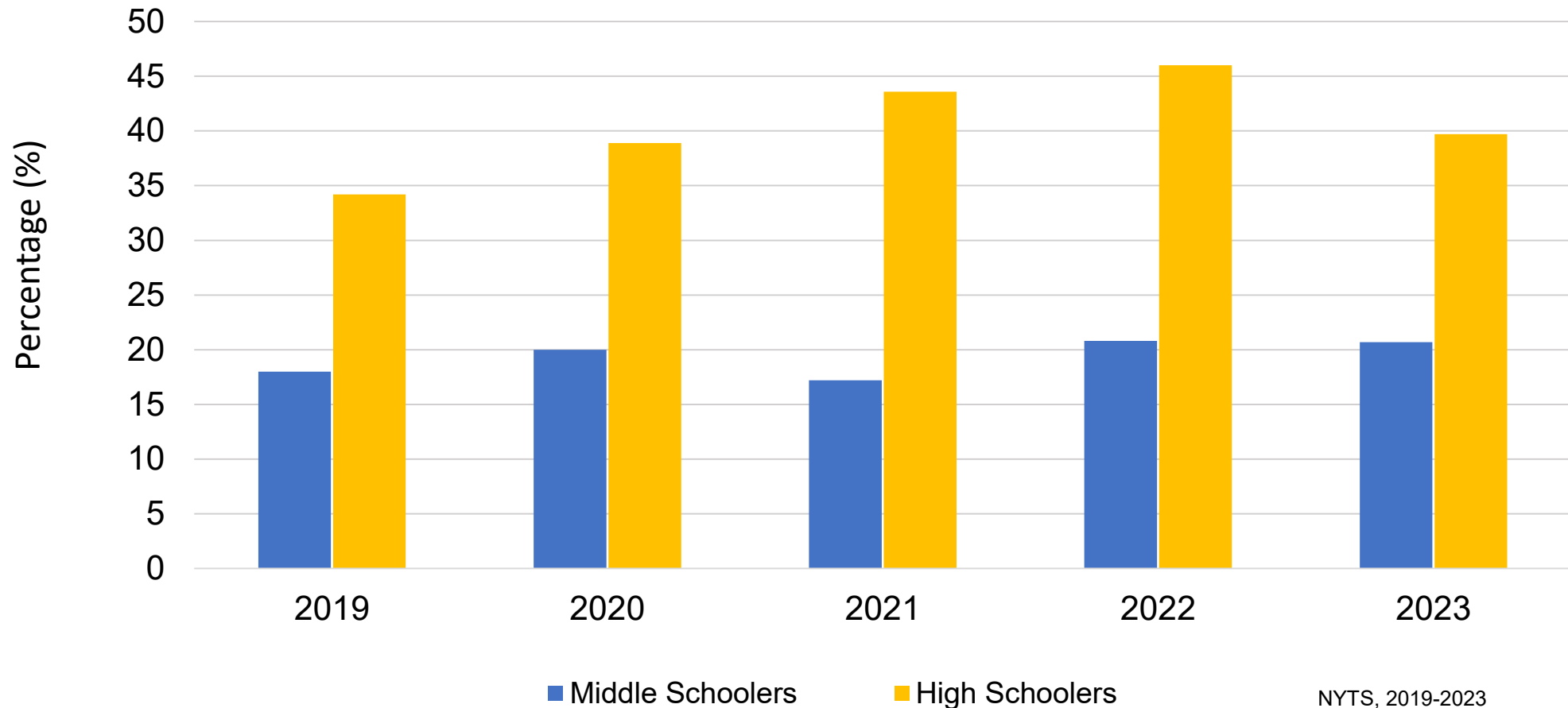


Past 30-day Use of Cigarettes vs E-cigarettes; 2000-2022

High School Students



Frequent E-cigarette Use, 20 out of 30 days Middle School and High School Students, 2019- 2023





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NON-NICOTINE E-CIGARETTE USE RATES

National Convenience Sample

- *TOTAL SAMPLE (n=6,131)*
- *25.9% ever-users*
- *16.7% past 30-day users*
- *12.5% past 7-day users*

	<i>ever</i> <i>n=1590</i>	<i>past-30 days</i> <i>n=1021</i>
<i>Age</i> 13–17	14.3%	11.1%
18-20	31.2%	25.9%
21-24	25.1%	27.5%
25-40.	29.4%	29.4%

JAMA
Network | **Open**™

Original Investigation | Substance Use and Addiction

Use Patterns, Flavors, Brands, and Ingredients of Nonnicotine e-Cigarettes
Among Adolescents, Young Adults, and Adults in the United States

Shivani Mathur Gaiha, PhD; Crystal Lin, MSc; Lauren Kass Lempert, JD, MPH; Bonnie Halpern-Felsher, PhD

Oral Nicotine Products

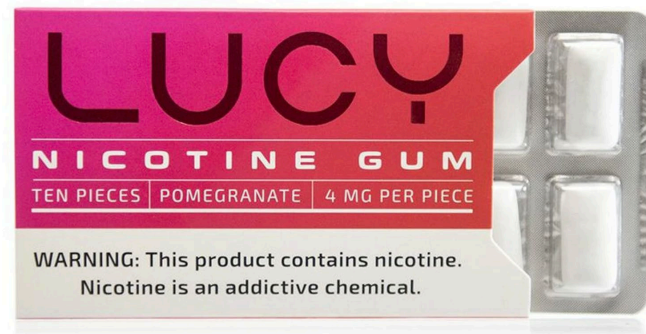
Pouches



Tablets & Lozenges



Gums



Toothpicks



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Cannabis Products & Use Rates



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Smoking Cannabis: Joints, Blunts, & Spliffs



Joint: cannabis flowers in a thin paper made for rolling cigarettes



Blunt: cannabis flower in cigar tobacco leaf



Spliff: part tobacco and part cannabis

5-10 seconds to feel the effect

High lasts 30 minutes to several hours

THC concentration depends on cannabis flower used

Pipes and Bong



- Pipe: cannabis flower is burned; its smoke is inhaled
- Bong: flower is burned; its smoke is cooled through water then inhaled
- 5-10 seconds to feel the effect
- High lasts 30 minutes to several hours
- THC concentration depends on cannabis flower used

Dabbing



- Concentrated THC wax is heated, the aerosol is then inhaled
- 5-10 seconds to feel the effect
- High lasts 30 minutes to several hours
- ~80% THC concentration
- One of the methods most associated with **emergency room visits**

Aerosolizing or “Vaping”



- THC concentrate is aerosolized
- 5-10 seconds to feel the effect
- High lasts 30 minutes to several hours
- THC concentration depends on liquid; often mislabeled
- Not harmless

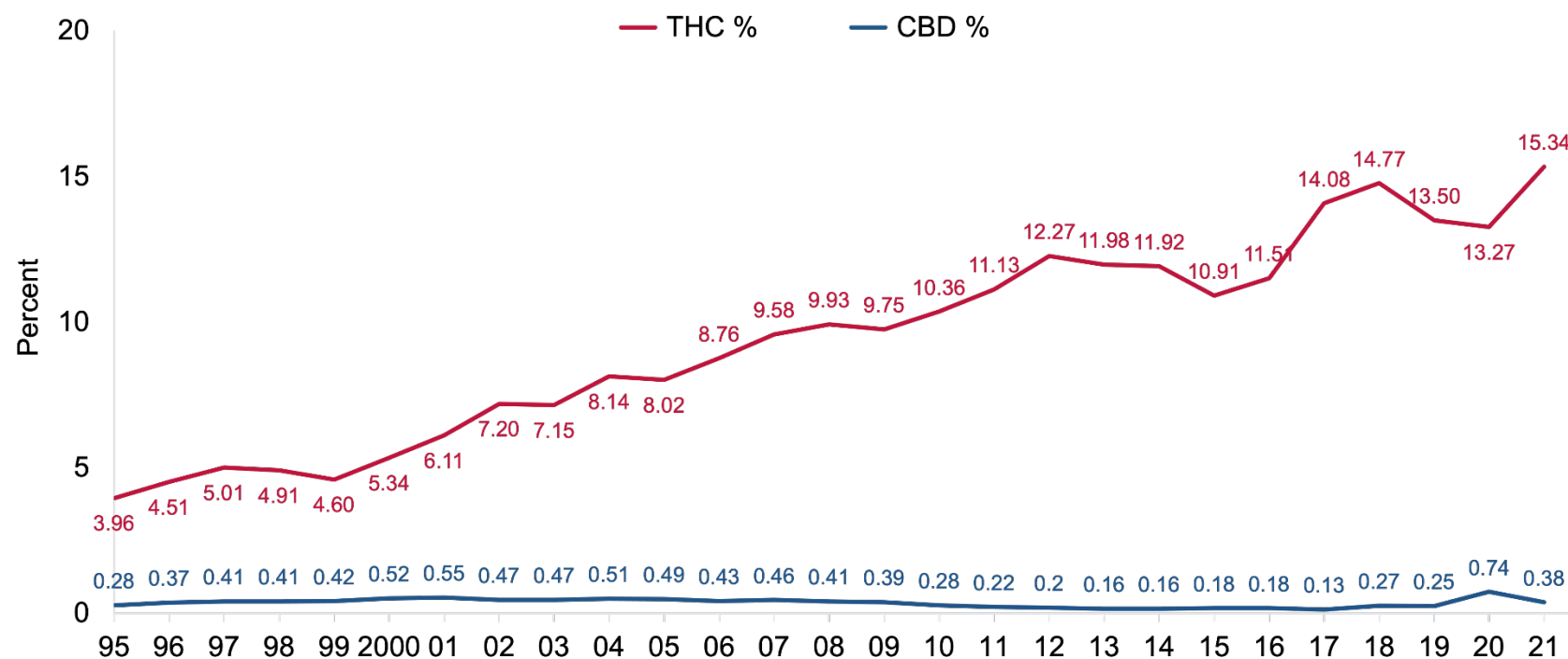
Edibles



- Cannabis infused foods and drinks
- 20 min – 2 hours to feel the effects
- High typically lasts for hours
- THC concentration varies greatly and is difficult to measure accurately
- Very easy to over consume

THC concentrations over time

Percentage of THC and CBD in Cannabis Samples Seized by the DEA, 1995-2021

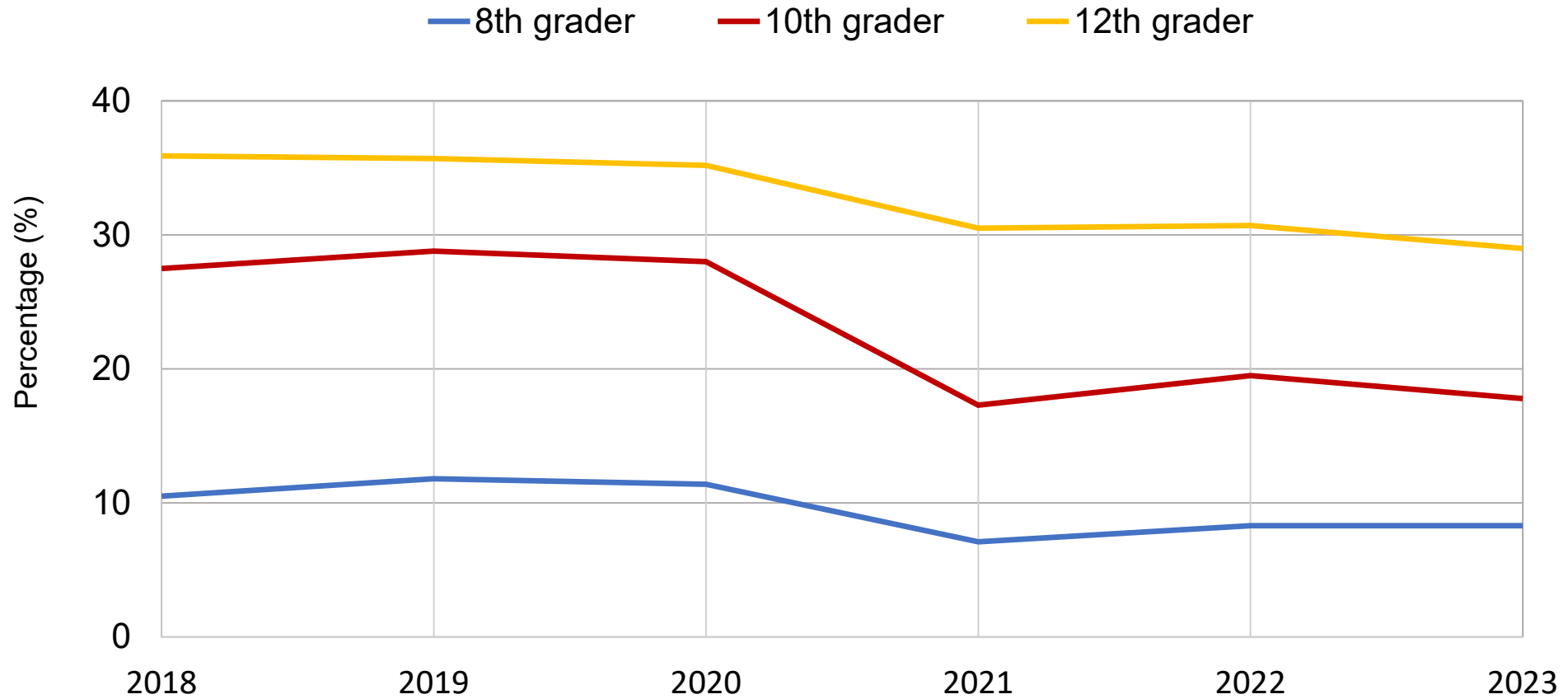


SOURCE: U Miss, Potency Monitoring Project

Marijuana Use 2018-2023

Monitoring the Future

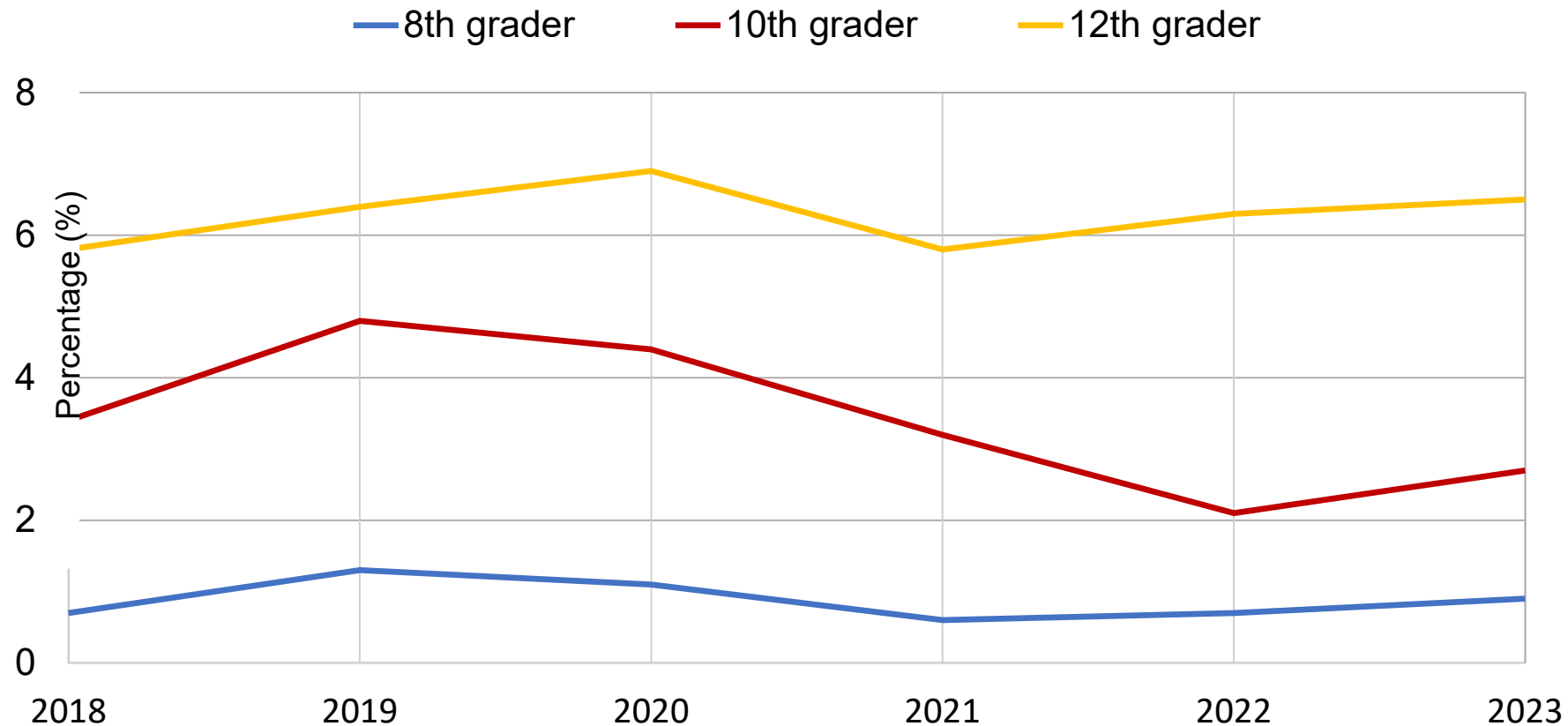
Past-Year Marijuana Use 2018-2023 Monitoring the Future



Marijuana Use 2018-2023

Monitoring the Future

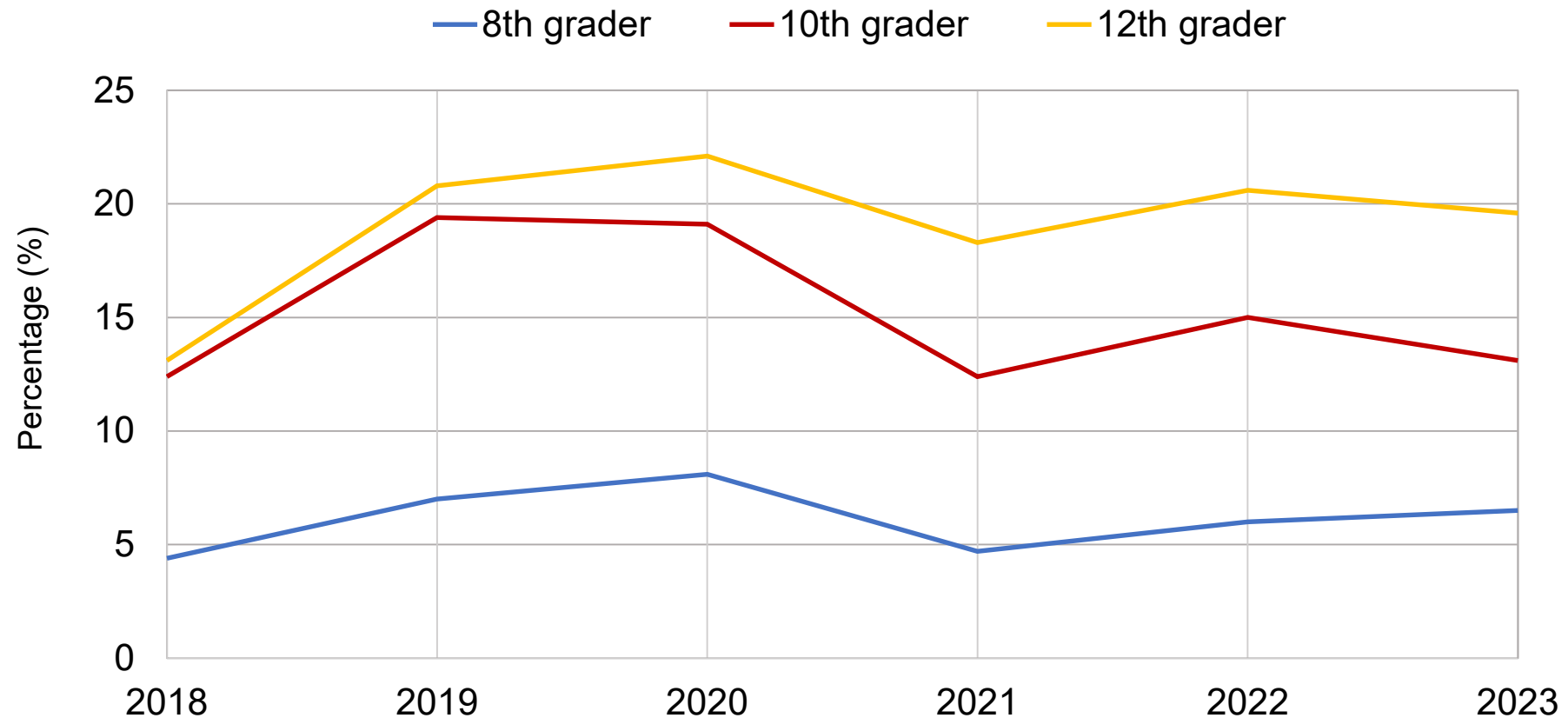
Daily Marijuana Use 2018-2023 Monitoring the Future



Marijuana Use 2018-2023

Monitoring the Future

Past-Year Vape Marijuana Use 2018-2023 Monitoring the Future



Rates of Co-Use of Cannabis and Tobacco

What is Co-Use?

- Use of cannabis and tobacco at the same time
- Use of cannabis and tobacco within a short period of time (chasing)
- Ever or past 30-day use of both types of products



Rates of Co-Use

- Past 30-day co-use of tobacco and cannabis is highly prevalent
- 5-30% of adolescents and young adults (AYAs) in the United States engage in co-use
- Some studies suggest co-use is more prevalent than sole-use of either tobacco or cannabis



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What's in E-cigarettes?



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Which Chemicals Are Found in E-Cig/Pod-Based Aerosol?

- Propylene glycol
- Glycerin
- Flavorings (many)
- Nicotine
- NNN
- NNK
- NAB
- NAT
- Ethylbenzene
- Benzene
- Xylene
- Toluene
- Acetaldehyde
- Formaldehyde
- Naphthalene
- Styrene
- Benzo(b)fluoranthene

- Chlorobenzene
- Crotonaldehyde
- Propionaldehyde
- Benzaldehyde
- Valeric acid
- Hexanal
- Fluorine
- Anthracene
- Pyrene
- Acenaphthylene
- Acenaphthene
- Fluoranthene
- Benz(a)anthracene
- Chrysene
- Retene
- Benzo(a)pyrene
- Indeno(1,2,3-cd)pyrene

- Benzo(ghi)perylene
- Acetone
- Acrolein
- Silver
- Nickel
- Tin
- Sodium
- Strontium
- Barium
- Aluminum
- Chromium
- Boron
- Copper
- Selenium
- Arsenic
- Nitrosamines
- Polycyclic aromatic hydrocarbons

- Cadmium
- Silicon
- Lithium
- Lead
- Magnesium
- Manganese
- Potassium
- Titanium
- Zinc
- Zirconium
- Calcium
- Iron
- Sulfur
- Vanadium
- Cobalt
- Rubidium

What's in Vape?



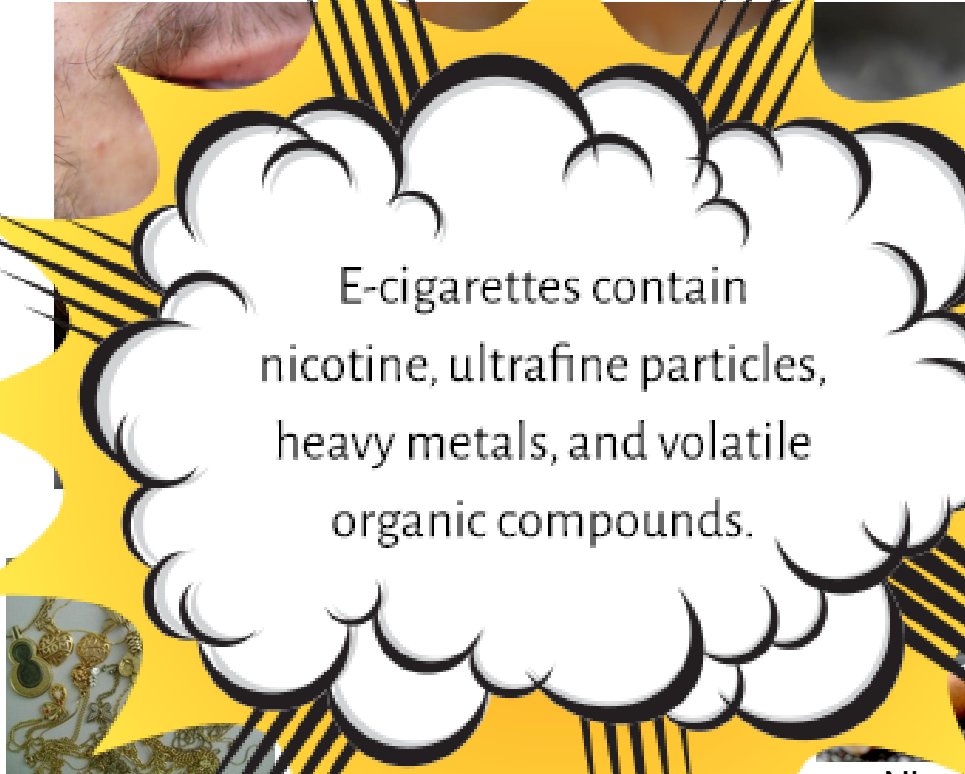
Diacetyl
(butter flavor)



Benzene
(gasoline)



Cadmium
(batteries)



Nickel
(cheap jewelry)

Formaldehyde
(dead tissue preservative)



Toluene
(paint thinner)



N-Nitrosornicotine
(pesticides)



Lead
(car batteries)

Nicotine
(tobacco)





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CIGS IN AN E-CIG



1 Pack of Cigarettes
= ~22mg of Nicotine

1 JUUL Pod
= ~41.3mg of Nicotine

1 Flum Float
= ~400mg of Nicotine

1 Elf Bar
= ~650mg of Nicotine



AMOUNT OF NICOTINE IN

~20

CIGARETTES

AMOUNT OF NICOTINE IN

~37

CIGARETTES

AMOUNT OF NICOTINE IN

~363

CIGARETTES

AMOUNT OF NICOTINE IN

~590

CIGARETTES





Newer e-cigarette products contain salt-based nicotine.



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Health Effects



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The Body on Cannabis/Tobacco

stan.md/capt

Altered brain development, anxiety, paranoia, slowed reactions, poor memory

Lung inflammation, cell damage, chronic cough, slowed breathing, respiratory infections

Increased appetite, nausea, vomiting

Increased heart rate by 20-50 beats per minute

Poor muscle coordination, imbalance, falling

Slide Created in Collaboration with:





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Addiction



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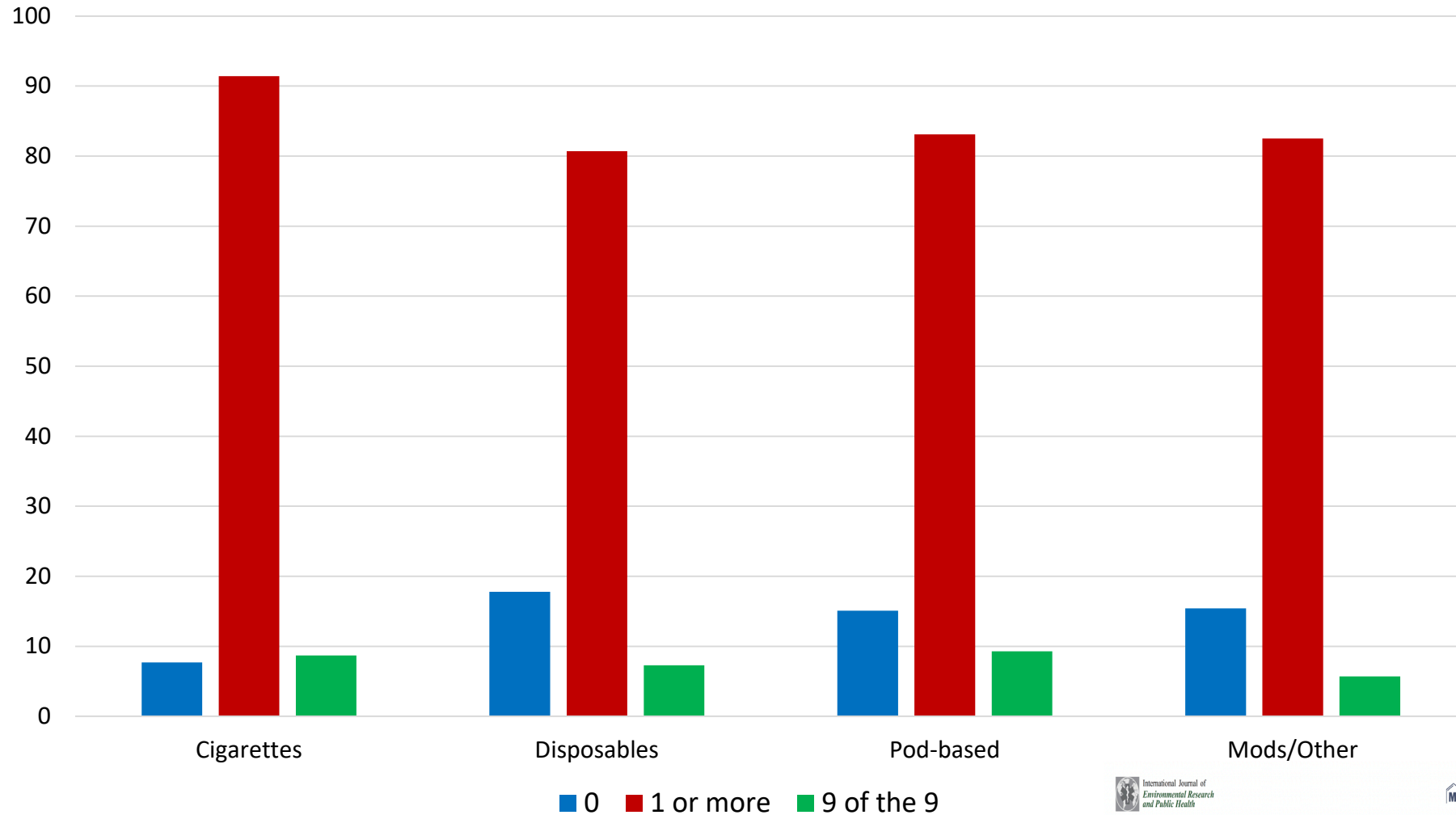
Addiction

An infographic featuring a large '90%' in black text. To its right is a vertical bar chart with a teal segment at the bottom and a dark grey segment at the top. A thin grey line graph is visible in the background.

90%

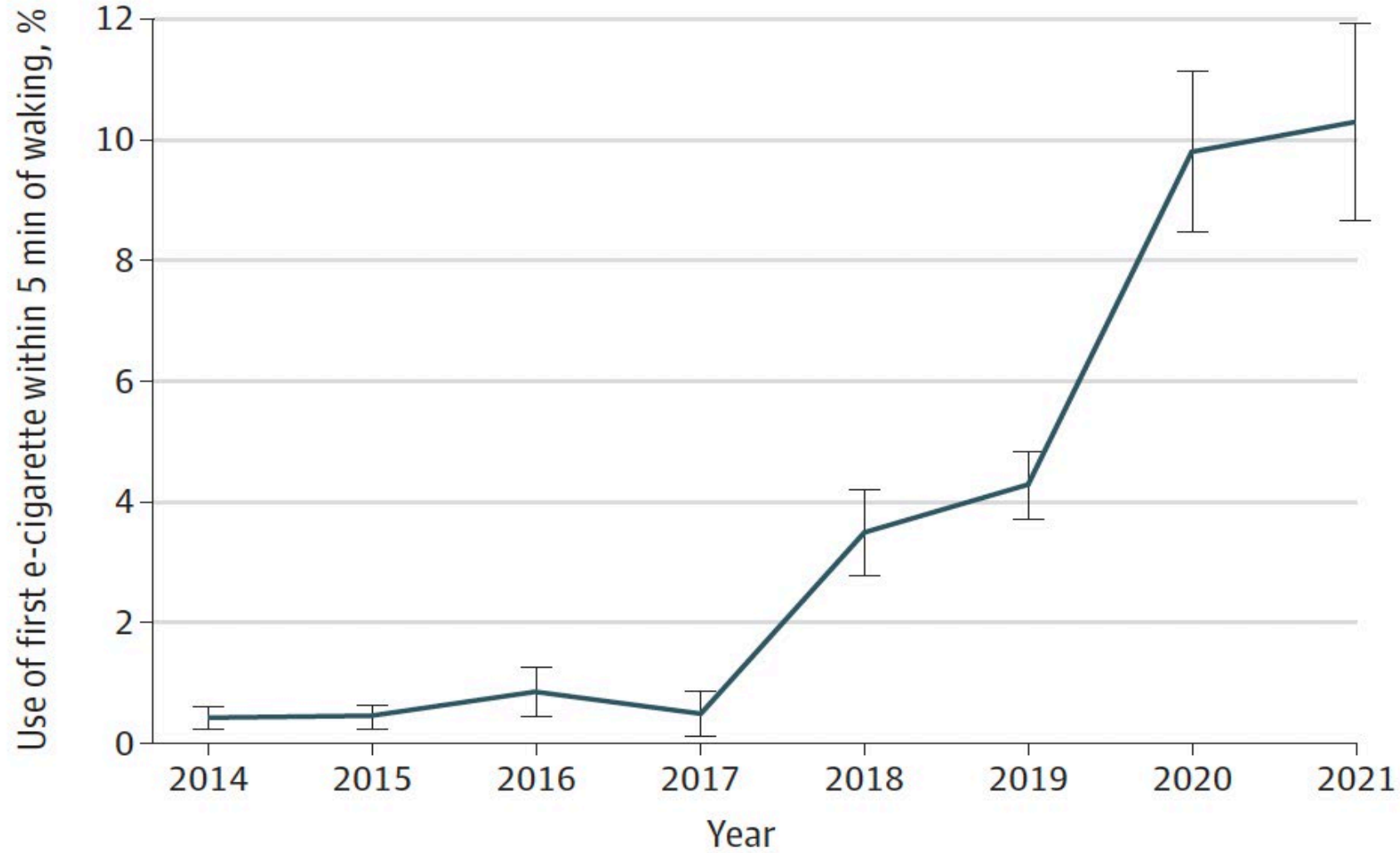
of those who struggle
with addiction, started
before the age of 21

% of Past 30-Day Users Reporting HONC Scores of None, 1+, and 9/9



*average = 3 endorsed items for e-cig only users

Figure 4. Use of e-Cigarettes Within 5 Minutes of Waking



Cannabis & The Brain



- Addiction!
- Impaired learning, memory, attention, impulse control, decision-making
- Lower academic performance
- Loss of IQ Points with repeated use
- Sleep issues
- The higher the dose and more regular the use, the greater the impairment
- Brain impairment in youth does not resolve with abstinence

Youth Want to Quit

Studies show:

- Among high school past 30-day e-cigarette users, 40.5% attempted to quit in the past 12 months
- Almost 2/3 of adolescents who used any tobacco product reported seriously thinking about quitting
- Among adolescent e-cigarette users
 - 55% reported general intentions to quit
 - 15% reported intentions to quit within 30 days
 - ~33% had a past-year quit attempt
- Don't use effective means of cessation



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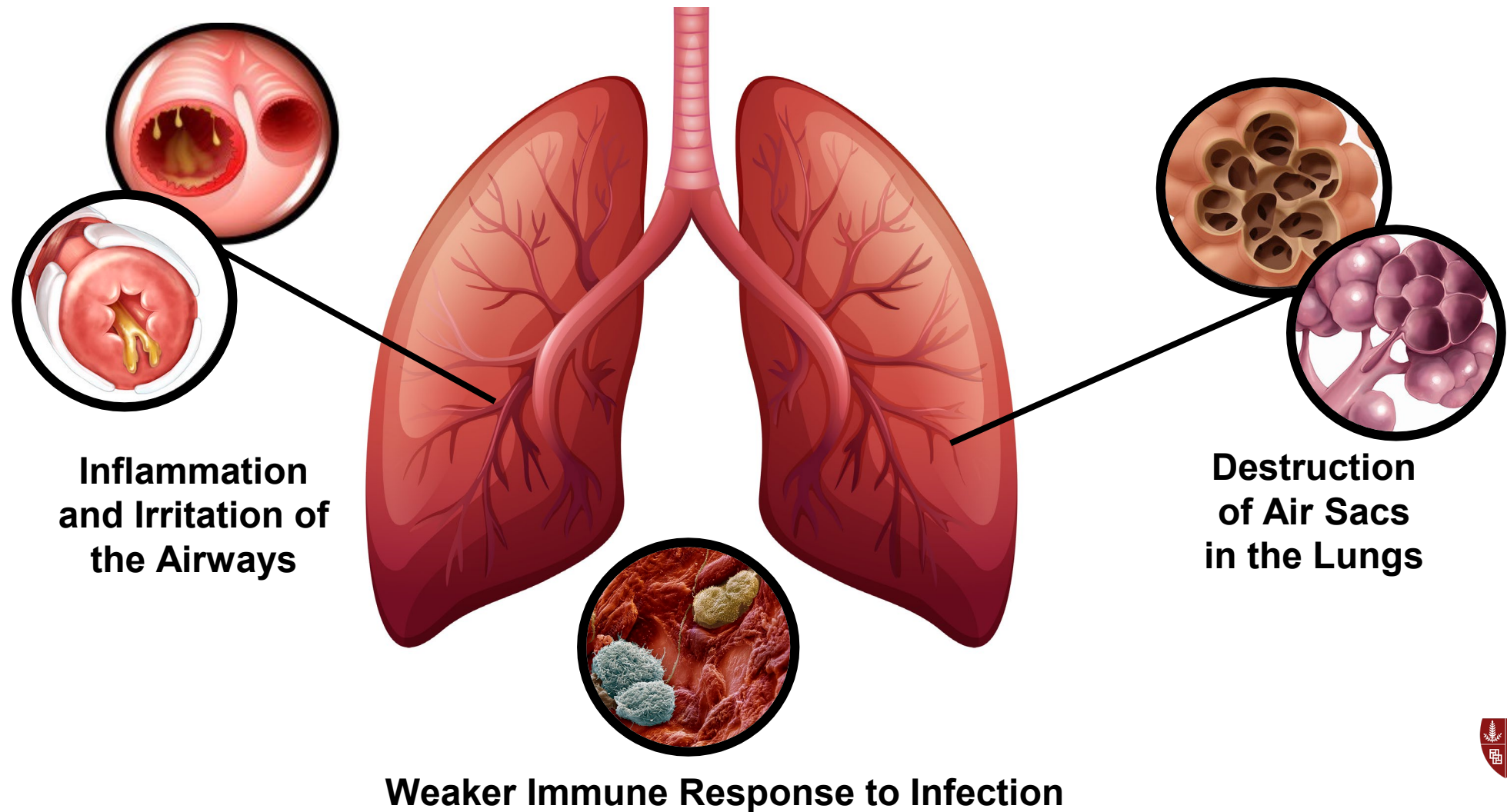
Lungs



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Tobacco and the Lungs



Pulmonary Effects

- Inhaled flavorings associated with (animal and human models):
 - Respiratory illness/bronchitis
 - Life-threatening respiratory failure
- Largely due to diacetyl, a buttery flavoring agent used in microwaveable popcorn
 - Generally Recognized as Safe (GRAS) – for oral but not inhalation



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Secondhand and Thirdhand Aerosol/Smoke



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Secondhand Aerosol

tobaccopreventiontoolkit.stanford.edu



Nicotine

Heavy
Metals

Ultrafine
Particles

VOCs

Cancerous
Chemicals

Thirdhand Smoke

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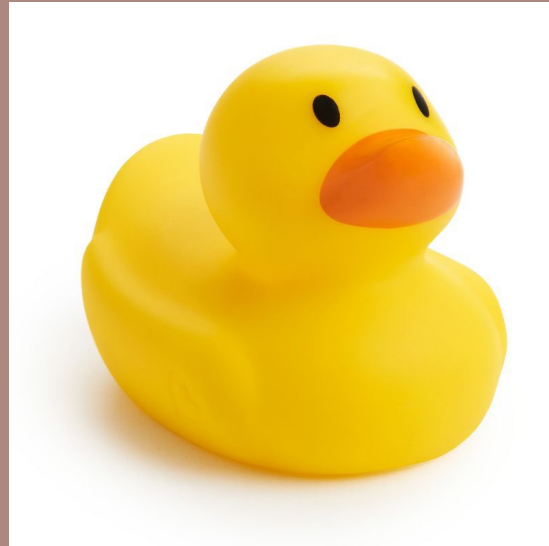
Smoke/Aerosol



Secondhand tobacco smoke / aerosol easily goes from apartment to apartment and location to location

- Walls
- Vents
- Windows
- Pipes
- Hallways
- Stairways

But Also In and On...







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Why Youth Use



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Why Youth Use E-cigarettes

- Flavors
- Easy to hide
- Marketing
- Access
- Misperceptions
- Stress

Why Youth Use E-cigarettes

- **Flavors**
- Easy to hide
- Marketing
- Access
- Misperceptions
- Stress

Flavors

- Flavors mask the harsh taste and smell of the tobacco
- Flavors mask the risks of the tobacco product
- Youth are more likely to report interest in trying tobacco if flavored
- Youth report they would quit if flavors weren't available
- Ads and packaging of flavored tobacco products are appealing to youth
- Youth are looking for flavors, in any product, and will switch products to get flavors.

Flavors of Vapes



15,500

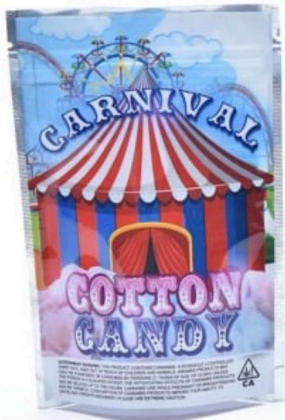
tobacco flavors
and counting

What's Your Taste?

NS, BOOGER SUGAR, BANANA BUTT, HONEY DOO DOO, BARNEY PEBBLES, DRAGON'S BLOOD, D



Targeting Youth





Why Youth Use E-cigarettes

- Flavors
- **Easy to hide**
- Marketing
- Access
- Misperceptions
- Stress







Why Youth Use E-cigarettes

- Flavors
- Easy to hide
- **Marketing**
- Access
- Misperceptions
- Stress



E-liquid

Food product



E-cigarette brands copy from popular culture in their marketing and advertising as well as in their design. These cute looking devices are often advertised by manufacturers and e-cigarette vendors as discreet products that can be used stealthily.



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette


GETTING ANSWERS

FDA ISSUES ILLEGAL E CIGARETTE WARNING

15 ONLINE RETAILERS WARNED ABOUT MARKETING TO KIDS

Minions Disposable





HOME / STARTER KITS / DISPOSABLE VAPES / BBK GLOOMY BEAR 8000 PUFF

BBK Gloomy Bear Disposable Vapes 8000 Puffs - Mineral Water

\$15.99 CLEAR

FLAVOR

- 1 + **ADD TO CART**

SKU: BBK-010-1

Categories: BBK, BBK Gloomy Bear 8000 Puff

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Boba vapes



6800 PUFFS | 16ml EJUCE | MESH COIL | 650mah BATTERY | TYPE-C PORT



Original Happy Bucks Coffee Bubble Tea Cup Rechargeable Disposable Vape Pen Device 6000 Puffs 650mah (free shipping)

Write a review

\$19.99

Flavor:

Availability: **In stock**

Quantity:

Minimum quantity for "Original Happy Bucks Coffee Bubble Tea Cup Rechargeable Disposable Vape Pen Device 6000 Puffs 650mah (free shipping)" is **10000**.

[ADD TO CART](#) [ADD TO WISH LIST](#)

[ADD TO COMPARISON LIST](#)

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V-Play: The First VAPENTERTAINMENT System



Description for the Vape device boasts 20,000 puffs, and 1.77 inch screen on which you can play games. Games available on the device include F-22, Pac Maze, & Tetra Stack. The product is available in a number of sweet flavors and the device offers a “**beast mode**” that delivers a more intense flavor and more vapor.

Why Youth Use E-cigarettes

- Flavors
- Easy to hide
- Marketing
- **Access**
- Misperceptions
- Stress

What is the legal age to purchase tobacco and cannabis?

Pop Quiz

What is the legal age to purchase tobacco?

21!!!

TOBACCO
~~eighteen~~ **twenty-one**



Access



Why Youth Use E-cigarettes

- Flavors
- Easy to hide
- Marketing
- Access
- **Misperceptions**
- Stress



Contents lists available at ScienceDirect

Preventive Medicine

journal homepage: www.elsevier.com/locate/ypmed



Adolescents perceive e-cigarettes to be less risky and less addictive compared to all other tobacco products.

Adolescents' Perceptions of Health Risks, Social Risks, and Benefits Differ Across Tobacco Products



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Article history: Received August 31, 2015; Accepted January 27, 2016

Keywords: Tobacco use; Risk perceptions; Decision making

Why Youth Use E-cigarettes

- Flavors
- Easy to hide
- Marketing
- Access
- Misperceptions
- **Stress**

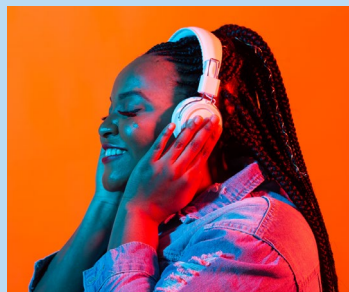
Mental Health Issues

- Youth are incredibly stressed
- Especially during the pandemic
- More than 44% of students reported feeling sad or hopeless about themselves in 2021, which is a substantial increase compared to 34% in 2019 (YRBS)
- 25% of high school students expressing suicide ideation (YRBS)
- Youth are more likely to use substance when feeling stressed, depressed, and anxious
 - Co-use → our study

Healthy Options for Coping with Stress



Sleep



Listen to Music



Talk with a Friend



Exercise



Meditate



Watch a Movie



Paint



Garden

safety
first



Drug Use, Stigma, and Mental Health

Stigma: a mark of disgrace or shame associated with a person or group of people.

Stigmas can lead to people being stereotyped and discriminated against.



Summary: Perfect Storm to Addict Youth

- Stealth/youth-focused products
- Very high nicotine/THC levels
- Nicotine: Salt-based → less throat hit, easier to use
- Misperceptions of nicotine/THC and harms
- Flavors
- Packaging, ads
- Cheap!
- HARMFUL



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What Can We Do?



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Honest Drug Education



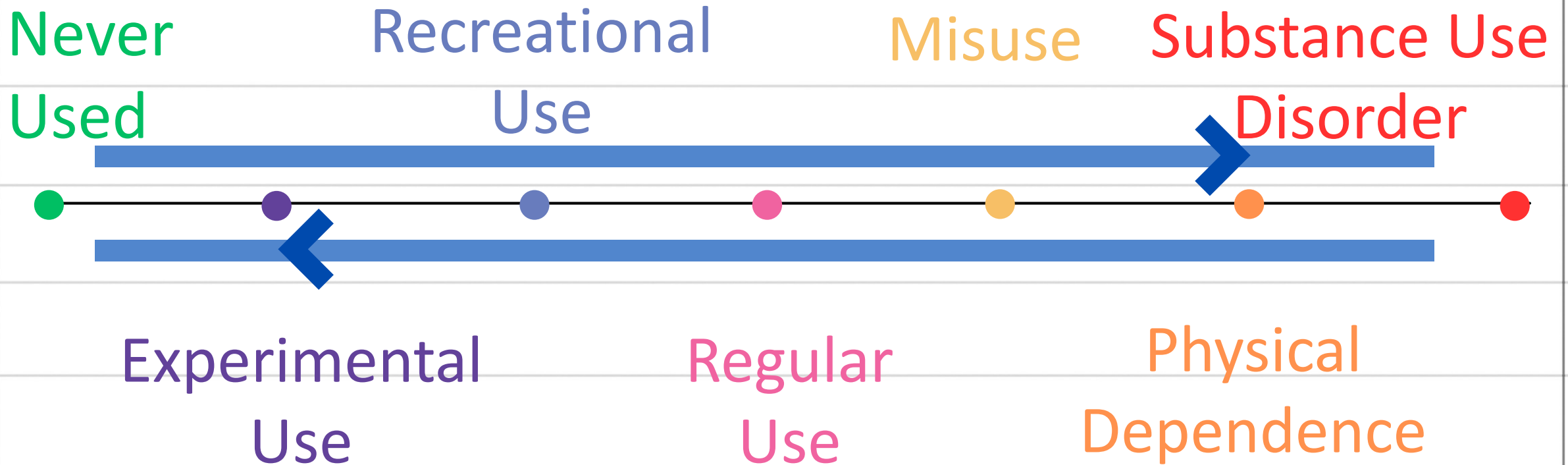
- Based in science
- Based on how adolescent learn and make decisions
- Keep teens safe!



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UNDERSTANDING THE CONTINUUM OF DRUG USE AMONG TEENS



Goal

- Normalize drug education communication not normalize drug use!
- Conversation, not a confrontation! Not a lecture!

Starting the Conversation

- Goal: Have a conversation, not a lecture
 - Find the “right time”
 - Be patient and listen
- Avoid “we need to talk” or “you don’t use, right!?!?”
- Use the right words
- Realize that you might not learn immediately whether teen is using; might need more than one conversation



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


**Research and Education to
Empower Adolescents and Young
Adults to Choose Health**



Halpern-Felsher REACH Lab

Our Team 

Research 

Publications

Preventions and Interventions

Advocacy

In the News

YAB Corner

Parent Corner

Resources

Marketing and Promotion

Lab Fun




Research

Our research is driven to improve adolescent and young adult (AYA) health by:

- Conducting interdisciplinary, high-impact research focused on health-related decision-making
- Translating evidence into effective programs that reduce and prevent AYA risk behavior
- Informing and supporting policies that improve AYA health
- Training the next generation of leaders in AYA health and risk prevention

Current research projects/evaluations:

Understanding the Potential Impact of FDA Authorization and Marketing on Adolescents' Young Adults', and Adults' Perceptions, Intentions, and Actual Use of Tobacco (funded by the NIH) 



Tips for Quitting Nicotine



Information and Resources to Help Adolescents and Young Adults Quit All forms of Nicotine



Cost Calculators

Have you ever wondered how much you spend on e-cigarettes/vaping or cannabis in a year? *

Use the cost calculator below to get an estimate of how much you spend based on how frequently you purchase, and around how much you spend each time.

Use the tabs to switch from **vaping/e-cigarettes** and **cannabis**.

Cost of Vaping Calculator
Cost of Cannabis Calculator

Cannabis Cost Calculator
BY CALCONIC

Quitting Tips for Nicotine & Cannabis

Take back control. Quitting nicotine or cannabis is no easy feat. Below are some tips and tricks that you can utilize to help with quitting either nicotine or cannabis. You got this!



Think about your **reasons for quitting**, which can be very motivating.



Plan your quit date **within 1-3 weeks**.



Prepare your environment by **throwing away your tobacco and cannabis products, lighters, and related supplies**.



Consider different ways of quitting other than "cold turkey" such as **behavioral and medical support** (e.g., NRTs and behavioral therapy).



Withdrawal symptoms are common and temporary. **Plan for how to cope with them.**



Identify strategies to deal with your triggers.



Explore **healthy activities**.



Get support. **You are not alone.**



For more information, infographics, and quitting resources, visit: resources.stanfordreachlab.com



Practice **stress-reducing techniques**.



It might take a few tries. **You got this!**

THE MORE YOU KNOW

! OUR CONCERNS ABOUT ZYN

What are oral nicotine pouches?

Pouches are a form of nicotine delivery that are growing in popularity. The product is derived from tobacco and contains nicotine.

The pouch is placed between the upper lip (or "upper decky") or lower lip (or "lower decky") and gum.



What is ZYN?

ZYN is the name of a popular brand of oral nicotine. ZYN are small pillow-like pouches that contain pre-portioned amounts of white nicotine powder.

ZYN comes in many flavors, including menthol, spearmint, cool mint, peppermint, wintergreen, citrus, coffee, unflavored, and cinnamon.

- ZYN comes in **3 milligram** and **6 milligram** nicotine pouches
- Each tin of ZYN contains **15-20 nicotine pouches**
- Adolescents use multiple pouches throughout the day, and **often place more than one in their mouth at once**

In 2023, the NYTS¹ showed a slight uptick to 1.5% of middle and high school students reporting having ever used nicotine pouches.

Two studies recently published by the **Stanford REACH Lab** with data collected in 2021 among a convenience sample of adolescents, young adults, and adults, showed that 1) ZYN is the most used and concerning oral nicotine pouch², and 2) among those 13-20 years old³:

- 11.1%** had ever used a nicotine pouch
- 6.4%** used a pouch in the past 30 days
- 5.1%** used a pouch in the past 7 days

¹<https://www.fda.gov/tobacco-products/youth-and-tobacco/reports-and-research/youth-tobacco-use-reports-2023-2024>

²Liu, J., Halpern-Felcher, B. Popularity of Zyn and other nicotine pouch brands among U.S. adolescents, young adults, and adults in 2021. *Preventive Medicine*. 2024 August;153:109086. PMID: 38770224. DOI: 10.1016/j.ypmed.2024.109086

³Saha, S., Liu, C., Lemper, L., Halpern-Felcher, B. Use, marketing, and appeal of oral nicotine products among adolescents, young adults, and adults. *Addictive Behaviors*. 2023 May;140:107632. PMID: 36730224. DOI: 10.1016/j.addbeh.2023.107632

LOOK OUT FOR



ZYN ON SOCIAL MEDIA & VOCABULARY

Terms such as "Zynning," "Zynnies," "Zynbabawe," along with "Zynfluencers," who are helping to promote ZYN use.



DISCREET PACKAGING

The container is similar to mints and icebreakers and are small enough to fit inside a pocket.



CONCERNING QUALITIES

Nicotine is a highly addictive chemical that are in ZYN pouches. ZYN pouches come in 3 milligram and 6 milligram pouches.



OF CIGARETTES IN A POUCH

6 MILLIGRAM POUCH = 9 cigarettes



Learn more by visiting tinyurl.com/stanfordtpt



THE MORE YOU KNOW OUR CONCERNS ABOUT ZYN

WHAT IS ZYN?

ZYN is the name of a popular brand of oral nicotine. ZYN are small pillow-like pouches that contain pre-portioned amounts of white nicotine powder.

ZYN comes in many flavors including menthol, citrus, coffee and many more, in small discrete packaging.

Social media and marketing has popularized ZYN with terms such as: "Zynning," "Zynnies," "Zynbabawe," along with "Zynfluencers," who are helping to promote ZYN use.



Comes in 3mg and 6mg nicotine pouches

Pouch is placed between the upper lip ("upper decky") or lower lip ("lower decky") and gum



One 6mg pouch equates to about 9 cigarettes

Each tin contains about 15-20 nicotine pouches

HOW NICOTINE POUCHES AFFECT YOU



NICOTINE ADDICTION



SORE GUMS & MOUTH



MENTAL HEALTH



ABDOMINAL CRAMPS



NAUSEA



Learn more by visiting tinyurl.com/stanfordtpt



ADDRESSING THE FENTANYL CRISIS

Use our **safety first** curriculum to talk to your students.



To learn more, visit:
tinyurl.com/stanfordsafetyfirst

HOW TO USE



REACH Lab

NALOXONE



Use our **safetyfirst** curriculum to talk with your students

Recognize a Fentanyl Overdose

Knowing the signs of opioid overdose is crucial in saving a life.

Signs Include:

- Slow, shallow, and erratic breathing
- Unconscious and unresponsive
- Slow or no pulse
- Pale and clammy

Respond to the Emergency

Here are the steps to follow:

- Have Narcan ready to use
- Hold the device with your thumb on the bottom plunger and two fingers on the nozzle
- Insert the tip into either nostril
- Firmly press the plunger to release the dose
- Dial 911
- Repeat with additional Narcan

Click [here](#) to mail order Narcan or learn more



*Narcan does not cause harm if there is no overdose





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SCAN ME



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MEDICINE

FREE
RESOURCES!

Stanford REACH Lab offers **free** curriculums and resources to supplement prevention, education, harm-reduction, interventions and cessation on: vaping/e-cigarettes, cannabis, drugs and other substances. Scan the QR code below to learn more!

PREVENTION, EDUCATION & AWARENESS CURRICULUMS

TOBACCO/VAPING

TOBACCO PREVENTION TOOLKIT

You & Me, Together Vape-Free
Elementary, Middle & High School Curriculum

CANNABIS

Cannabis Awareness & PREVENTION TOOLKIT

SMART TALK: CANNABIS PREVENTION & AWARENESS CURRICULUM

Smart Talk: Cannabis Prevention & Awareness
Elementary, Middle & High School Curriculum

HARM-REDUCTION & INTERVENTIONS

DRUG EDUCATION

safety first

A Comprehensive Drug Education and Harm-Reduction Curriculum

CANNABIS/TOBACCO

healthy FUTURES

Self-Paced or Group Led Alternative-to-Suspension



DATA DASHBOARD FOR EDUCATORS & ADMINISTRATORS

We have developed and launched a data dashboard for educators, where you can see, in **real time**, anonymous student survey responses related to the curriculum and interventions you are implementing.

GET STARTED

or visit tinyurl.com/reachlabdatadashboard

Connect with us and learn more by scanning the QR Code:



Development & Evidence



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MEDICINE
REACH Lab

Theory

- + Research
 - + Partnerships
 - + Evidence-informed and evidence-based
 - + Ability to revise/update quickly
 - + Fact-checked
- = Curriculums



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Healthy Futures
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PREVENTION, EDUCATION & AWARENESS CURRICULUMS




The image shows four curriculum covers displayed on a tablet. From left to right: 1. 'VAPING' (vertical text on the left edge), 2. 'TOBACCO PREVENTION' (red box with a white handle), 3. 'YOU AND ME' (white box with a red handle and a red heart graphic), 4. 'Cannabis Awareness & PREVENTION' (green box with a white handle), and 5. 'CANCER' (vertical text on the right edge, partially obscured by a blue shape).

- Brain development and addiction
- Other health effects (heart, lungs, etc)
- Environmental and community effects
 - Marketing
 - Stress and Coping

Connect with us and learn more by scanning the QR Code:



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PREVENTION, EDUCATION & AWARENESS CURRICULUMS



TOBACCO PREVENTION TOOLKIT

YOU AND ME TOGETHER VAPE-FREE

Cannabis Awareness & PREVENTION TOOLKIT

SMART TALK: CANNABIS PREVENTION & AWARENESS CURRICULUM

- Elementary – 2 lessons
- Middle and High School – 6 lessons
- Hawaii-specific version available
- Spanish available
- LGBTQ+ specific version coming
- Native American version coming


...d or Group Led
...to-Suspension

S & ADMINISTRATORS

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 **Stanford** | REACH Lab
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PREVENTION, EDUCATION & AWARENESS CURRICULUMS



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- Elementary – 2 lessons
- Middle and High School – 5 lessons
- Spanish too

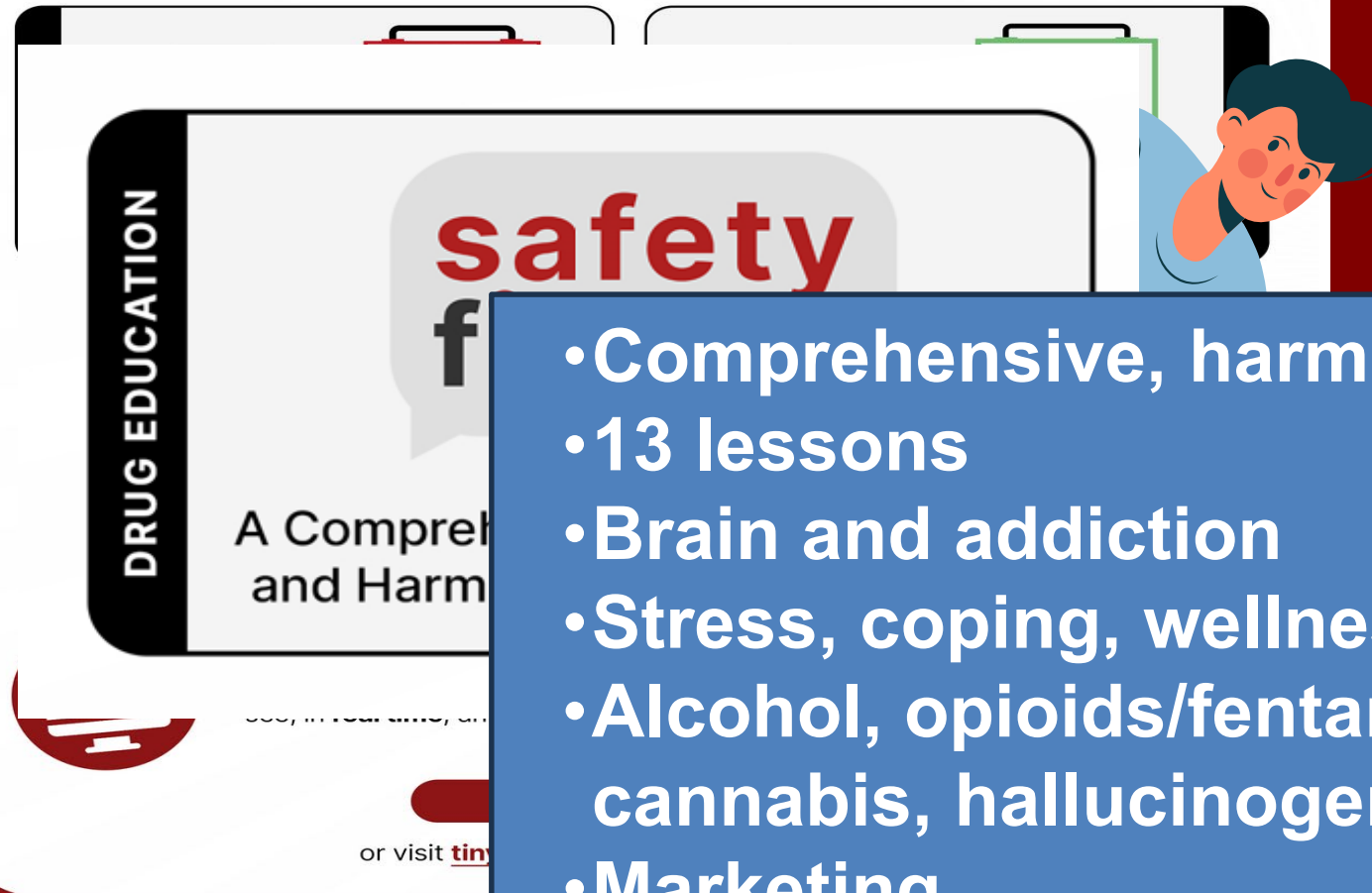


**FREE
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PREVENTION, EDUCATION & AWARENESS CURRICULUMS



- Comprehensive, harm reduction
- 13 lessons
- Brain and addiction
- Stress, coping, wellness
- Alcohol, opioids/fentanyl, e-cigs, cannabis, hallucinogens, stimulants
- Marketing

Connect with us and learn



Fentanyl and Other Opioids Banner

[General Info](#)[Using Canva](#)[Lesson Slides](#)[Resources](#)[Flyers & Infographics](#)

The time to act is now.

Fentanyl & Opioid Awareness & Overdose Prevention

This lesson and resources are dedicated to providing information on the dangers of illegal fentanyl, impact on teens and young adults, harm-reduction strategies to avoid overdose, and educational resources available to educators, students, parents and more.

Why is this important?

"Every week in 2022, the equivalent of a high school classroom's worth of students – an average of 22 adolescents – died of drug overdoses in the United States, according to data..." (The Overdose Crisis among U.S. Adolescents, Friedman, PhD, Hadland, M.D., M.P.H 2023.) [Read More](#)



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PREVENTION, EDUCATION & AWARENESS CURRICULUMS



TOBACCO/VAPING

Yo
Elementa

CANNABIS/TOBACCO



Self-Paced or Group Led
Alternative-to-Suspension



Connect with us and learn more by scanning the QR Code:





Evaluations – Evidence-based

- Used in all states and many countries
- Our team has reached well almost **3 million youth**, conducted hundreds of **trainings**, and trained over **20,000** educators, that we know of!
- Increases knowledge and refusal skills
- Reduces positive attitudes
- Reduces intentions

WE INVITE YOU TO OUR:

5th Annual Teaching Cannabis Awareness & Prevention Virtual Conference:

A Focus on the Triangulum of Cannabis, Tobacco/Nicotine, and Vaping

APRIL 17TH & 18TH, 2024 ■ 8:00 A.M. - 2:00 P.M. (PST)

PRICING:

Registration Fee: **\$150**

Early Bird Pricing: \$125

To Obtain CME Credit: **+\$25**




Register today!


Scan the QR or visit:


tinyurl.com/cannabisreg2024


Social Media


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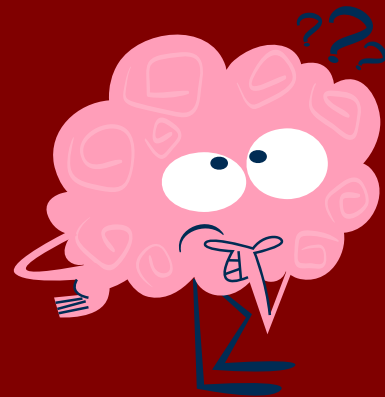
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 Share

 2



Thank you!
Any Questions 



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