

Healthy Choices Resources

VAPING:

Websites

- <https://e-cigarettes.surgeongeneral.gov/>
- [Still Blowing Smoke](#)
- [Smoke Free Teen](#)
- [Information from Mayo](#)

Apps

- [Quit Vaping App](#)
- [Escape the Vape App](#)

Videos

- [Any Volunteers? The Risk of E-Cigarettes for Young People.](#)
- [What We Don't Know About E-cigs](#)
- [Dangerous of Vaping](#)
- [Truth About Vaping - Powerpoint](#)

Fact Sheets

- In English: [E-cigarette Use](#)
- In Spanish: [Hoja informativa](#)
- [Misconceptions](#)

SHOWING RESPECT:

Worksheets

- [Respect Plan](#)
- [What is Respect](#)

Video/Plan

- [Respect Video with Plan](#)

Resiliency:

- [Resilience Video](#)
- [Resilience Worksheet](#)
- [Building Resilience Packet](#)