



How can you prevent tobacco use, vaping and secondhand smoke exposure?

Find out how by registering for a FREE presentation!

Presentations Offered:

✚ Helping teens say no to vaping

This presentation is an interactive workshop that discusses the harmful health effects of vape products. Teens will also learn the reasons why the tobacco industry targets young people, what influences adults and teens to try these products, and what teens can do about it.

Audience: Teens, grades 6-12

Time: 30-45 minutes

✚ Helping parents understand the problem of teen vaping*

This presentation gives an overview of tobacco and vape products. It covers why they appeal to teens, and how they affect teens' health and brain development. It also gives parents conversation starters for discussing vape products with their teens.

Audience: Parents/guardians, adult family members

Time: 30-45 minutes

**Also available in Spanish*

✚ Helping people deal with secondhand smoke exposure*

This presentation covers the health effects of secondhand smoke. Topics discussed include tobacco products and types of smoke exposure. It also gives tips on how to reduce secondhand smoke exposure in the home.

Audience: Adults

Time: 30 minutes

**Also available in Spanish*

You can help your community make healthier choices!

To register for a presentation, please contact:

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Health Promotion – Tobacco Use Prevention Program

