



Programs Available to Support Student Lung Health

Asthma Basics – In Person or Online

Lung.org/asthma-basics

Asthma Basics program features a FREE one-hour interactive online learning module designed to help people learn more about asthma. Participants will obtain a certificate upon successful completion of the course. Contact our local staff at 717-971-1122 or email Shelly.Cree@Lung.org to learn more about the support that we can offer.

Open Airways for Schools

Lung.org/open-airways

Open Airways For Schools® is a program that educates and empowers children through a fun and interactive approach to asthma self-management. The program teaches children with asthma ages 8 to 11 how to detect the warning signs of asthma, avoid triggers and make decisions about their health. Contact our local staff at 717-971-1122 or email Shelly.Cree@Lung.org to learn more about the support that we can offer.

Kickin' Asthma

Lung.org/kickin-asthma

The Kickin' Asthma program is geared towards children ages 11-16 with with asthma and uses a fun and interactive approach to self management. The program teaches children with asthma ages 11 to 16 the concepts of taking responsibility and self-management, and taking action early so that they don't need to go to the emergency room. Contact our local staff at 717-971-1122 or email Shelly.Cree@Lung.org to learn more about the support that we can offer.

INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health)

Lung.org/INDEPTH

The American Lung Association's INDEPTH is an alternative to suspension or citation program that is offered as an option to students who face suspension for violation of school tobacco or nicotine use policies. Administered by an adult facilitator, the program is offered in a one-on-one group format or school or community-based setting. The program consists of four sessions of approximately 50 minutes geared towards youth and focused on tobacco use, nicotine addiction, establishing healthy alternatives and making the change to be free of all nicotine and tobacco products. For students who choose the INDEPTH program, attendance is *mandatory*.

Not On Tobacco® group (N-O-T)

Lung.org/NOT

N-O-T is the American Lung Association's voluntary smoking cessation program for teens 14 to 19. Over the 10-week program, participants learn to identify their reasons for vaping, smoking or chewing, as well as identify healthy alternatives to tobacco use, and people who will support them in their efforts to quit.

Tobacco Resistance Unit (TRU)

TRUinPA.org

The Tobacco Resistance Unit is a movement throughout all of Pennsylvania to help youth, ages 12 to 18, stay tobacco-free. It's time that young Pennsylvanians get serious about exposing Big Tobacco and its marketing lies. TRU aims to prevent and stop youth tobacco use through education. TRU is funded by a grant through the Pennsylvania Department of Health and managed by the Pennsylvania Alliance to Control Tobacco (PACT) and the American Lung Association in Pennsylvania.

Tobacco-Free School Campus Policy

Bit.ly/TobaccoFreePolicyTemplate

Tobacco-Free School Policy recognizes tobacco products, including e-cigarettes, are a health, safety and environmental hazard in schools. With a comprehensive policy in place, schools are protecting the health and safety of their students, employees and visitors. The American Lung Association in Pennsylvania has staff that can assist you with strengthening your tobacco-free policy and making sure that it is comprehensive approach-based. Contact our local staff at 717-971-1126 or email Chelsey.Hildebrand@Lung.org to learn more about the support that we can offer.

Vape-Free Schools Initiative

Lung.org/vape-free-schools

To help schools navigate the vaping public health emergency with tools to protect and support students impacted by vaping, we invite all schools nationwide to become a recognized member of the American Lung Association Vape-Free Schools Initiative. Being recognized as a member of the American Lung Association Vape-Free Schools Initiative means that your school is a leader in supporting students impacted by the youth vaping epidemic, offering education, cessation and support. One or more of your school personnel has completed: INDEPTH® facilitator training, N-O-T® facilitator training, and a tobacco-free school policy assessment.

Tobacco Prevention Education Presentations

The American Lung Association in Pennsylvania has staff and partners that are available to conduct presentations at your school regarding vaping, e-cigarettes, and the harmful effects of nicotine. Contact our local staff at 717-971-1137 or email Julie.Bartol@Lung.org to learn more about the support that we can offer.

Pennsylvania Alliance to Control Tobacco (PACT)

PACTonline.org

The Pennsylvania Alliance to Control Tobacco (PACT) is a statewide coalition that educates the public and elected officials about clean indoor air, tobacco taxes, and other critical tobacco control issues. PACT is primarily funded by a grant through the Pennsylvania Department of Health and managed by the American Lung Association. Members of PACT include tobacco control advocates, healthcare professionals, government agencies, community leaders, business owners, and the general public. Join for free today and receive weekly newsletters on how to get involved.