

YVAPE is a free counseling and educational program for students who have been vaping at school. YVAPE is available to California public middle and high schools who 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.

How does YVAPE work?



Enrollment

- The student is found vaping at school and chooses to participate in YVAPE.
- The student and parent/guardian (of students 13-17 years old) provide the school with signed consent forms.
- The school enrolls the student in YVAPE via www.yvape.org.



The Program

- **Initial Call:** A YVAPE coach will call the student for their first session (≈15 mins) where they will talk with the student about vaping.
- **Videos and Discussion:** The student will watch the YVAPE videos and is encouraged to discuss questions about the video topics (≈15-30 mins) with their parent/guardian or YVAPE coach.
- **Follow-up Call:** A YVAPE coach will call the student at the scheduled time for their follow-up session (≈10 mins) where they will talk about the videos and discussion questions.
- **Survey:** The student will take a short follow-up survey (≈5 mins) to give feedback on YVAPE.



Completion

- The school and parent or guardian will be notified when the student completes the program and the student will receive a certificate of completion.

About Us

- YVAPE is operated by Kick It California at UC San Diego and is funded by the California Department of Education.
- Kick It California (formerly known as the California Smokers' Helpline) began in 1992, and is staffed with caring, trained professionals. YVAPE is a new program, but it is run by the same dedicated staff.

We're here to help!

For more information visit the YVAPE website www.yvape.org, talk with your school, or email yvape-support@health.ucsd.edu.