

Stamford Vaping Task Force: Vaping Resource List

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Name	Length	Language	Audience						Comments (will continue to update)	Key
			Elementary	MS	HS	Young Adults (18-25)	Parents	Community at Large		
Vaping: Do you know what's inside? Educational Video for Students	5 minutes	English only	Not suitable	Suitable	Suitable	Borderline	Suitable	Borderline	Targeted to both middle and high school students, shows experts and news segments.	Videos
What's Worse: Vaping or Smoking?	5 minutes	English only	Not suitable	Borderline	Borderline	Suitable	Suitable	Suitable	This video compares smoking and vaping by providing facts. Borderline for HS, due to lack of narrative. Better displays vaping as a better alternative which is more suitable for an older audience.	Cessation aids (videos and additional resources)
Why Vaping is Bad for You: Science Insider	5 minutes	English only	Not suitable	Borderline	Suitable	Borderline	Suitable	Suitable	Targeted towards high school audience through use of analytics of high school student populations.	Curriculum/ Resources for Educators
Electronic Cigarettes and Vaping: David Geffen School of Medicine (UCLA)	4 minutes	English only	Borderline	Suitable	Suitable	Suitable	Borderline	Suitable	This video is mainly intended for middle school audiences, too much info to gather for elementary school students. A good intro to what vaping is and the effects for middle school students.	Not suitable
Smoking vs. Juuling: ASAP Science	4 minutes	English only	Not suitable	Borderline	Suitable	Suitable	Suitable	Suitable	This video compares cigarettes to JUULS and the risks involved and using both.	Suitable
Haze "Defenseless"	30 seconds	English only	Suitable	Borderline	Borderline	Not suitable	Not suitable	Not suitable	Only provided as material for elementary primarily due to its brief approach on providing information, given that it's 30 seconds long as well.	Borderline
CVS Health Foundation: Talking Down Tobacco	21 minutes	English only	Not suitable	Suitable	Suitable	Suitable	Suitable	Borderline	This resource was created in collaboration with the CVS health foundation to provide relevant, youth-focused info on the rise of e-cigarettes like Juul and to prevent nicotine use.	*New
E-cigarettes safety: the facts explained.	13 minutes	English only	Not suitable	Not suitable	Suitable	Suitable	Suitable	Suitable		
Vaping: A Lesson of Irony	10 minutes	English only	Not suitable	Suitable	Suitable	Suitable	Suitable	Suitable	Can be more geared towards High Schools/or Middle School that I feel is a more authentic form of informing facts about the product and its potential risks, while tying in theory.	
Cigarrillos electrónicos (EVALI) Dra. Jackie - Salud en Corto	10 minutes	Spanish only	Not suitable	Suitable	Suitable	Suitable	Suitable	Suitable	An informative video about vaping that, although is too much information for Elem, can work effectively with the rest of the category.	
Clearing the air on e-cigarettes	10 minutes	English only	Not suitable	Borderline	Suitable	Suitable	Suitable	Suitable		
Inside The Heated Battle Over Juul: Creating Teen Addicts Or Saving Lives? Think NBC News	10 minutes	English only	Not suitable	Borderline	Suitable	Suitable	Suitable	Borderline		
Are Nicotine Free E-Cigarettes Harmful?	5 minutes	English only	Suitable	Borderline	Not suitable	Not suitable	Not suitable	Borderline	More geared at children due to the cartoon appeal, however it only focuses on vaping for a tiny section of the vaping. TThe remainder is primarily information about smoking.	
Why is Vaping so popular?	6 mintues	English only	Not suitable	Suitable	Suitable	Borderline	Borderline	Suitable		
JUUL CEO: No More Advertising to Kids	5 minutes	English only	Not suitable	Not suitable	Borderline	Suitable	Borderline	Borderline	A skit that has mildly censored profanity that explores JUUL advertisement and the claim of their products appealing to children. Not exactly an informative piece, but it grabs a good laugh while showing the hypocrisy of JUUL in regards to advertising. More suitable for young adults who can handle this humor, although can be used on HS, depending on group.	
Dissecting the Vaping Illness Mystery [WSJ]	4 minutes	English only	Not suitable	Borderline	Suitable	Suitable	Suitable	Borderline		
Les dangers du vapotage chez les jeunes.	2 minutes	French only	Not suitable	Borderline	Suitable	Suitable	Suitable	Suitable		

"DITCHJUUL" to 88709	N/A	English only	Not suitable	Suitable	Suitable	Suitable	Suitable	Suitable	To register with TRUTH enter your phone number and get free texts to subscribe or text DITCHJUUL to 88709. Overall free resources for Students in need of a cessation aid to quit vaping.	*
My Life My Quit	N/A	English only	Borderline	Suitable	Suitable	Suitable	Suitable	Suitable		
No Vapes	N/A	English only	Borderline	Suitable	Suitable	Suitable	Suitable	Suitable		
Youth Vaping	N/A	English only	Borderline	Suitable	Suitable	Suitable	Suitable	Suitable		
How To Quit Vaping	N/A	English only	Not suitable	Not suitable	Suitable	Suitable	Suitable	Not suitable		
How To SUCCESSFULLY QUIT Juuling, Vaping And Nicotine Addiction Cold Turkey (QUICKLY)	13 minutes	English only	Not suitable	Not suitable	Suitable	Suitable	Borderline	Not suitable		
My Embarrassing JUUL Addiction That Almost Destroyed Me (5 Ways I Quit Vaping TODAY)	24 minutes	English only	Not suitable	Borderline	Suitable	Suitable	Borderline	Not suitable		
I Was a Teen Juul Addict and Here's What You Should Know	4 minutes	English only	Not suitable	Suitable	Suitable	Suitable	Suitable	Suitable		
Quit VAPING & Nicotine ALL *Mindset*	5 minutes	English only	Not suitable	Borderline	Suitable	Suitable	Suitable	Borderline		
(UPDATE) I quit juuling for two months and this is what happened...	9 minutes	English only	Not suitable	Borderline	Suitable	Suitable	Borderline	Not suitable		
Health specialist offers advice on quitting vaping	3 minutes	English only	Not suitable	Borderline	Suitable	Suitable	Suitable	Suitable		