



Lung-Friendly Schools Trainings and Resources

Available at no cost until April 30, 2024

Youth Vaping and Commercial Tobacco

Not On Tobacco® (N-O-T)

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 commercial tobacco use, and people who will support them in their efforts to quit. This training is free until April 30, 2024 and \$400 per facilitator after.

ONE Step

The ONE Step training prepares Early Childhood Educators (ECE) and organizations serving low-income status parents/caregivers to have health-focused conversations with parents about secondhand smoke and electronic smoking devices; the health impact of exposure to secondhand smoke and aerosol on children and steps to take to protect children from exposure; commercial tobacco cessation resources and support; basic information about asthma and how to manage it. This training is free until April 30, 2024 and available only by special arrangement after.



Youth Asthma

Open Airways for Schools®

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 their triggers and make decisions about their health. This training is free until April 30, 2024 and \$400 per facilitator after.

Kickin' Asthma

Kickin' Asthma 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 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. This training is free until April 30, 2024 and \$400 per facilitator after.

Specialize Support

Available Through April 30, 2024

✓ Program Facilitator Training Costs

Train facilitators at no cost to offer one of the American Lung Association's proven youth commercial tobacco or asthma programs. Training costs include printed facilitator guide.

✓ Implementation Packages

Bring any Lung Association program to life in your school, clinic, or community center with implementation packages tailored to suit your community.

✓ Curriculum Adaptation

Work directly with Lung Association staff to craft a culturally sensitive and relevant version of a program you want to bring to your community.

✓ Supporting Customized Materials

Request materials that will support implementation of the Lung Association programs your community has selected.

✓ Technical Assistance

Unlimited one-on-one or group assistance to ensure you can successfully launch and sustain lung-friendly programming.

✓ Program Evaluation

Receive complete program evaluation results to help your school and community assess the effectiveness of any program(s) implemented.

Always available at no cost

Youth Vaping and Commercial Tobacco

INDEPTH®

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

The American Lung Association's INDEPTH program is an alternative to suspension or citation program that is offered as an option to students who face suspension for violation of school commercial tobacco or nicotine use policies. This program is administered by an adult facilitator in either a one-on-one or group format and can be offered in a school

or community-based setting. The program consists of four sessions of approximately 50 minutes geared towards youth and focused on commercial tobacco use, nicotine addiction, establishing healthy alternatives and making the change to be free of all nicotine and commercial tobacco products. For students who choose the INDEPTH program, attendance is mandatory.

Tobacco Basics

Tobacco Basics is a free one-hour online course designed to build an understanding of the toll of commercial tobacco use in the U.S. Participants will learn the difference between commercial tobacco products, including e-cigarettes and vaping devices; the effects of commercial tobacco use on the human body and brain; nicotine dependence and why quitting is so challenging; proven policies that protect public health; and programs available to help all commercial tobacco users quit for good.

Vape-Free Schools Initiative

To help schools 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 means that your school is a leader in supporting students impacted by the youth vaping epidemic, offering education, cessation and support. This includes ensuring one or more of your school personnel has completed INDEPTH® facilitator training, N-O-T® facilitator training, and a commercial tobacco-free school policy assessment.

Helping Teens to Quit Smoking

The American Lung Association is committed to helping educate, intervene and prevent the use of commercial tobacco and nicotine by the next generation. This is especially important because close to 95 percent of smokers try their first cigarette before the age of 21. With the Federal Drug Administration's recent announcement about teen vaping reaching epidemic levels, the fight against nicotine and commercial tobacco has become even more vital. The resources below can offer parents and caregivers the tools to not only talk to kids about the dangers of commercial tobacco but to help them quit if they have already become addicted.

How to Help People Quit

A free one-hour online course including interactive learning modules designed to enhance understanding of the Lung Association's core efforts on commercial tobacco cessation, and understanding behavior changes, interventions and treatment needed to help people quit for good.

ACT to Address Youth Cessation

ACT to Address Youth Cessation Training is a one-hour on-demand, online course that provides an overview for healthcare professionals, school personnel and community members in youth/adolescent supportive roles in conducting a brief intervention for teens who use commercial tobacco. Based on the American Academy of Pediatrics' Youth Tobacco Cessation: Considerations for Clinicians, the session outlines the steps of Ask, Counsel, Treat, and provides guidance, support and best practices for effectively delivering ACT as a brief intervention for adolescents who identify as commercial tobacco users, including e-cigarettes.

Youth Asthma

Asthma Basics

Asthma Basics program features a FREE one-hour interactive online learning module designed to help people learn more about asthma. Participants are able to obtain a certificate upon successful completion of the course. The Asthma Basics online learning module is available in English and Spanish.

Asthma-Friendly Schools Initiative

The Asthma-Friendly Schools Initiative provides a framework and tools that communities and schools can use to work together on a comprehensive approach to asthma management, including planning tools, policy recommendations, and education programs.

Asthma Action Plan

An Asthma Action Plan is a written, individualized worksheet that shows you the steps to take to keep your asthma from getting worse. It also provides guidance on when to call your healthcare provider or when to go to the emergency room. An asthma action plan is an important tool to share with caregivers of children with asthma, including daycare providers, schools and aftercare programs.

Responding to Asthma Emergencies in Schools

Teachers and school personnel have the most contact with students and should be prepared for this type of situation, in the event it occurs. Asthma episodes can quickly turn into breathing emergencies, so we not only need to be ready to respond but know the right steps to take. This course will teach you about asthma emergencies, how to recognize the signs and symptoms of respiratory distress at each level, and how to respond to a student experiencing respiratory distress.

Assessing a Child's Readiness to Carry and Use a Quick-Relief Inhaler

A free interactive online learning module designed to assist designated school health staff assess a child's readiness to carry and use a quick-relief inhaler. This course will teach participants to: describe the barriers to access to asthma medication in schools; overcome barriers with a variety of resources; assess a child's readiness to self-carry asthma medications in schools; and implement support activities for all students with asthma regardless of their level of independence.

How to Use Asthma Medicine Devices

The webpage offers videos about how to use asthma medicine devices and downloadable instruction pages to help in managing asthma.

Radon

Radon Basics

Radon Basics course is a free one-hour interactive online learning program designed to help people understand more about radon, a radioactive gas commonly found indoors at dangerous levels. The program is also appropriate for anyone who wants to learn more about radon and about how to test for it and fix problems. Individuals who smoke or who have family history of lung cancer, or parents and guardians may especially be interested.

Radon

Learn more about radon, a radioactive cancer-causing gas, how to detect it and protect against it.

Infectious Disease

Infectious Respiratory Disease Basics

The Infectious Respiratory Disease Basics course is a free, interactive online learning module. The course is designed to help individuals understand infectious respiratory diseases and, when applicable, the vaccinations available that help prevent them.

Clean Air

Clean Air at School

Learn about indoor air quality in schools, how to know if there's an issue with and how to protect the air in schools.

Clean Air at Work

Explore how to identify potential air quality problems at work, prevent future problems, and address any issues identified.

Clean Air at Home

Better understand indoor air quality at home, how to maintain and protect it as well as provide adequate ventilation.

Clean Air Outdoors

Expand your knowledge of air pollutants and how to understand the air quality index.

Climate Change

Focus on how climate change impacts lung health and what can be done to mitigate it.

Emergencies & Natural Disasters

Improve your understanding of how emergencies and natural disasters impact lung health.

Wildfires

Wildfires and Lung Health

Learn about the impact of wildfires on lung health and ways to mitigate it.

Coping with Wildfire Smoke Video

COVID-19

COVID-19

Find up to date information about COVID-19, vaccines and support for lung COVID.

Kids and COVID-19 Vaccines

Contains everything you need to know about kids and COVID-19 vaccines.

Preventing COVID-19

Learn about steps you can take to prevent yourself and others from getting ill with COVID.

RSV and the Flu

RSV

Respiratory syncytial virus (RSV) is a common respiratory virus that can infect people of all ages. Explore more about this virus, its symptoms, and treatment.

The Flu

Influenza, or flu, is a serious respiratory illness that is easily spread from person to person. Learn more about the flu, symptoms, and how to prevent and treat it.