



INDEPTH—Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health

About 7 of every 100 middle school students and 27 of every 100 high school students reported current use of a tobacco product. In fact, the number of middle and high school students using e-cigarette or “vaping” rose from 2.1 million in 2017 to 3.6 million in 2018, prompting the U.S. Surgeon General to say that this new behavior is an “epidemic.”

If smoking continues at the current rate among youth in this country, 5.6 million of today’s youth under age 18 will die early from a smoking related illness.

The use of tobacco is started and established primarily during adolescence. Nearly 9 out of 10 cigarette users smoke their first cigarette by age 18.

Our kids need help today.



Why Use INDEPTH

Convenient, “out of the box” approach to education and intervention.

- Delivered in (4) 50-minute sessions
- Guides youth through exploring their personal tobacco use
- Explores healthy alternatives to tobacco use

Program Implementation

After completing an online INDEPTH training, facilitators receive a step-by-step guide that can be used to plan and implement the INDEPTH program at their school or community-based organization. Each section of the guide offers detailed instructions, notes, and talking points for facilitators as well as printable handouts for students.

Session 1: Getting the Facts

Session 2: Addiction

Session 3: Alternatives to Product Use

Session 4: Past, Present, Future

Become an INDEPTH Facilitator today,
or just learn more:

INDEPTH@Lung.org

1-800-LUNGUSA

Lung.org/INDEPTH