Tobacco Prevention Toolkit

SUPER: Substance Use Prevention Evidence-Based Resource, UCLA ISAP
Developer website: https://med.stanford.edu/tobaccopreventiontoolkit/about.html
Practice record last updated August 29, 2025

Cost	Prevention Category	Practice Focus
FREE	**Universal Direct**	**SU**

Practice Summary

The Tobacco Prevention Toolkit (TPT), developed by Stanford Medicine's Research and Education to Empower Adolescents and Young Adults to Choose Health (REACH) Lab, is a theory-based, evidence-informed curriculum designed to prevent tobacco and nicotine use among middle and high school students. The latest version, "You and Me, Together Vape-Free," comprises six lessons covering topics such as the health effects of tobacco products, marketing strategies, and refusal skills. It also provides session presentation slides, facilitator guides, interactive activities, and data dashboards for facilitators to assess changes in students' tobacco-related knowledge and intentions.

Practice Details

Substance Use Prevention Category	• Universal Direct
Practice Level	• Individual
Substance Use Prevention Strategy	• Education
Practice Components	**Individual** • Cognitive Behavioral Strategies • Connection to More Services • Education • Psychoeducation • Skills Training **Relationship** • None **Community/Society** • None
Population Age	• Age 6-12 • Age 13-17
Populations of Focus	• General Population • Hispanic or Latino
Settings	• Home • School (K-12) • Community-based program • Other
Parent/Caregiver Involvement	• Recommended or optional
Recommended Staffing	• Peers • Prevention staff • Teachers or educators

Prevention Focus	**Substance Use Prevention Focus** • Tobacco **Mental Health Wellness and Promotion Focus** • None
Training and Technical Assistance	The TPT website includes a full array of curricula, lessons, programs and resources on topics. For information on further support using these resources, you can contact the Stanford REACH Lab at stanfordreachlab@stanford.edu.
Program Costs	Free. Please visit the developer's website listed above for updated information about implementation costs.
Adaptations	TPT materials are available in Spanish and also include a series of gender-focused lessons that can be integrated into TPT.

Risk and Protective Factors

Youth Substance Use Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• Early initiation of substance use • Favorable attitudes towards substance use • Internalizing behaviors (e.g. anxiety, depression, social withdrawal) • Poor coping skills and behaviors	• Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)
Family and Relationships	• None	• None
School, Peer, and Community	• Norms favorable towards substance use	• None

Youth Mental Health Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• Poor coping skills and behaviors	• Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)
Family and Relationships	• None	• None
School, Peer, and Community	• Norms favorable towards substance use	• None

Shared Substance Use and Mental Health Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• Poor coping skills and behaviors	• Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)
Family and Relationships	• None	• None
School, Peer, and Community	• Norms favorable towards substance use	• None

Empirical Evidence of Impact

Prevention Focus	Outcome	Population Age	Evidence Strength and Study Populations of Focus
Tobacco	Changes in Knowledge, Attitudes, or Beliefs	Adolescents	Practice-Based Evidence (General Population) [References 1]
Tobacco	Reduced Use or Delayed Initiation	Adolescents	Practice-Based Evidence (General Population) [References 1]

References

[1] Gaiha SM, Zorrilla M, Sachnoff I, Smuin S, Lazaro A, Ceballos III RD, Razo A, Halpern-Felsher, B. (2021). Development and reach of the Stanford Prevention Toolkit: implementation of a community-based participatory approach. *Journal of School Health, 91*:813-824. https://doi.org/10.1111/josh.13074

What California Providers Are Saying

What They Like About the Tobacco Prevention Toolkit:

- User-friendly curriculum with engaging visuals.
- Focuses on informed decision-making rather than just cessation.
- Covers the environmental impact of substance use, which resonates with students.a
- Promotes overall healthy behaviors beyond avoiding tobacco, vaping, or cannabis use.
- Regularly updated materials keep content relevant.
- Strong training and support for staff.
- Responsive and supportive program developers.
- Lessons are brief and efficiently communicate information.
- Inclusion of information on social-emotional health and skills make it useful for more than just tobacco cessation.

Tips and Recommendations for Implementing Tobacco Prevention Toolkit:

- Use pre/post tests to track student progress and program impact.
- Adapt as needed to prioritize key lessons and tailor content to each group.
- Keeps Students engaged by incorporating movement-based activities and Kahoot quizzes.
- Translate content as needed; interns have adapted materials into Spanish and Hmong.
- Prepare for data collection. Have survey codes ready and guide students through the process.
- Lessons can be presented in different orders based on group needs.
- Take time to prepare and familiarize yourself with the toolkit, print handouts, and plan lesson flow.
- Leverage popular modules, the stress management lesson is particularly impactful.
- Start with a question to engage students by introducing key lesson topics in advance.
- Materials for younger students are limited, and may need to be supplemented with other materials.