



## Community Led Efforts: Current Trends of E-cigs/Vaping & Youth Webinar Resources

- **CDC Office on Smoking and Health: Electronic Cigarettes**  
[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/) (Fact sheets, infographics and multimedia resources. Information available in both English and Spanish).
- **Stanford Medicine: The Tobacco Prevention Toolkit**  
<https://med.stanford.edu/tobaccopreventiontoolkit.html> (A research-informed and validated set of curriculums to help prevent students from starting or escalating use of any tobacco product).
- **U.S. Surgeon General's Know the Risks: E-cigarettes and Young People**  
<https://e-cigarettes.surgeongeneral.gov> (The 2016 U.S. Surgeon General's Report on e-cigarette use among youth and young adults is the first report issued by a Federal agency that comprehensively reviews the public health issue of electronic cigarettes and their impact on our nation's young people).
- **National Cancer Institute: Quit Vaping**  
<https://teen.smokefree.gov/quit-vaping> (information to help/support teens quit vaping).
- **Truth Initiative: Asian Tobacco Fact Sheet**  
<https://truthinitiative.org/research-resources/targeted-communities/tobacco-use-asian-american-community>
- **Substance Abuse and Mental Health Services Administration: Youth Vaping Report** <https://store.samhsa.gov/product/Reducing-Vaping-Among-Youth-and-Young-Adults/PEP20-06-01-003>

- **California Smokers' Helpline: How to talk to your kids about vaping**  
<https://www.nobutts-catalog.org/products/how-to-talk-with-your-kids-about-vaping> (Includes handouts in English and Spanish).
- **California Smokers' Helpline: Tips to help someone quit vaping**  
<https://www.nobutts-catalog.org/collections/vape/products/8-5-x-11-flyer-5-tips-to-help-quit-vaping-download> and
- **Korean Town Youth Community Center** is offering the public free mental health services through our COVID-19 Emotional Support Helpline for anyone struggling with stress and anxiety due to the coronavirus pandemic. More info below:  
<https://www.kyccla.org/press-release/clinical-services-launches-new-covid-19-emotional-support-helpline/>