

Empower Vape-Free Youth with Healthy Coping Skills

AUDIO: Music without lyrics playing through the end of the video.

GRAPHICS ON SCREEN: Joint logos of the US Department of Health and Human Services and the Centers for Disease Control and Prevention are in lower corner of screen. Empower Vape-Free Youth trademark appears. Background images are static with images of pencil case, paper, paper clips and hand drawn images of a woman running and two hands clasping on pieces of paper. The title text appears in a box and flashes. There is a handshake icon is on lower right corner of title text box.

TEXT ON SCREEN: Empower vape-free youth with healthy coping skills.

VISUALS: A video appears of an educator and student look over a piece of paper together while a yellow thought bubble with an information icon appears. A text box appears.

TEXT ON SCREEN: Students are more open to learning about the risks of vaping when adults share accurate, detailed information in respectful ways.

VISUALS: An image appears of an educator and student speaking in a classroom doorway. A text box appears.

TEXT ON SCREEN: As an educator, talk with your students to help them understand the risks and empower them to quit or reject vaping.

VISUALS: A purple background appears. Text appears.

TEXT ON SCREEN: Here are some skills you can share with them...

VISUALS: A photo appears of a student sitting against a wall covering their face with a book against a gray frame with “ANXIETY” written underneath against a purple background of hazard icons and sad face emoticons. Two text boxes appear.

TEXT ON SCREEN: 1. Recognize and manage stressful feelings.

TEXT ON SCREEN: Help your students to identify what causes their stress or anxiety and help them to proactively manage it when they start feeling this way.

VISUALS: A photo appears of a student meditating in a library against a gray frame with “RELAXATION” written underneath on a purple background with pulsing star icons. Two text boxes appear.

TEXT ON SCREEN: 2. Relaxation techniques

TEXT ON SCREEN: Encourage positive stress management techniques that don't include vaping, like meditation, listening to music, or deep breathing.

VISUALS: A photo appears of two students playing basketball, against a gray frame with “PHYSICAL ACTIVITY” written underneath against a purple background with sport related icons. Two text boxes appear.

TEXT ON SCREEN: 3. Staying active.

TEXT ON SCREEN: Empower your students to reduce their stress and anxiety by getting physical activity every day.

VISUALS: A photo appears of a student drinking from a reusable water bottle, against a gray frame with “SELF-CARE” written underneath against a purple background with fruit and vegetable icons. Two text boxes appear.

TEXT ON SCREEN: 4. Practicing self-care

TEXT ON SCREEN: Teach students how they can reduce their feelings of stress by eating a balanced diet, drinking enough water, and getting enough sleep.

VISUALS: A photo of a student being comforted by two educators, against a gray frame with “SUPPORT SYSTEM” written underneath against a purple background with heart icons. Two text boxes appear.

TEXT ON SCREEN: 5. Building a support system

TEXT ON SCREEN: Provide support when your students feel stressed and encourage them to reach out to family and friends.

VISUALS: A new graphic appears, a horizontal split blue and gray background with joint logos of the US Department of Health and Human Services and the Centers for Disease Control and Prevention. The word EMPOWER is in the background.

TEXT GRAPHICS APPEAR: Empower students to live a life free of vaping. Learn more by visiting: [CDC.gov/vaping](https://www.cdc.gov/vaping)

VISUALS: Music and video fade out.