**Sample Article for Parent Newsletters/Email Communication about Resources to Help Youth Quit Vaping/Tobacco**

**Guidelines for Use**

* For parent newsletters or email communication
* If you have addressed vaping in the past through communication, meetings, changing policies, etc., mention this in the introduction of the article/email.
* If you plan on holding a parent presentation or meeting, you can use the rest of the article/email to announce the meeting.

Parents/Guardians,

As I am sure you are aware, youth use of e-cigarettes here in (city/town) is an issue, as it is across the Commonwealth and the U.S.

The Massachusetts Department of Public Health has created two information campaigns – one geared toward educating adults and the other geared toward educating our students. If you have not visited the website [GetOutraged.org](http://www.GetOutraged.org), I encourage you to do so, as it contains valuable information about e-cigarettes, tips on talking with your kids, and other resources – **including new resources to help students who are already addicted to vapes or other tobacco products – quit.** These new resources are listed on GetOutraged.org and include a free and confidential texting program (This is Qutting) and a program in which young people can connect with a specially trained youth coach via phone, text, or online (My Life, My Quit).

The Department of Public Health also has a simple web page for youth at <mass.gov/vaping> with facts and information about quitting, or youth can follow the youth-oriented campaign and learn more facts on Instagram at @GetTheVapeFacts.

*Optional paragraph if announcing a meeting (can be modified to include information about a school assembly, health class curricula, or other actions on vaping, etc. that you want parents to know about):*

*Closing*

For more information or questions about this issue in our school, please contact (contact name and information).