

Dear Parent/Guardian,

Welcome to **Vaping Prevention Plus Wellness (PPW)**! **Vaping PPW** is a positive youth development program designed to prevent e-cigarette use and promote healthy lifestyle behaviors and positive identities of youth.

Vaping PPW is the only single-session e-cigarette use prevention program designed to increase wellness-enhancing behaviors including physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control.

The **Vaping PPW** program was designed to help youth look and feel more active, fit, and healthy using a three-step process of:

1. Surveying youth for their current health habits to increase awareness of their e-cigarette use and healthy behaviors;
2. Providing feedback cueing positive future images and the benefits of engaging in healthy behaviors and how e-cigarette use harms them, to increase motivation for change; and
3. Presenting a goal plan and contract to help youth set and monitor goals to avoid e-cigarette use and increase protective wellness behaviors increasing self-control skills and self-efficacy.

We know your youth will find **Vaping Prevention Plus Wellness** a fun program for improving their mental and physical wellbeing.

For more information about Prevention Plus Wellness programs, go to:
<https://preventionpluswellness.com>

Thank you!

The Prevention Plus Wellness Team