



# New Year, Vape-Free You!

A campaign to encourage students to set positive goals for remaining vape-free in the New Year, reinforcing the commitment to health and well-being.

# Campaign Overview



## Overview

A campaign to encourage students to set positive goals for remaining vape-free in the New Year.



## Objectives

Reinforce the commitment to health and well-being, and help students view a vape-free lifestyle as an empowering choice.



## Activity: Vape-Free Goal Setting

Invite students to set personal goals for remaining vape-free throughout the year and discuss the benefits of a vape-free lifestyle.



## Peer Support: Vape-Free Pledge Wall

Set up a wall where students can publicly commit to staying vape-free, fostering a supportive community.

This campaign aims to build a culture of support and health-centered goals within the school community, encouraging students to hold themselves and their peers accountable in a positive way.

# Activity: Vape-Free Goal Setting

## Discuss Benefits of Vape-Free Lifestyle

In homeroom or advisory sessions, lead a discussion on the benefits of a vape-free lifestyle. Highlight improvements in health, financial savings, and overall well-being that students can experience by remaining vape-free.

## Guide Personal Goal Setting

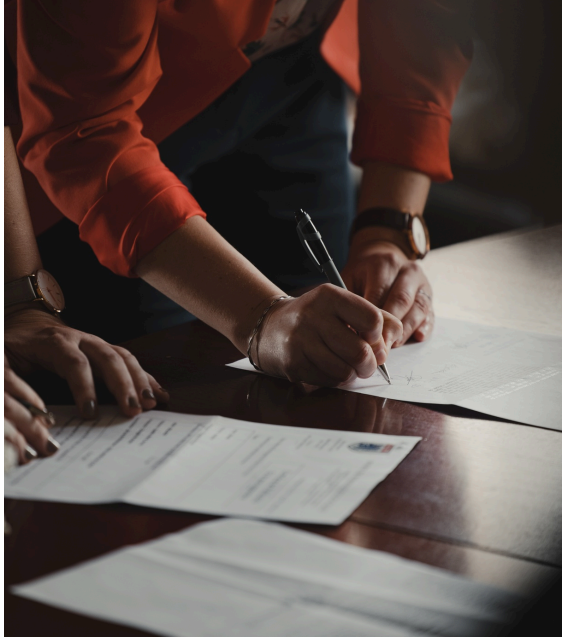
Encourage students to identify their own motivations and rewards for staying committed to a vape-free lifestyle. Provide prompts and guidance to help them outline specific, achievable goals they can work towards throughout the year.

## Encourage Peer Support

Emphasize the importance of a supportive community in achieving health-related goals. Encourage students to share their goals with their peers and discuss ways they can support one another in staying vape-free.



# Peer Support: Vape-Free Pledge Wall



## Students Writing Pledge

A group of students standing around a Vape-Free Pledge Wall, writing their names and personal reasons for staying vape-free on pledge cards.



## Vape-Free Pledge Wall

A large wall filled with colorful pledge cards, displaying the students' commitments to a healthier, vape-free lifestyle.



## Student Displaying Pledge

A student proudly holding up their pledge card, showing their personal reasons for staying vape-free and encouraging their peers to do the same.



## Assembly

Gather your students for an assembly to see the Vape-Free Pledge Wall, celebrating their commitment to a healthier New Year and supporting each other's goals.

**“Commitment to health is a journey, not a destination. It's about making positive choices each day that lead to a healthier, happier life.”**



## **VapeEducate.com**

A comprehensive website providing education and resources on the dangers of vaping and promoting a vape-free lifestyle