



The mission of the Health Department of Northwest Michigan is to serve our entire community and to achieve health equity by promoting well-being, preventing disease, and protecting the environment through partnerships, innovation, and excellence in public health practice.

January 22, 2024

Dear Parent or Guardian:

I am writing to tell you about an exciting opportunity that the Health Department of Northwest Michigan will be providing to 8th grade students at Ellsworth Community School.

During school, your child will have the opportunity to participate in a program called **You and Me, Together Vape-Free** from Stanford University School of Medicine. The You and Me, Together Vape-Free curriculum is a 5-lesson theory-based and evidence-informed curriculum created by the Stanford REACH Lab as well as a Youth Action Board, educators, healthcare providers, and scientists across the U.S.

You and Me, Together Vape-Free includes lessons that:

- Teach students how their brain works and what happens when we introduce nicotine to the developing brain
- Help students understand the health effects of using tobacco and nicotine-containing products like e-cigarettes and cigarettes
- The harms associated with the disposal of e-cigarettes on the environment
- Help students form awareness of marketing influences and teach them skills to resist marketing tactics that encourage young consumers to use nicotine products
- Review stress and how to manage stress in a healthy way

This program is offered to your student at no cost to you during regular school hours. You can learn more about the curriculum by visiting <https://med.stanford.edu/tobaccopreventiontoolkit/you-and-me-together-vape-free-curriculum.html>.

If you have any questions or concerns, feel free to contact me.

Sincerely,

Amy Horstman

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