

Evidence-Based Strategies Matrix

Substance Use Priority: Tobacco/Vaping



Prevention Strategy	Link	Priority Population (Age)	Domains
A Smoking Prevention Interactive Experience (ASPIRE)	https://www.mdanderson.org/about-md-anderson/community-services/aspire.html	Grades 8-12	Individual
CATCH My Breath	https://catch.org/program/vaping-prevention/	Grades 5-12	Individual
Creating Lasting Family Connections	https://copes.org/the-original-clfc-program/	Grades 4-12	Family
eCHECKUP TO GO	https://echeckuptogo.com/programs/nicotine/	Early Adulthood	Individual
Get Smart about Tobacco	https://health.mo.gov/living/wellness/tobacco/smokingandtobacco/pdf/get-smart-about-tobacco-grades3-5.pdf	Grades 3-5	Individual
Keepin' It REAL	https://dare.org/education/	Grades 7-8	Individual
Life Skills Training	https://www.lifeskillstraining.com/	Grades 3-12	Individual
Media Ready	https://mediareadyprograms.com/	Grades 6-8	Individual
smokescreen	https://positivechoices.org.au/teachers/smoke-screen	Grades 5-9	Individual
Too Good for Drugs	https://toogoodprograms.org/	Grades K-8 & high school option	Individual
Youth Message Development	https://realprevention.org/youth-message-development-program/	Grades 8-12	Individual
A Smoking Prevention Interactive Experience (ASPIRE)	https://www.mdanderson.org/about-md-anderson/community-services/aspire.html	Grades 8-12	Individual
Catch My Breath	https://catch.org/program/vaping-prevention/	Grades 5-12	Individual
OurFutures Vaping Prevention Program	https://ourfuturesinstitute.org.au/programs/vaping-education-for-high-school-students/	Grades 7-8 (in Australia)	Individual
You and Me, Together Vape-Free	https://med.stanford.edu/tobaccopreventiontoolkits/you-and-me-together-vape-free-curriculum.html	Grade K-12	Individual
Vaping: Know the truth	https://everfi.com/courses/k-12/vaping-programs-for-high-school-students/	Grades 8-12	Individual