MY HEALTHY FUTURE: A SELF-PACED ONLINE COURSE

This course is for any student caught using tobacco/vaping on school campus, or anyone working with students who want to quit. This new online, SELF-PACED course can be completed independently by students in 40-60 minutes.

How to assign the course

1. Adult provides student with the following:
   - link to course registration form
   - email of the adult who will follow up with them
   - student’s school ID

2. Student does the course on a desktop, laptop or tablet. Student can move through the course at their own pace. Generally takes anywhere from 40-60 minutes to complete.

3. At the end of the course is a Google Form. The student will enter the email of the adult who will follow up with them, along with their school ID. The adult will receive a confirmation email.

Kick it California

A free cessation program that helps Californians kick smoking, vaping, and smokeless tobacco with the help of proven, science-based strategies. School administrators may refer student(s) who have consented to being contacted by Kick It California. Kick It California contacts student as soon as possible to enroll them in the program and to talk with a Quit Coach.

To learn more about the program, click here. To refer students, access the referral form here.