

Trusted Adults as Protective Factors Against Youth Nicotine Use



TRUSTED ADULTS PREVENT YOUTH VAPING

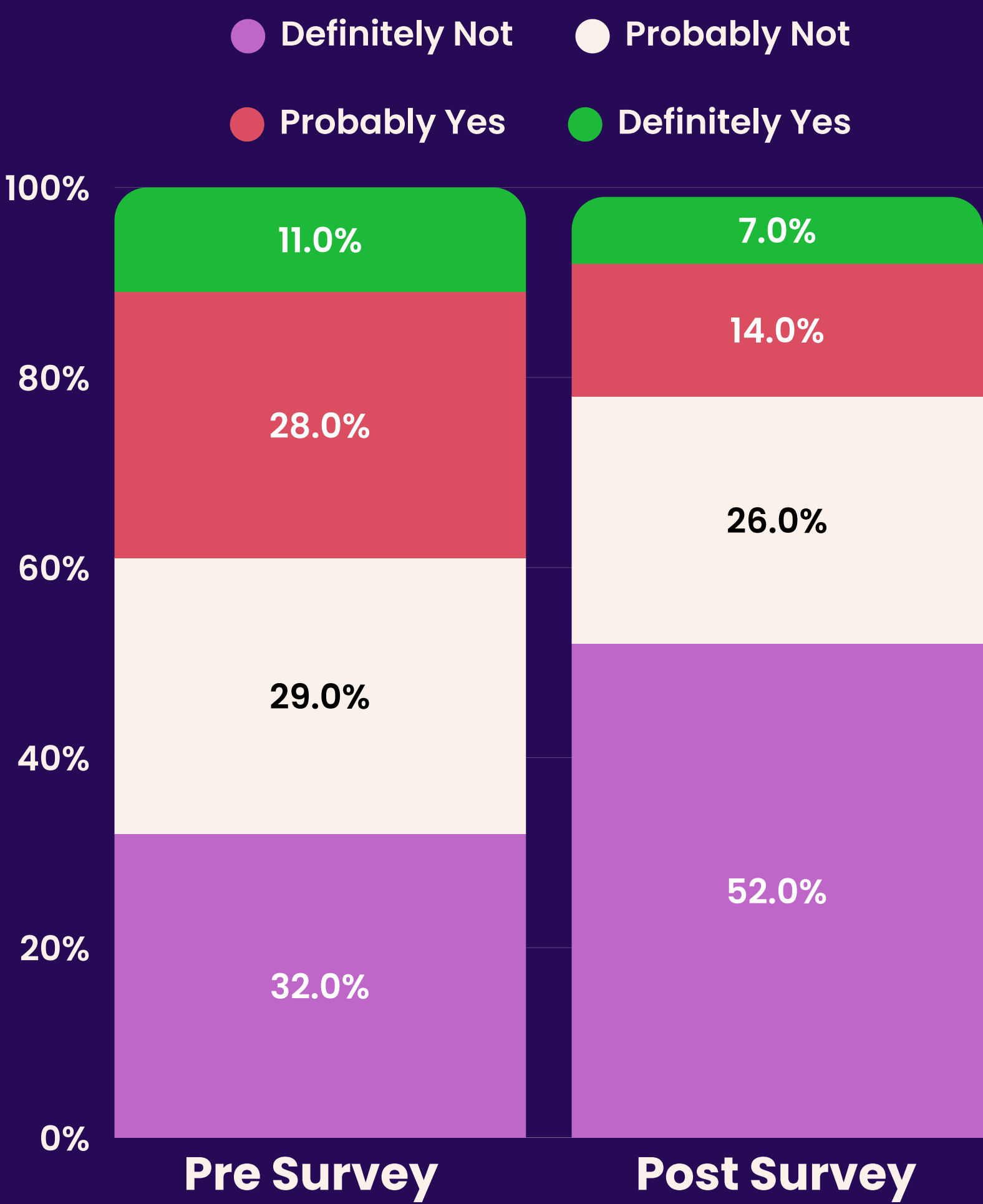
Today’s young people face a growing mix of pressures and challenges, often without adequate support. The Tobacco and Nicotine Industry targets young people with marketing for vaping and other nicotine products, leading many to turn to these products to cope. **Trusted adults pause, reflect, and support without judgment.** By listening without judgment and validating young people’s experiences, youth can be seen, supported, and learn to manage stress in healthier ways.

TrustEd and **Second Chance** share a common goal: empowering trusted adults and equipping youth with the relationships and resources they need to make healthier choices. By integrating training and support to educators, parents and caregivers, and youth-serving professionals with a non-punitive approach to discipline, these programs offer a holistic approach to addressing youth mental health and vaping.

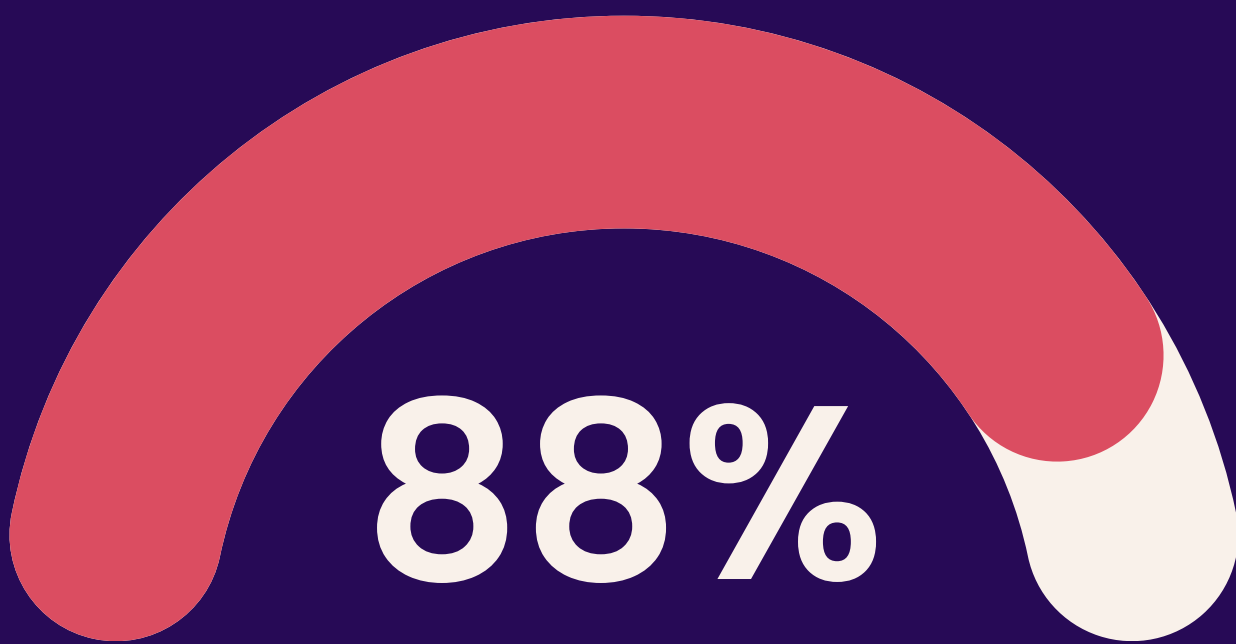
“What makes an adult trustworthy is them demonstrating that I can talk to them... they make it a comfortable space for me to talk to them.”

–TrustEd Focus Group Participant

Figure 2: After completing the Second Chance program, student refusal of a vaping product offered by a friend **increased**.



Second Chance–Nicotine Education Program
Figure 1: During the 2024–2025 school year, 88% of students completed the program as an **Alternative to Suspension** for nicotine infractions.



“If a teacher...is standing in front of the class and can say... ‘I know that this is an issue. If you guys are genuinely struggling with it, you can come to me, and I’m not gonna go rat you out to some people because of a bad decision that you wanna get out of.’ I think it’s important just to have that—it’s just that care, really. ”

–TrustEd Focus Group Participant



Figure 3: The percent of youth who indicated that they would “definitely not” use a vape product in the next 5 years **increased** by 16% from pre to post surveys.



Scan the QR Code to learn more about Second Chance and TrustEd!

BECOME A TRUSTED ADULT!

Learn how to build supportive relationships with young people by joining a free, virtual, in-person, or on-demand training. Visit www.TrustEducation.org/Get-Training to learn more!