



The Vaping Epidemic

Teen Esteem is Educating Students and Parents

The FDA is now calling teen vaping an "epidemic". The Centers for Disease Control stated that from 2017-2018 there was a 78% increase in current e-cigarette use among high school students, and a 48% increase among middle school students. Health experts worry these products could put developing brains at risk, get kids hooked on nicotine early in life and be a gateway to smoking and other drugs. 90% of smokers are hooked by age 18 according to the CDC. Our passionate speakers are on the frontlines of this epidemic - providing students with the facts and challenging them to think about how the choices they are making today will have an impact on their future. Additionally, we educate parents on the vaping issue through our newly-developed parent education events on this topic. We discuss the devices and methods used, the associated health effects, and provide tools on how to address the issue if your teen is vaping.

OUR PROGRAMS

We love impacting students lives! Speakers stop for a pre-classroom presentation selfie.



**SPEAKERS
IN
ACTION!**



Classroom presentations and assemblies for grade, middle and high school

Online parenting resources help parents support their student



Parent education events equip parents to reinforce the Teen Esteem message at home and improve parent-child communication



Classroom Presentation:

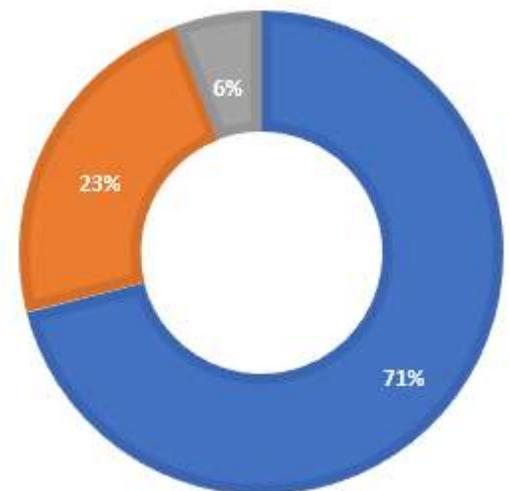
Our tape-measure demonstration gives students perspective on how much life there is left to live beyond the age of 15 and how choices made today will impact their future!

Parent Education:

Our parent education programs continue to be in high demand. The more popular topics include *Vaping, Toxic Stress, How to Build Grit and Resilience, and Kids and Their Screens*



WHERE OUR FUNDING COMES FROM



■ Individuals ■ Grants & Foundations ■ Program Fees

ASSEMBLIES



Teen Esteem's assembly programs are growing in leaps and bounds! This year, we've expanded our program to include assemblies for Kindergarten-3rd grade, in addition to our 4th-5th grade, middle and high school assemblies. Our newest addition, *Choices of an Everyday Hero*, discusses kindness, empathy and the importance of choosing good friends.

Our message seems to be resonating!



With mental health issues on the rise among our youth, we recently revamped our curriculum to address topics such as academic pressures, depression, anxiety and suicide. Suicide is now the 2nd leading cause of death for young people ages 11-18. Sadly, our local communities lost several students to suicide during the 2017-18 school year.



TEEN ESTEEM KEYCHAINS

This year marked the birth of our Teen Esteem Teacup Keychains! Each keychain is hand-crafted by a team of volunteers and handed out to students after hearing our classroom presentation. It's a tangible reminder of our teacup analogy (on value and self-worth) and of our "RESPECT" acronym. Thank you to our volunteers!



R	Reach Out For Help... when you or a friend is struggling
E	Expect Difficulties... we learn from challenges and failures
S	Start Over... you can always start over!
P	Practice Acceptance... your value is based on who you are, not what you do
E	Empathize With Those Who Are Hurting... don't add to the hurt - be an encouragement!
C	Create Your Best Story... think beyond the moment
T	Treat Others Like A Teacup... and expect the same because you're a teacup too!

What Students Are Saying After a Teen Esteem Presentation

"The presentation was funny, relatable, educational and inspirational. Very necessary for our generation. You are saving lives!"

"I don't vape, but I do wax. Yes, I want to stop - and this encouraged me to stop."

"It will make a difference because I always thought I was worthless and unwanted."

"It provided with me with tools I can use to say 'no' and resist things in my life that are not good or healthy."

"This was the light that I needed in my darkness. It's strange to think that one story has changed my way of thinking."