

**FREE**  
ALTERNATIVE-  
TO-SUSPENSION  
RESOURCES



**Stanford**  
MEDICINE | REACH Lab



This program is geared for students who have been found using or in possession of **e-cigarettes** and/or **cannabis** (or really any tobacco/cannabis product) and/or for any students who are interested in trying to quit. This program is packed with a self-paced lesson, a 2- or 4-hour group session, quitting resources, and more! Healthy Futures is intended for middle- and high-school aged youth, as well as young adults.

**Free trainings available for ALL of our curriculums! Visit [tinyurl.com/reachtrainings](https://tinyurl.com/reachtrainings)**

*Available in both **nicotine** and **cannabis** versions, here's a breakdown of the programs:*

## MY Healthy Futures

The **MY Healthy Futures Course** is a 40-60 minute self-paced course for students to do on their own.

This course provides slides, activities, and interactive materials, using the principals of motivational interviewing and cognitive-behavioral therapy, to help students understand the harms of e-cigarettes, cannabis, and other tobacco/cannabis products, to help identify reasons for and costs of using, to help students cope with stress, and to provide resources to help students quit.



## OUR Healthy Futures

**OUR Healthy Futures Curriculum** has two versions: a two- and a four-hour version.

The **two-hour version** can be facilitated in a small group setting. It allows for warm-up questions interspersed between slides that allow students to share what they know about each topic.

The **four-hour version** builds on the two-hour version by allowing time for personal reflection following each topic. This version allows for more individual introspection and group discussion (if done in a group setting).



Click/scan here ([curriculums.stanfordreachlab.com](https://curriculums.stanfordreachlab.com)) for more information about the REACH Lab's other Drug Education/Prevention curriculums:

