



INDEPTH® is the American Lung Association's Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health program.

About INDEPTH

A forward-thinking alternative to suspension or citation for tobacco use, including e-cigarettes, INDEPTH addresses the teen vaping epidemic in a more supportive way.

This interactive program teaches students about nicotine dependence, establishing healthy alternatives and making the change to be free of all tobacco products, including e-cigarettes.

School & Community Implementation

INDEPTH is led by a trained adult either one-on-one or in a group setting.

Session 1: Getting the Facts

Session 2: Nicotine Dependence

Session 3: Alternatives to Tobacco Product Use

Session 4: Past, Present, Future

Facilitator training is available online for free, and includes access to downloadable resources and guides.

INDEPTH is a new way to help.

About 13 of every 100 middle school students and 31 of every 100 high school students reported current use of a tobacco product, including e-cigarettes. In fact, the number of middle and high school students vaping rose from 2.1 million in 2017 to 5.4 million in 2018, prompting the U.S. Surgeon General to say that this new behavior is an "epidemic."

Teens are becoming dependent on nicotine and instead of getting education or support, they are getting suspended from school or other disciplinary measures. Let's take a step toward creating a tobacco-free future.

Become an INDEPTH Facilitator today, or learn more:

INDEPTH@Lung.org