



Programs Available to Support Lung Health

Asthma Basics — In Person or Online

[Lung.org/asthma-basics](https://lung.org/asthma-basics)

Asthma Basics program features a FREE one-hour interactive online learning module designed to help people learn more about asthma. Participants are able to obtain a certificate upon successful completion of the course. The Asthma Basics online learning module is available in English and Spanish.

Advocacy Basics

[Lung.training/courses/advocacy-basics](https://lung.org/training/courses/advocacy-basics)

The Advocacy Basics course is a free, 45 minute interactive online learning program designed to help people understand more about lung health advocacy and how they can get involved. In this course, participants will learn about the difference between advocacy and lobbying, how state and federal bill processes work and how to advocate and speak with legislators.

Radon Basics

[Lung.org/radon-basics](https://lung.org/radon-basics)

Radon Basics course is a free one-hour interactive online learning program designed to help people understand more about radon, a radioactive gas commonly found indoors at dangerous levels. The program is also appropriate for anyone who wants to learn more about radon and about how to test for it and fix problems. Individuals who smoke or who have family history of lung cancer, or parents and guardians may especially be interested.

Tobacco Basics

[Lung.org/quit-smoking/smoking-facts/tobacco-basics](https://lung.org/quit-smoking/smoking-facts/tobacco-basics)

Tobacco Basics is a free one-hour online course including five learning modules designed to lay the foundation in understanding the toll of tobacco use in the U.S. In this course participants will learn the difference between tobacco products, including e-cigarettes and vaping devices; the effects of tobacco use on the human body and brain; nicotine dependence and why quitting is so challenging; proven policies that protect public health from the toll of tobacco; and the programs available to help all tobacco users successfully quit for good.

Kickin' Asthma

[Lung.org/kickin-asthma](https://lung.org/kickin-asthma)

Kickin' Asthma is a program that educates and empowers children through a fun and interactive approach to asthma self-management. The program teaches children with asthma ages 11 to 16 the concepts of taking responsibility and self-management, and taking action early so that they don't need to go to the emergency room.

Open Airways For Schools®

[Lung.org/open-airways](https://lung.org/open-airways)

Open Airways For Schools® is a program that educates and empowers children through a fun and interactive approach to asthma self-management. The program teaches children with asthma ages 8 to 11 how to detect the warning signs of asthma, avoid their triggers and make decisions about their health.

The Breathe Well, Live Well®

[Lung.org/breathe-well](https://lung.org/breathe-well)

The Breathe Well, Live Well® Educator Training prepares health professionals, health educators and community health workers to deliver asthma self-management education to adults and families using the American Lung Association's Breathe Well, Live Well program. The program teaches adults the management steps to take control of their asthma so they can be active and healthy.

Asthma-Friendly Schools Initiative

[Lung.org/afsi](https://lung.org/afsi)

The Asthma-Friendly Schools Initiative provides a framework and tools that communities and schools can use to work together on a comprehensive approach to asthma management, including planning tools, policy recommendations, and education programs.

Asthma Medication in Schools:

Assessing a Child's Readiness to Carry and Use a Quick-Relief Inhaler

[Lung.training/courses/readiness](https://lung.org/training/courses/readiness)

A free interactive online learning module designed to assist designated school health staff assess a child's readiness to carry and use a quick-relief inhaler. This course will teach participants to: describe the barriers to access to asthma medication in schools; overcome barriers with a variety of resources; assess a child's readiness to self-carry asthma medications in schools; and implement support activities for all students with asthma regardless of their level of independence. [Learn more.](#)

Four Steps for Creating an Asthma-Friendly School

[Lung.training/courses/four-steps](https://lung.org/training/courses/four-steps)

The American Lung Association's Four Steps for Creating an Asthma-Friendly School is a series of short interactive modules designed to help schools and school districts create a safe and healthy learning environment for students with asthma. In this course, you will learn how to create a comprehensive asthma management plan using the [Asthma-Friendly Schools Initiative Toolkit](#).

Not On Tobacco® Group (N-O-T)

[Lung.org/NOT](https://lung.org/NOT)

N-O-T is the American Lung Association's voluntary smoking cessation program for teens 14 to 19. Over the 10-week program, participants learn to identify their reasons for vaping, smoking or chewing, as well as identify healthy alternatives to tobacco use, and people who will support them in their efforts to quit.

INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health)

[Lung.org/INDEPTH](https://lung.org/INDEPTH)

The American Lung Association's INDEPTH program is an alternative to suspension or citation program that is offered as an option to students who face suspension for violation of school tobacco or nicotine use policies. This program is administered by an adult facilitator in either a one-on-one or group format and can be offered in a school or community-based setting. The program consists of four sessions of approximately 50 minutes geared towards youth and focused on tobacco use, nicotine addiction, establishing healthy alternatives and making the change to be free of all nicotine and tobacco products. For students who choose the INDEPTH program, attendance is *mandatory*.

Freedom From Smoking®

[Lung.org/freedom-from-smoking](https://lung.org/freedom-from-smoking)

The Freedom From Smoking® program is for tobacco users who are ready to quit. Because most people already know that smoking is bad for their health, the program focuses almost exclusively on how to quit, not why to quit. The program uses techniques based on pharmacological and psychological principles and methods designed to help tobacco users gain control over their behavior and break their addiction. Because no single quit-smoking method is effective for all tobacco users, the program includes a comprehensive variety of evidence-based, proven-effective cessation techniques.

Vape-Free Schools Initiative

[Lung.org/vape-free-schools](https://lung.org/vape-free-schools)

To help schools navigate the vaping public health emergency with tools to protect and support students impacted by vaping, we invite all schools nationwide to become a recognized member of the American Lung Association Vape-Free Schools Initiative. Being recognized as a member of the American Lung Association Vape-Free Schools Initiative means that your school is a leader in supporting students impacted by the youth vaping epidemic, offering education, cessation and support. One or more of your school personnel has completed: INDEPTH® facilitator training, N-O-T® facilitator training, and a tobacco-free school policy assessment.

Lung HelpLine

[Lung.org/helpline](https://lung.org/helpline)

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