American Lung Association®
INDEPTH® Online

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

About INDEPTH Online

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

This four-module interactive program teaches students about nicotine dependence, establishing healthy alternatives and making the change to be free of all tobacco products, including e-cigarettes. Students receive a certificate upon successful completion of the program.

School & Community Implementation

Schools and organizations register their site and refer students into the program. Site administrators or facilitators can monitor students progress and completion through an online dashboard.

Facilitator training is available for free, and includes access to a facilitator guide, downloadable resources, and support materials.

INDEPTH Online is a new way to help.

In the past few years, student use of e-cigarettes has risen dramatically, prompting the U.S. Surgeon General to say that vaping is an "epidemic". Today, 2.8 million students report current use of a tobacco product, including e-cigarettes. Of students who report using e-cigarettes, more than one in four use them daily.

Teens are becoming dependent on nicotine and instead of getting education or support, they receive disciplinary measures or are suspended from school. INDEPTH Online offers a restorative solution. Let's take a step forward to support a tobacco-free future.

To offer INDEPTH Online or become a facilitator, visit INDEPTHOnline.org or contact INDEPTH@Lung.org to learn more.