



Vape and E-Cigarettes

From the Surgeon General: Scientists are still learning more about how e-cigarettes affect health. However there is already enough evidence to justify efforts to prevent e-cigarette use by young people. Because most tobacco use starts during adolescence, actions to protect our young people from a lifetime of nicotine addiction are critical. Working together we can keep our youth and young adults safe from the dangers associated with tobacco use and nicotine addiction.

SCHOOL POLICY

- Possession or use of tobacco or electronic cigarette liquid in any form is prohibited on school property or at any school-sponsored event, regardless of location or age of student. This includes e-cigarettes, and/or chargers, vapor pens, lighters, matches, etc.

KNOW THE RISKS

- According to a Harvard study, the chemical flavoring found in e-cigarettes are linked to a respiratory disease known as “popcorn lung”
 - E-Cigarette flavorings target young ages and contain harmful ingredients other than nicotine, such as formaldehyde
- In 2018, 37% of 12th graders reported vaping in the previous 12 months, compared to 27.8% in 2017 (source NIH)
- According to the Surgeon General, 99.8% of E-Cigarettes contain nicotine
- The Surgeon General reports that until about age 25, the brain is still growing and learning happens faster. Addiction is a form of learning and adolescents can get addicted more easily than adults. The nicotine in e-cigarettes and other tobacco products can prime the adolescent brain for addiction to other drugs

E-CIGARETTES TAKE MANY FORMS

Suppliers are constantly creating new forms, but these are examples of what they can look like:



TAKE ACTION

- Talk with your son or daughter
 - We know enough to take action to protect the health of our students. Everyone has a role, including parents, health care providers, teachers and school staff.
- Reduce young people’s exposure to E-Cigarettes

WHAT TO LOOK FOR

- Candy or fruit smells on belongings, car or bedroom

RESOURCES

- <https://e-cigarettes.surgeongeneral.gov/>
- <https://www.nih.gov/news-events/news-releases/teens-using-vaping-devices-record-numbers>
- <https://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>