

Beyond the Classroom

The Evergreen School District Wellness Newsletter



Vaping: The New “Seduction” that Will Damage Our Kids

Smurf Cake, Deviant, Blue Voodoo, Mother’s Milk, Shurb, Unicorn Milk, and Soul Custard.

Those are just some of the seductive e-juice choices that lure youth to try e-cigarettes, which are also known as e-cigs, mods, vape pens, JUULs and e-hookahs. Vaping is one of the nation’s latest trends and is a widespread risk-taking behavior among youth in both middle and high school. In fact, back in September, Food and Drug Administration commissioner Dr. Scott Gottlieb declared that e-cigarette use is now an epidemic among teens nationwide. In Evergreen School District, we have been seeing an uptick in usage among our older students. As a result, we feel it is important to educate our community about the dangers associated with vaping. Vaping not only includes e-cigarettes, but also vape pens and advanced personalized vaporizers (MODS). In this article, we will we address common questions related to vaping.

What is vaping?

According to Penn State Research Center, vaping is defined as the use of an electronic cigarettes (e-cigarette) or other vaping device. E-cigarettes are battery powered. They dispense a large amount of nicotine through a liquid called e-juice. E-juice often contains nicotine; however, some may contain hash oil or THC-rich extracts (THC is found in marijuana) instead of nicotine. When used in vapor devices, the e-juice turns into tiny puffs of vapor. One nicotine cartridge (commonly called JUUL “pod”) is inserted into the smoking device and produces about 200 puffs, equivalent to 20 cigarettes, or the amount of nicotine in one pack of cigarettes.

What are the various types of e-cigarettes and how do I get them?



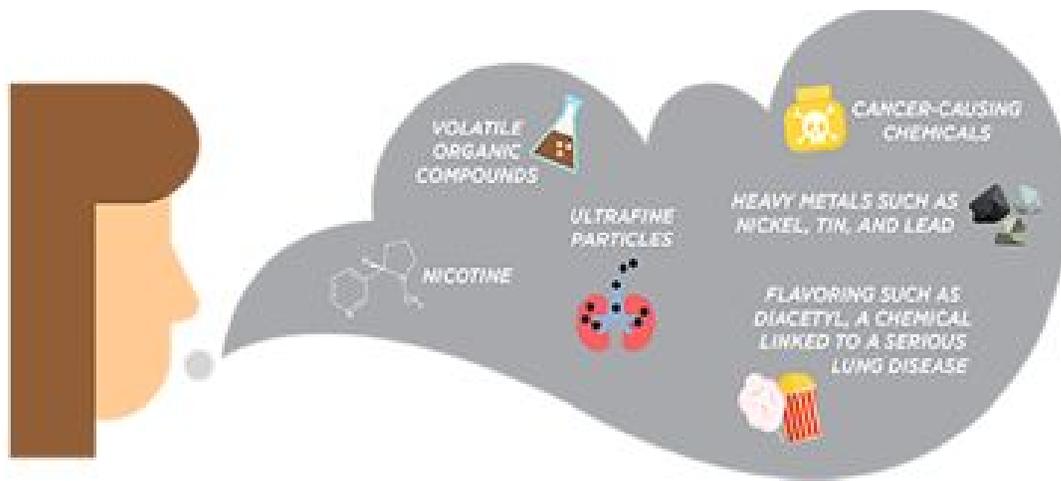
*Image from www.cdc.gov

E-cigarettes come in many shapes and sizes. Some look like pens, others can look like a pipe, a cigarette or a USB flash drive. There are hundreds of e-cigarette brands. Some of the common brands advertised on-line as “best e-cigarette brands” are: JUUL, Phix, Halo, Mig Vapor, VaporFi and VGOD.

All these brands can be bought in stores or easily purchased online. Even though the legal age to buy e-cigarettes is 18 years old, online stores do not always ask for proof of age.

Why is vaping dangerous?

1. According to various research, it is known that nicotine affects brain development of those ages 25 and under. It can impact one's attention, mood, decision making, and impulse control.
2. Besides impacting young brains, vaping has proven harmful to the lungs in the long term. Some of the e-cigarette aerosol chemicals that users inhale and exhale include harmful cancer-causing chemicals.



*Image from www.cdc.gov

3.

4. Nicotine usage can raise blood pressure and heart rate.
5. Vaping is considered a gateway drug to future drug use.
6. Individuals (children and adults) have been poisoned by swallowing, breathing and absorbing e-cigarette juice through their skin and eyes.*
7. Defective e-cigarette devices have caused fires and explosions (few of which have resulted in serious injury).*

*Information provided by www.cdc.gov

What are some clues that your child might be vaping?



According to the U.S. News and World Report Health article called, *How to Tell If your Kid Is Vaping*, your child may experience one or more of the following symptoms when vaping:

- Increased thirst. Vaping removes hydration from the skin and leaves a person's mouth feeling dry.
- More nosebleeds, vaping dries the nasal membranes.
- A desire for more flavorful food. When the mouth is dry, an individual loses flavor perception, which is the reason why your child might prefer more salty or spicy foods. This is called "vape tongue."
- Cutting back on caffeine. Vaping mixed with caffeine can cause anxiety and mood swings.
- Pneumonia: When lungs get inflamed, it can lead to bacterial infections that may cause pneumonia.
- Your child may also experience headaches, stomach pain, sore throats or increased coughing.
- You may also find unfamiliar USB drives, battery chargers or spare parts lying around if your child is vaping.

What can you do to keep your child from using e-cigarettes?

1. Be a good example. Don't smoke. If you do, think about quitting. For free cessation help, visit <https://www.smokefree.gov>.

2. Educate and talk to your child about the dangers of using e-cigarettes.
3. Share with your child that you do not want him/her using tobacco products because of health and safety risks.
4. If your child is using, encourage him/her to learn about facts and tips for quitting at <https://teen.smokefree.gov>.
5. Speak with a medical and mental health professional if more support is needed.

What is the government doing to protect your children?

Because tobacco companies and e-cigarette companies target teens in their advertisements, the FDA has been pushing back and has notified e-cigarette companies to come up with plans to discourage teen use. As a result of both increased government pressure and public backlash, some e-cigarette companies



have shut down, and others have discontinued selling flavored e-juice in stores and have stopped social media promotions. In June, the city of San Francisco, with voter approval, banned the selling of flavored tobacco products, which includes menthol cigarettes and vaping liquids packaged as candies and juice boxes. Hopefully, this ban is the sign of the times and there will be more regulations in place to protect our youth.

