

Teen Vaping

what you need to know



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Parents, how much do you know about the epidemic?

The use of e-cigarettes, vapes, Juuls, dab pens and other vaping devices has exploded in recent years and is becoming a major concern at Cicero-North Syracuse High School.

These devices are now reported to be the most commonly used tobacco products among both middle and high school students. You may have already heard about students vaping at school, but it is important to know that certain types of vaping devices are small and disguised as every-day objects. Many vaping devices can be used discreetly.

Some students found possessing vaping devices at C-NS have reported using them in school bathrooms and even in the classroom.

Learning more about the different types of vaping devices is an important first step in addressing the concern at C-NS

Did You Know:

Vaping devices come in a wide variety of shapes and sizes and may not even look like a tobacco product, making them hard to spot. Some devices confiscated from students at C-NS look like supplies that would be used in school. Some of these devices found at C-NS have looked like USB flash drives, pens and Sharpie markers.

Many vaping products emit very low amounts of vapor, which makes them easier to use discreetly.

Although it is illegal for e-cigarettes to be sold to youth under the age of 18, they can be ordered online or purchased by older siblings or friends.

Illegal substances (THC oil) can be purchased online and vaped in order to achieve intoxicating effects.

What to Look for...



Vaping

Facts and Fiction

Physical:

- Vaping causes ear, eye and throat irritation and adolescents have been hospitalized with severe respiratory illnesses.
- Flavored e-juice produces aerosols that enter the lungs unfiltered and leave harmful and toxic chemical residue and may cause severe respiratory damage.
- Most e-cigarettes contain nicotine. Nicotine use in early adolescence causes changes in the brain that make life-long addiction much more likely and can impact learning, memory and attention.

Adolescents who use
e-cigarettes are
31%
more likely to smoke
regular cigarettes in
the future.

A single Juul pod can contain as much nicotine as a pack of (20) regular cigarettes. Nicotine raises blood pressure and spikes your adrenaline, increasing the likelihood of a heart attack.



In 2016, one-third of U.S. middle and high school students who ever used e-cigarettes had used marijuana (THC) in e-cigarettes.



What Can I Do?

- Educate yourself! Learn the facts and know what to look for.
- Set a positive example.
- Start talking to your children when they are young and continue talking to them about the facts of vaping.

Learn More

- E-cigarettes.surgeongeneral.gov
- CDC.gov/e-cigarettes
- Teen.smokefree.gov
- 5MinutesForMom.com/TeenVaping
- Preventionactionalliance.org
- Drugfree.org/parent-blog/know-kid-vaping-marijuana
- Mjfactcheck.org/vaping

Quit Now! 1-866-NY-QUITS

1-866-697-8487 or www.nysmokefree.com

Talk to Your C-NS Student Assistance Counselor!

The Student Assistance Program is a cooperative school-based mental health/substance abuse prevention program with Contact Community Services, Inc. and the North Syracuse Central School District. Student Assistance Counselors provide FREE, voluntary and confidential assessments, counseling, referral services and education to students and their families.

Contact: Kristen Stanton by email kstanton@nscsd.org or call (315) 218-4213