

VAPING



What your kids don't want you to know

WWPRSD Parent University

12/5/18

WWPRSD PARENT QUESTIONS

- How do I know if my kids are vaping?
- How many students in WWP are vaping?
- How harmful is vaping in relation to smoking?
- How are schools communicating the dangers of vaping?
- How are kids able to purchase items to vape?
- What is the school doing to discourage vaping?
- Will the district continue to work with the town to prevent vaping retailers?
- What are the health effects of short and long term vaping use?
- How do you stop a child who is already vaping?
- What is the district seeing at the middle / high schools?

WHAT IS VAPING?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that actually consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to cancer, as well as respiratory and heart disease.



POPULARITY

Vaping has grown in popularity with the rise of e-cigarettes, which were introduced to the mass market in the U.S. in 2007. Vaping devices include not just e-cigarettes, but also vape pens and advanced personal vaporizers (also known as 'MODS'). E-cigarettes, which resemble smoked cigarettes, and vape pens, which resemble large fountain pens, are typically simpler in design and less expensive than devices that have been customized by the user.



TRENDS

- One in five high schoolers has vaped in the past month, according to the [new numbers](#) announced by the FDA and released in conjunction with the US Centers for Disease Control and Prevention.
- Vaping increased nearly 80% among high schoolers and 50% among middle schoolers since 2017 according to the FDA / CDC
- The uptick in e-cigarette use has led overall tobacco product use to increase by 38 percent among high school students (to 27.1 percent) and by 29 percent among middle school students (to 7.2 percent) in the last year
- In the last year, the proportion of those using the product more regularly (on 20 or more of the past 30 days) increased from 20 percent to 27.7 percent, an alarming one-year rise

ADOLESCENT PERSPECTIVE

Juuling and Vaping: What the Latest Research Reveals

[GO TO PRODUCT PAGE](#)

DEVICES

Generally a vaping device consists of a mouthpiece, a battery, a cartridge for containing the e-liquid or e-juice, and a heating component for the device that is powered by a battery. When the device is used, the battery heats up the heating component, which turns the contents of the e-liquid into an aerosol that is inhaled into the lungs and then exhaled.



JUUL

The newest and most popular vaping product is the JUUL, which is a small, sleek device that resembles a computer USB flash drive. Its subtle design makes it easy to hide, which helps explain why it has become so popular among middle and high school students. It now accounts for about 72 percent of the market share of vaping products in the United States. It comes in several enticing flavors like crème brûlée, mango and fruit medley. Every JUUL product contains a high dose of nicotine, with one pod or flavor cartridge containing about the same amount of nicotine as a whole pack of cigarettes.



E-LIQUID

The e-liquid in vaporizer products usually contains a propylene glycol or vegetable glycerin-based liquid with nicotine, flavoring and other chemicals and metals, but not tobacco. Some people use these devices to [vape THC](#), the chemical responsible for most of marijuana's mind-altering effects, or even synthetic drugs like [flakka](#), instead of nicotine.



MESSAGES



RISKS

Inhaling from a vape pen or e-cigarette, especially in the case of one containing [nicotine](#) or [THC](#), can enhance a drug user's high and can amplify a drug's side effects. Vaping is also very new and there are literally hundreds of brands, so there's not a lot of firm information about what chemicals might be in what vape liquids.



CHEMICALS

E-cigarettes can contain harmful and potentially harmful ingredients, including:

- ultrafine particles that can be inhaled deep into the lungs
- flavorants such as diacetyl, a chemical linked to serious lung disease
- volatile organic compounds
- heavy metals, such as nickel, tin, and lead

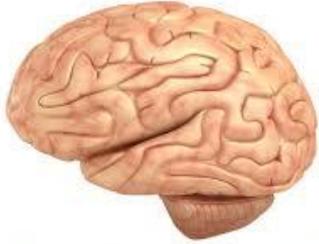


NICOTINE



E-cigarettes contain nicotine, a highly addictive chemical that is particularly risky to teens and young adults. A toxic colorless or yellowish oily liquid that is the chief active constituent of tobacco. It acts as a stimulant in small doses, but in larger amounts blocks the action of autonomic nerve and skeletal muscle cells. The majority of vaping products contain high doses of nicotine. The amount of nicotine contained in one flavor pod of a JUUL, the most popular vaping product, is roughly equivalent to the nicotine content of an entire pack of cigarettes.

ADDICTION GATEWAY



Adolescents are more vulnerable to addiction than adults because their brains are still developing (the brain isn't fully developed until a person's mid-twenties). The younger someone is when they try nicotine or other addictive chemicals, the more likely you are to become addicted. Nicotine can also increase the risk of developing addiction to other drugs and various mental and physical health problems later in life. Nicotine can disrupt brain development and interfere with cognitive functioning.

SYNTHETIC MARIJUANA

Synthetic cannabinoids are human-made mind-altering chemicals that are either sprayed on dried, shredded plant material so they can be smoked or sold as liquids to be vaporized and inhaled in e-cigarettes and other devices. These products are also known as herbal or liquid incense.



THC



- Vaping devices are not just being used for nicotine – they are also being used to vaporize THC, the chemical responsible for most of marijuana's mind-altering effects, often through cannabis-infused oils in place of e-liquids.
- Vaping THC does not produce the telltale smell that emerges when smoking marijuana through a joint, blunt or pipe. Teens and young adults can use marijuana without being detected
- When people vape rather smoke marijuana, they tend to consume even higher concentrations of THC, which means greater exposure to the drug's mind altering and addictive ingredient

ACCESS



Starter Kit

The Starter Kit includes:

- Rechargeable JUUL device
- USB Charger
- Four JUULpods (Virginia Tobacco, Mint, Mango, and Creme)
- One year limited device warranty

ACCESSORIES



WARNING SIGNS

- Unexplained Sweet Scent
- Pens and USB Drives that Don't Look Normal
- Skipping the Caffeine
- Increased Thirst
- Nosebleeds
- Bloody Sores in the Mouth / Smoker's Cough
- Unfamiliar Batteries and Chargers
- Finding Organic Cotton Balls and Metallic Wires
- Discarded Juul Pods / Atomizers



SCHOOL POLICY



VIOLATION	1st Offense	2nd Offense	3rd Offense
Smoking/Vaping	Detention	3 days OSS, Court fine (local ordinance)	4 days OSS
Possession of tobacco products, matches and lighters, vapor pens/juuls or other devices	Confiscation; 1 day OSS, Mandatory SAC referral	Confiscation; 2 day OSS, Mandatory SAC referral	Confiscation; 4 day OSS, Mandatory SAC referral

SAC / HEALTH CURRICULUM



- Count On Me / DARE / We're Not Buying It! / Botvin Life Skills / Not Even Once
- Physical / behavioral effects and risks of commonly abused substances
- Legal / financial / personal consequences of the use, sale, and possession of illegal substances
- Substance laws in New Jersey / US / World Wide

COMMUNITY PARTNERSHIPS



- PTSA / Post Prom Committees
- WW-P Municipal Alliance for Prevention
- Mercer Council on Alcoholism and Drug Addiction
- West-Windsor and Plainsboro Police Departments

PRIDE SURVEY

- Partnership with Mercer Council on Alcoholism and Drug Addiction
- Student perception on alcohol, tobacco / other drug use, mental health
- School safety; risk and protective factors and/or learning conditions that affect school climate
- Online survey takes one class period or less to complete
- Anonymous Survey for Students in Grades 7, 9 & 11
- Active parent consent required - check email/website
- No consequences for those that do not participate



SAMPLE PRIDE QUESTIONS



- Within the past year, how often have you?...used tobacco, drunk alcohol, smoked marijuana, prescription drugs etc.
- How much do you think people risk harming themselves physically if they...smoke one or more pack of cigarettes a day, drink five or more alcoholic drinks at least twice a week etc.
- How do you think your parents feel about someone your age using an e-cigarette, vape pen, e-liquid rig, (JUUL, N2, Joytech etc.) excluding marijuana?

QUESTIONS?



REFERENCES / RESOURCES

Center on Addiction <https://www.centeronaddiction.org/>

National Institute on Drug Abuse <https://www.drugabuse.gov/>

Partnership for Drug Free Kids <https://drugfree.org/>

Wellspring Center for Prevention <https://wellspringprevention.org/>

WW-P Municipal Alliance for Prevention <http://wwpalliance.org/>

New Jersey Department of Human Services - Mental Health & Addiction

<https://www.nj.gov/humanservices/dmhas/home/hotlines/>

WWPRSD Student Assistance Counseling ww-p.org / [Guidance](#) / [SAC](#)