

Vaping *Let's Clear The Air...*

Would you recognize an e-cigarette if you saw it? Not all e-cigarettes look alike, and vaping is easy to hide.

Electronic nicotine devices can look like a pen, a computer memory stick, a car key fob or even an asthma inhaler. Instead of inhaling tobacco smoke from a cigarette, e-cigarette users inhale vapor from liquid "e-juice" that has been heated with a battery-powered coil. This is called vaping. The juice is flavored and usually contains nicotine and other chemicals.

Know the lingo - Juuling, dripping, e-juice

Kids might use different words to talk about e-cigarettes and vaping. For example, "Juuling" is a popular word to describe using a brand of e-cigarette.

About one in four kids who use e-cigarettes also tries "dripping." Instead of using a mouthpiece to vape, they drip the liquid directly onto a heat coil. This makes the vapor thicker and stronger.

E-cigarette juices (e-juice) are sold in flavors like fruit, candy, coffee and chocolate. Most have the addictive ingredient nicotine. The more kids vape, the more hooked they become.

But laws will stop them, right?

The legal age to buy e-cigarettes is 18 years, but online stores don't always ask for proof of age.

E-cigarettes are unhealthy and addictive, yet wildly popular among kids.

New research estimates that about 3 million adolescents vape.

Young brains easily addicted

Kids who vape just once are more likely to try other types of tobacco. Their developing brains make it easier for them to get hooked, according to a recent study.

A step to quitting cigarettes, not quite.

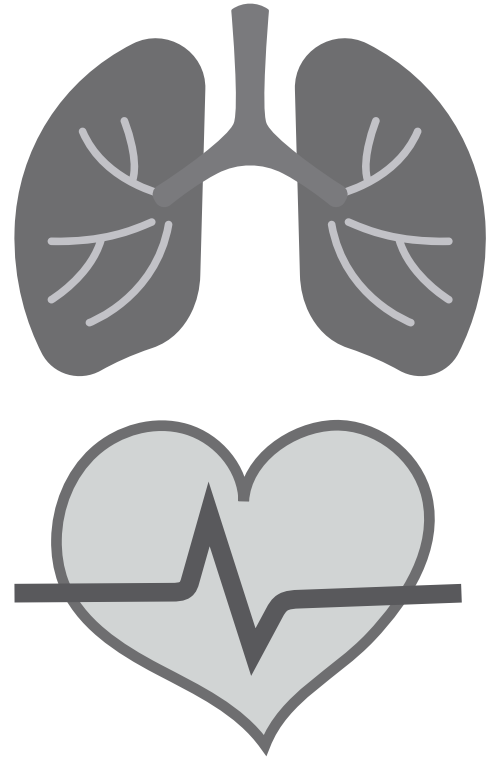
E-cigarettes may not help people quit using tobacco. Some adults use e-cigarettes when they want to stop smoking tobacco cigarettes. While a recent report found e-cigarettes are "less toxic" than cigarettes, most people who use e-cigarettes do not quit using cigarettes.



Health Risks and Consequences

There is NO evidence that E-cigarettes are Risk-Free. To the contrary, e-cigarettes may lead to a multitude of negative health issues and dangers:

- » Damage to the brain, heart and lungs, especially when used during adolescence or fetal development
- » Cancerous tumor development
- » Preterm deliveries and stillbirths in pregnant women
- » May lower the body's ability to fight infection
- » The chemicals in vape smoke cause "popcorn lung"
- » Accidental ingestion on vape liquid is poisonous
- » E-juice also contains formaldehyde or embalming fluid
- » Pneumonia is a risk of vape users
- » E-cigarette usage is linked to depression
- » Nicotine addiction
- » The levels of nicotine are loosely monitored
- » Metal particles are found in vape smoke
- » Lithium ion-powered vapes can blow up



... and there's more

Using nicotine increases the risk of addiction.

Nicotine addiction is difficult to reverse, and addiction to e-cigarettes can lead to using other nicotine products, including smoking cigarettes, as well as alcohol and other drugs

Nicotine can affect brain development and functioning in young people.

Young people are particularly vulnerable to using e-cigarettes and vaping devices and their effects. The younger a person is when he or she tries nicotine, the greater the risk of addiction. The developing brain is more vulnerable to the effects of addictive substances than a fully developed adult brain. Additionally, nicotine can disrupt brain development, interfere with long-term cognitive functioning and increase the risk of various mental and physical health problems later in life. The brain is not fully developed until mid twenties.

E-cigarettes and other vaping devices are not FDA approved.

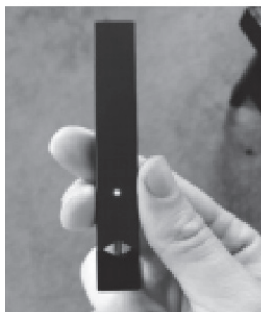
These products are not approved by the U.S. Food and Drug Administration (FDA) as a smoking cessation aid. Until very recently, manufacturers and distributors of e-cigarettes and other vaping devices were not bound by standards of safety set by the FDA for smoked tobacco products. Despite the new regulations, e-cigarette manufacturers are free to project a risk-free image in their marketing, and offer enticing candy-like flavors that appeal to children, adolescents and young adults.

What is a Juul?

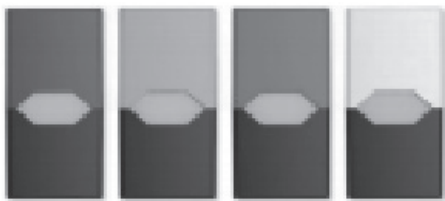
(pronounced jewel)

A vaping device that's been trending on high school and college campuses doesn't look like a vaping device.

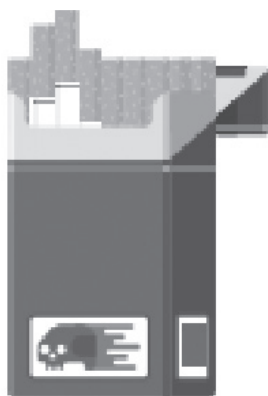
The Juul vaporizer (Stylized as "JUUL") looks like a USB flash drive.



Students plug the juuls into their laptops to charge them. Juul-issued flavor "pods" can deliver more than double the nicotine - and nicotine buzz - of other vaping products



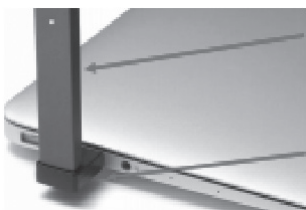
One Juul pod contains as much nicotine as a pack of cigarettes.



Cap can be removed and the pod is inserted into the end of the Juul device



This is the charger device. It can be charged using a computer or any universal USB wall charger



The Juul is shown here plugged into the charger device that is plugged into a computer

Resources for Teens

ASPIRE - Online Interactive Program

A free, bilingual, online tool that helps middle and high school teens learn about being tobacco free. It explains the dangers of tobacco and nicotine use, so they never start smoking. Or, if they already do, it gives information and ways to quit.

<https://www.mdanderson.org/about-md-anderson/community-services/aspire.html>

Become Smoke Free

Tools and Tips to Quit for Teens

<https://teen.smokefree.gov>



Thank you!

Our Sources:

- Mahwah Municipal Alliance
- American Academy of Pediatrics
- Healthy Children.org
- National Institute of Health
- "2017 Monitoring the Future" Survey
- CANDLE Rockland
- Some Artwork - www.vecteezy.com

It's Not What You Think

The phenomena of vaping and e-cigarettes is spreading among young people throughout the country including in our community. Though many believe these devices contain harmless water vapor, in reality the ingredients are far more dangerous. An explanation of these devices, as well as the potential health hazards, are presented in this flyer. The Clarkstown Central School District is committed to the health of our students and asks that you take a few moments to read and discuss this with your children.

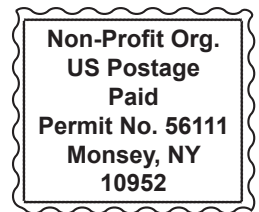
VAPING

DANGEROUS / AVAILABLE / ADDICTING

Clarkstown Central School District



62 Old Middletown Road
New City, NY 10956



Residential Customer

Nearly 1 in 3 students in 12th grade report past year use of some kind of vaping device. When asked what they thought was in the mist they inhaled the last time they used the vaping device, 51.8% of the 12 graders said, "just flavoring," 32.8% said "nicotine," 11.1% said "marijuana" or "hash oil" and 3.7% said they didn't know.

Source: National Institute of Health 2017 Monitoring the Future Survey