

## THE BOTTOM LINE *The Truth About Vaping*

On October 3, a presentation by Caron Treatment Center's Education Alliance offered parents a wealth of information and strategies regarding the troubling epidemic of vaping among Brookline youth. The program was sponsored by the PSB Guidance Department with funding from BHS PTO.

**WHAT** -- Vapes (e-cigarettes, JUULs, etc.) are devices that heat up a liquid (in a cartridge or pod) to release an aerosol "vapor" when inhaled. The liquids come in a huge selection of flavors especially appealing to kids, and the devices are often very discreet (they can look like pens, highlighters, thumb drives, inhalers, lighters).

**WHY** we are concerned – The flavored e-liquids are high in nicotine (one pod can contain as much nicotine as a pack of cigarettes), which kids don't realize until they feel signs of dependence. They also contain other unregulated and unspecified chemicals (from formaldehyde to heavy metals), making these products dangerous for the developing teen brain as well as lungs, gums, teeth, etc. Also, vapes are often adapted for use with marijuana, which has 4 times the THC levels of previous generations.

**HOW** much – After years of declining tobacco use among Brookline youth, vapes are leading teens back to nicotine addiction in epidemic rates, with many admitting to vaping during the school day (in bathrooms, even in classes). Roughly 15% of BHS students use vape devices.

**BE AWARE** – Telltale signs of vaping include a sweet scent, dry mouth, nosebleeds, glassy eyes, and less caffeine use. Keep eyes out for unfamiliar pens/flash drives.

**STRATEGIES** – Communication is key. Parents are their teens' greatest influence. Brookline school initiatives include health education and special programming at the middle school level, prevention programs, cessation/counseling services – students don't get in trouble if they go to Guidance or the Prevention Team voluntarily for confidential help (Rm. 149, 617.713.5155).

### **Caron resources:**

- "The Truth About Vaping" presentation - [http://www.b-pen.org/uploads/2/9/2/9/2929884/caron\\_presentation\\_2018.pdf](http://www.b-pen.org/uploads/2/9/2/9/2929884/caron_presentation_2018.pdf)
- **E-Cigarettes and Vape Pens -- Prevention Toolkit --** <http://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>
- **National Institute on Drug Abuse Fact Sheet -** <https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/drugfacts-ecig.pdf>
- **CDC --** <https://www.cdc.gov/features/ecigarettes-young-people/index.html>
- **Surgeon General Tip Sheet** [https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipSheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf)
- **The Partnership for a Drug-Free Kids --** <http://www.drugfree.org>