

Vaping

Vaping is the primary focus of all schools

E-cigarettes are nicotine devices

Nicotine is highly addictive

Big Tobacco owns the technology (patents) for E-cig and vaping devices

There are currently over 8,000 flavors for vaping

Juuls are vaping devices and they look like thumb drives

The larger the device, the larger the battery, the larger the “cloud” from smoking, and the opposite

Juuls and other vaping devices utilize a battery to heat the syrup in the vial. The heating element in the device is a wire that connects to the battery. The chemical reaction that results is the creation of lead, similar to soldering techniques. Lead and chromium are toxic metals that are transferred to bloodstream as a result of vaping

Teens that vape are 3-7X more likely to conventionally smoke cigarettes

There are zero safe vape options

Pot

Regular marijuana use is bad for teen brains

Pot is addictive and causes neurocognitive damage; 6% of high school kids use pot daily

Teens who smoke marijuana daily are...

- 60% less likely to complete high school than those who never use.
- 60% less likely to graduate college.
- 18 times more likely to become dependent on marijuana.
- 8 times more likely to use other illegal drugs in the future.
- 7 times more likely to attempt suicide.

Teens who smoke **just once per month** are not free from consequence:

By age 25, they are:

- 38% less likely to graduate high school or earn a college degree.
- 2.5 times more likely to attempt suicide.
- 4 times more likely to be addicted to cannabis.
- 3 times more likely to have used other illegal drugs.

A new study from medical researchers at Harvard and Northwestern, show that 18-25 year olds who smoked marijuana even just recreationally, had marked brain abnormalities in the areas of their brains that regulate emotion and motivation.

Parents need to talk to their kids about the dangers of vaping, alcohol and marijuana use. Please go to this website for guidance on how to start your conversation with your teen.

<https://www.madd.org/the%20solution/power%20of%20parents/>

Parents, be firm without being rigid or mean. Be flexible, without being indecisive or weak.