Menlo Parent Education Conference 2/3/18 - Jonathan Scott Notes

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.