

VAPING AT A GLANCE...



E-cigarettes are the most commonly used tobacco product among U.S. middle and high school students.



Some e-cigarettes don't look like tobacco products, so some kids use them unnoticed in schools, including in classrooms and bathrooms.



An increasingly popular e-cigarette, called JUUL, is shaped like a USB flash drive.



JUUL delivers a high dose of nicotine. Nicotine is highly addictive and can harm adolescent brain development.



TOBACCO PRODUCT USE IN ANY FORM, INCLUDING E-CIGARETTES, IS UNSAFE FOR YOUTH.

WHAT ARE E-CIGARETTES?

- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine – the addictive drug in regular cigarettes, cigars and other tobacco products – flavorings and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
- E-cigarettes can be used to deliver marijuana and other drugs.

BUCKS COUNTY YOUTH & VAPING

- 69.1% of 6th grade students responded, “I don’t know” to what substances they are vaping.
- 32.9% of Bucks County 12th grade students who responded are vaping marijuana or hash oil.
- 37.2% of Bucks County 12th grade students responded they had used e-cigarettes/vaped in the past 30 days.



REMEMBER...

- While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.
- It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.
- If you've never smoked or used other tobacco products or e-cigarettes, don't start.

RESOURCES & INFO ON HOW TO SHARE

National Resources

- Stanford Tobacco Prevention Toolkit: <http://tobaccopreventiontoolkit.stanford.edu>
 - Online toolkit for K-12 educators; includes modules for educators, administrators, parents/guardians & others working with youth
- The Truth Initiative: <https://truthinitiative.org/>
- National Institute of Health: <https://www.teen.smokefree.gov/>
- Operation Parent: <https://www.operationparent.org/>
- Science on E-Cigarettes and Youth: <https://e-cigarettes.surgeongeneral.gov/>
- Partnership for Drug-Free Kids: <https://drugfree.org/>

Local Resources

- PA Quitline – 1-800-QUIT-NOW: <https://pa.quitlogix.org/en-US/> or <https://www.health.pa.gov/topics/programs/tobacco/Pages/Quitline.aspx>
- Council of Southeast Pennsylvania, Inc.
Contact: Melanie Swanson | mswanson@councilsepa.org | 215-230-8218 ext. 3145
 - Professional Development/Community Presentations
 - Variety of prevention programs and presentations to parents, schools, and the community, including topics such as vaping/e-cigarettes
 - Tobacco Control Project: Includes conducting youth surveys, implementing smoke free policies, supporting advocacy efforts, and providing training and technical assistance
- Tobacco Cessation Classes: These five-session programs are designed to help you quit smoking comfortably. For more information about where you can find a Stop Smoking Class near you, please visit <https://www.bchip.org/quit-smoking-programs/>.

How You Can Help Share Information

- Post fact sheets from toolkit or resources listed on social media sites or websites
- Send information to parents/caregivers through email distribution or have print copies available in lobbies and offices
- Share PSAs and other videos through school channels, or have them played on televisions in waiting rooms. Check out “The Real Cost” videos at <https://betobaccofree.hhs.gov/join-the-conversation/index.html>
- Think of creative ways to share messages with youth in school and in the community – post messages in places where students may be using vapes/e-cigarettes (such as parking lots, bathrooms, locker rooms, etc.)

For more information, call Bucks County Drug & Alcohol Commission, Inc. at 215-773-9313.

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Centers for Disease
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