

#DONTGETVAPEDIN

A Parent's Guide to the Teenage Epidemic



**Presented by: The Rumson School District
Social-Emotional Learning Team and the
Rumson Police Department**

Surgeon General Warning

December 2018

[Today Show Clip](#)



Vaping by U.S. teenagers has reached epidemic levels, threatening to hook a new generation of young people on nicotine. That's according to an advisory issued by U.S. Surgeon General about the dangers of electronic cigarette use among U.S. teenagers. "I am officially declaring e-cigarette use among youth an epidemic in the United States," Adams said at a news conference. "Now is the time to take action. We need to protect our young people from all tobacco products, including e-cigarettes."

Background

In 2003, the first commercially successful electronic cigarette debuted in China. Today, millions of consumers regularly use “electronic nicotine delivery systems” (ENDS), especially electronic cigarettes (also called **e-cigarettes**). Juul e-cigarettes, were initially created to help *adult* smokers **quit smoking** more easily, are now the most popular “vaping device” among teens and young adults.



WARNING:

“Nicotine is known to be as addictive as alcohol, cocaine, and heroin.”

What is a Juul?

While the vast majority of adults can't identify a Juul and report never trying one, the same can't be said about most teens. It's an ongoing epidemic, teens across the nation are "juuling". Although what a lot of teens might not realize is that one juul pod is equivalent to smoking 20 cigarettes worth of nicotine. Nicotine is the addictive component found in all tobacco products and known to be as addictive as heroin.



**WARNING: One Juul Pod
contains the same amount
of nicotine as an entire pack
of cigarettes**

Health Implications

Exposure to nicotine in e-cigarettes can affect brain growth in youth and young adults because the brain is not fully developed until age 25.

Harms
Parts of the Brain
that Control
Attention
& Learning

Mood
Disorders

Permanent
Lowering
of Impulse
Control

Marketing & Laws

In November 2018, the U.S. Food and Drug Administration (FDA) announced its plans to ban the sale of flavored e-cigarettes, including Juuls, as early as late 2018. The FDA's decision will be based on whether or not several e-cigarette manufacturers can prove that they are capable of keeping their products away from minors.

As of November 1st, 2017, New Jersey raised the age for buying e-cigarettes and all tobacco products to 21 (N.J. Stat. 54:40A-4.1). 95% of adult smokers began smoking by the age of 21, by raising the smoking age, NJ hopes to reduce the number of young adults who become lifelong smokers.



Youths & E-cigs by the Numbers

The University of Pittsburgh Schools of the Health Sciences, published in the American Journal of Medicine, found that young adults who use e-cigarettes are more than 4X as likely to begin smoking traditional cigarettes compared to their peers who do not vape.

The American Academy of Pediatrics found that there was a 75 percent surge in teen vaping between 2017 and 2018.

The estimates show that more than 3.5 million minors vaped at least once in 2018.

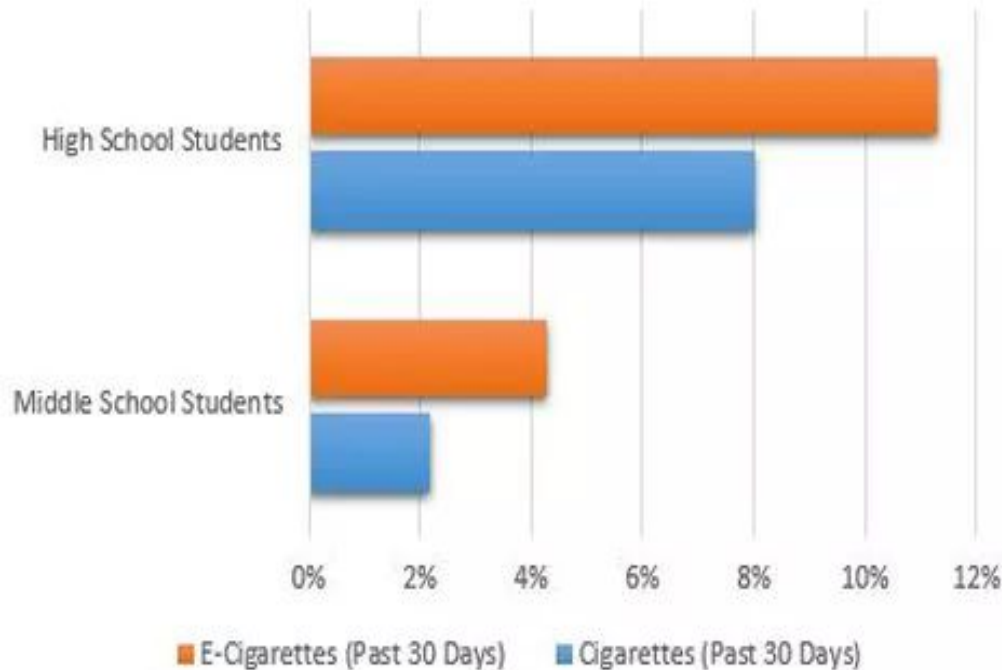
American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

Youths & E-cigs by the Numbers

Cigarettes VS E-Cigarette



Since 2014, e-cigarettes have been the most commonly used tobacco product in middle and high school students, creating a new generation of tobacco users.

“My favorite e-liquid was cotton candy. Little did I know that I would actually become addicted to the little amount of nicotine in my e-liquid. I had a hard time focusing in class, and was always angry because I wasn’t able to use my vape pen to calm my nerves. It controlled my life.”

— Sean

“My first experience with using an e-cigarette was at a friend’s house. A group of my friends were all doing it. I really wasn’t interested but everyone else did it, so I couldn’t say “no,” right? When I took my first puff I couldn’t stop coughing. I thought I was going to have an asthma attack.”

— *Steve*

A woman with curly hair is smiling and looking towards the camera. She is wearing a blue denim jacket over a grey patterned top. The background is a solid blue color.

My Vaping Story

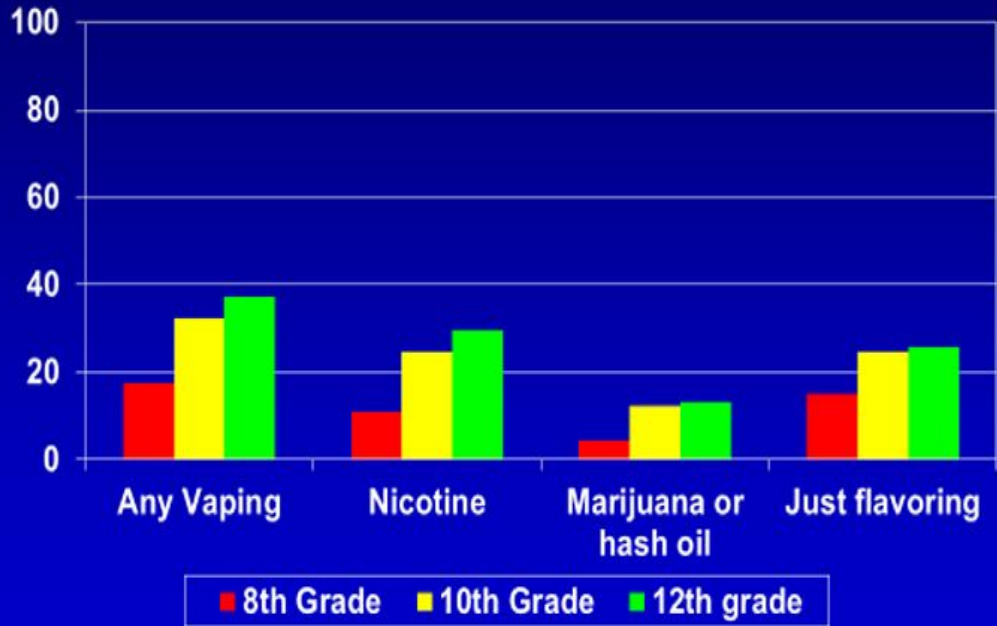
“I started vaping as just something to do for fun with friends, but that all changed during my visit at the doctor’s office. My doctor explained that I am inhaling dangerous chemicals like nickel, tin, and lead.”

— *Trina*

School Policy

Several school districts in New Jersey have recently adopted policies requiring any student caught with an e-cigarette to be drug tested, because the devices can be used to smoke marijuana. Rumson is included in these districts.

Percent of Students Reporting Vaping in Past Year, by Type and Grade



SOURCE: University of Michigan, 2018 Monitoring the Future Study

School Policy



1. Confiscation and immediate reporting to local Police Department.
2. Treatment of the device as possible cigarette and drug paraphernalia, which includes a mandatory medical screening and drug test.
3. Follow-up counseling and medical assessments / interventions as needed.
4. Possible suspension due to findings in medical testing.

Please see Policy and Regulation #5530 and #5533 on the website to read these documents in their entirety.

Resources

Please be sure to pick up the Sake Kids America parent packet, "E-Cigarettes and Teens" if you did not receive one when you signed into the meeting tonight.



[Don'tGetVapedIn](#)

[NY Times Article about Teen Epidemic](#)

[Surgeon General Warning Article](#)

[Health Risks \(CBS News\) Video](#)

[ECig_ParentTipSheet](#)

[CDC Risks for Ecigs](#)

**Welcome Officer
Torres and Officer
Dougherty**

