

TALKING TO MY STUDENTS ABOUT VAPING

RETHINK
VAPE.ORG



WHAT EDUCATORS NEED TO KNOW

WILL VAPING HURT STUDENTS?

- **Vaping** is not harmless water vapor. It is actually an **aerosol** containing ultrafine particles, known toxins, and volatile chemicals including formaldehyde, diacetyl, and propylene glycol
- Even second-hand aerosol can be harmful. Aerosol leaves a film on everything around it.
- Over 90% of vape products contain nicotine, sometimes in very high, easily absorbed concentrations (e.g. Puff Bar or Vuse)
- Nicotine is **highly** addictive. It primes the teen for life-long addiction. 1 in 4 teens will go on to use traditional cigarette. Nicotine is harmful to teens' developing brains; it interferes with memory, focus, and learning
- Flavorings may be safe to eat but contain ingredients that are harmful to breathe in, especially when they are heated
- No vaping product is FDA approved for safe use



WHAT STUDENTS MAY BE HIDING

- Teens use small, easily hidden devices such as Puff Bar. Often these devices look like ordinary objects you would expect to find in a school bag or on a desk. Devices can look like USB drives, white out, highlighters, pens, watches.
- Devices can be discretely charged in any USB port, including those on school property.
- Devices do not always produce large clouds. It is possible to vape undetected in spaces like classrooms, libraries, or at home.

WHAT ABOUT VAPING-RELATED LUNG INJURY?

- Vaping increases risks for lung illness (such as COVID-19)
- Vaping may worsen symptoms if you get any lung illness
- Vaping can cause **permanent** damage to the lungs



ADDITIONAL NICOTINE RISKS FOR TEENS

- People who vape may also experience nicotine overdose, sometimes called “nic sick”. Because the nicotine content is so high in many devices, new users may experience nicotine toxicity.

Symptoms:

- Vomiting and headaches may be the most common
- Also dizziness, loss of orientation, and in rare cases seizures

STARTING THE CONVERSATION

- Some states, including Virginia, mandate yearly education on the topic for every grade.
- For curriculum links, visit rethinkvape.org/resources
- Know the facts before you speak to students
- Know your school policy
- Consider supportive approaches when dealing with students who vape. You cannot “suspend” a student out of an addiction. Offer support and resources.
- Quit support programs: LiveVapeFreeVa.org or Teen.smokefree.gov

COMMON DEVICES



LISTEN. KNOW THE FACTS. BE READY TO HELP.

Text DITCHVAPE to 88709 | Text VapeFreeVa to 873373 | Quitline: 1-800-QUIT-NOW

For more information and links to curriculum and alternative solutions go to www.rethinkvape.org/resources

Adapted from “A Clinical Practice Guideline for Treating Tobacco Use and Dependence: 2008 update. A U.S. Public Health Service Report” Am J Prev Med. 2008-158-178