

Nicotine Vaping

Kari Q. Humes LAC, CPP

Drug/Alcohol Prevention Coordinator and Counselor

USD #383

Presentation Focus:

- Clear the Air: Distinction between nicotine & marijuana vaping
- Communities that Care Survey Statistics
- Warning Signs & Symptoms
- Talking about Vaping
- Prevention Programing at USD #383
- Resources/Contact Information

Vaping Nicotine (e-cigarette/JUUL) vs. Other Drugs



Vape pens have 3 parts: mouth piece, tank/heating elements and battery.

Heating Elements:

- Flat and flush bottom: dry herbs.
- Raised Coil: commonly used for waxes and oils.
- Donut: commonly used for waxes and oils.
- Double Ceramic: commonly used for waxes and oils.



Dab
Dabbing
Wax
Oil



Oil is not an actual liquid just a reference to a marijuana concentrate.

The Kansas Communities That Care (KCTC) Youth Survey

- Administered annually free of charge throughout the state since 1994.
- Tracks teen use of harmful substances such as alcohol, tobacco and other drugs and addresses gambling, bullying, suicide, and depression.
- Provides a baseline for teen participation in, perception of, and attitudes toward both pro-social and anti-social behavior at the peer, school, family and community levels.
- Provides a measurable level of risk and protective factors that influence behavior, attitudes, and opinions of Kansas teens.
- Voluntary for all districts and students in the State and is offered for students in 6th, 8th, 10th, and 12th grades.
- Surveys are administered to students between December 1 and January 31st of each year.
- Surveys are confidential.
- Approximately 250 districts and 90,000 students participate in the survey each year.

CTC Statistics

During the past 30 days, on how many occasions (if any) have you used electronic cigarettes (e-cigarettes)?
Student Response: At Least Once.

	Eisenhower Middle School: 8 th Grade Students	Anthony Middle School: 8 th Grade Students	All Riley County School Districts: 8 th Grade Students	Kansas: 8 th Grade Students
2017	.56%	3.91%	2.26%	3.99%
2018	1.85%	.54%	1.38%	5.19%
2019	6.54%	8.47%	7.59%	8.86%

CTC Statistics

During the past 30 days, on how many occasions (if any) have you used electronic cigarettes (e-cigarettes)?
Student Response: At Least Once.

	MHS: 10 th & 12 th Grade Students	All Riley County School Districts: 10 th & 12 th Grade Students	Kansas: 10 th & 12 th Grade Students
2017	5.40%	4.70%	9.07%
2018	6.80%	8.07%	14.63%
2019	18.0%	17.17%	21.89%

CTC Statistics

How old were you when you first used an electronic cigarette (e-cigarette)?

	USD #383: 6 th , 8 th , 10 th , 12 th Grade Students	All Riley County School Districts: 6 th , 8 th , 10 th , 12 th Grade Students	Kansas: 6 th , 8 th , 10 th , 12 th Grade Students
2018	13.90	13.97	14.08
2019	14.47	14.50	14.23

Warning Signs & Symptoms

- Presence of vaping equipment or related product packaging
- Unusual online purchases or packages
- The scent is faint, but you may catch a whiff of flavoring like bubble gum or chocolate cake
- Increased thirst or nose bleeds
- Decreased caffeine use
- Use of vaping lingo in text messages or on social media (Urban Dictionary)
- Appearance and/or behavior changes

Talking About Vaping

- BEFORE THE TALK- Know the facts.
- Get credible information about e-cigarettes and young people.
- Be patient and ready to listen.
- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.
- Set a positive example by being tobacco-free.
- If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call 1-800-QUIT-NOW.

**Questions and comments you
might get from your teen about
e-cigarettes and some ideas about
how you can answer them.**

Why don't you want me to use e-cigarettes?

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

Aren't e-cigarettes safer than conventional cigarettes?

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.

I thought e-cigarettes didn't have nicotine – just water and flavoring?

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes (E-cigarettes.SurgeonGeneral.gov) together so you can see for yourself.

You used tobacco, so why shouldn't I?

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- If you've tried to quit, respond by saying something like, "You're right, smoking is unhealthy and I've tried to quit and wish I had never started. I don't want you to start an unhealthy habit and struggle the way I have."
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.

Everyone is doing it, why do you care?

You can say, “I know you might think this because of what you see in school or on social media, but the fact is that the majority of teens are choosing not to vape. It might be popular among some kids, but that doesn’t mean it’s safe.”

Remind them that everyone is not doing it. Use the data!

USD #383: Prevention & Intervention Efforts

- Middle School Presentations: Anthony Middle School on October 23rd
Eisenhower Middle School on October 24th
- Educational Posters: MHSE & MHSW
- Advisory Lesson: MHSE & MHSW
- Life Skills Curriculum: additional session on vaping
- Professional Learning Time Presentations: high school faculty November 4th
- Faculty Presentations: all district trainings on October 14th (vaping and CTC data)
- ASPIRE: The University of Texas MD Anderson Cancer Center has created and developed an online curriculum based tobacco prevention and cessation program that is available in English and Spanish versions, known as ASPIRE (A Smoking Prevention Interactive Experience). It is an interactive, multimedia program that is designed for culturally diverse middle and high school students and delivers instructional and behavior change information to participants regardless of smoking status and stage of change. It explains the dangers of tobacco and nicotine use, so they never start smoking. Or, if they already do, it gives information and ways to quit. The new ASPIRE includes new and emerging products such as e-cigs, hookah and synthetic marijuana.

Resources & Contact Information

- Centers for Disease Control and Prevention:
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
- Campaign for Tobacco Free Kids: <https://www.tobaccofreekids.org/>
- Surgeon General: <https://e-cigarettes.surgeongeneral.gov/>
- My Contact Information:
Kari Q. Humes
Drug/Alcohol Prevention Coordinator and Counselor MHSW D-119
kariq@usd383.org
587-2100 extension 8098