



CHOICES

PREVENTION / INTERVENTION
EDUCATION

Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE 1: SEPTEMBER 4, 2020

Dangers of Vaping:

The *CHOICES TUPE* program helps students discover and maintain resources so they can successfully transition through important life milestones. The first unit of this newsletter discusses the dangers of vaping.



What are E-Cigarettes?

E-cigarettes are also known as vapes, tanks, mods, rechargeable e-cigarettes, and disposable e-cigarettes. They are used to inhale and exhale aerosol. They come in a variety of shapes and sizes and may not look like tobacco products.

Did You Know?

- Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm brain development. Our brains continue to grow and develop until the age of 25.
- Young people who use e-cigarettes or vapes are four times more likely to smoke cigarettes in the future.



E-Cigarette Health Risks:

- E-cigarettes make aerosol, NOT vapor. This aerosol can contain harmful substances like acetone – found in nail polish remover, ethylbenzene – found in paints and pesticides, and rubidium – found in fireworks.
- Using nicotine, in adolescence, can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.
- Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.



What leads to E-Cigarette Use?

There are many factors that can contribute to the use of e-cigarettes. The most common reasons include the e-liquid flavors, peer pressure, and advertisements targeting youths.

- **FLAVORS:**
Many e-cigarettes come in fruit, candy, and other kid-friendly flavors, such as mango, fruit and crème. Most youth that vape and use the flavored variety report that flavors are the main reason they started.
- **PEER PRESSURE:**
Peer pressure can poorly affect those who get persuaded to follow their peers by changing their own attitudes, values, or behaviors – even when they know it isn't something they want.
- **ADVERTISING TECHNIQUES:**
 - Celebrity Endorsement → Have a famous or well-known person talk about the product.
 - Bandwagon Appeal → Creates the impression that everyone is using the product therefore you should too.
 - Popularity Appeal → Implies that if you buy or use this product you will be more popular.
 - Scientific Evidence → Gives "facts" from surveys supporting the product.



Be Tobacco Free, Spread the Word, and Get Involved:

There are several resources that can help you quit and remain tobacco free including apps like "This is Quitting" or "quitSTART". You can also ask someone you trust for help – family, healthcare providers, or counselors. Spread awareness and educate your peers on the dangers of vaping. Stand up to keep your campus Tobacco Free!



Social Media Tip of the Week:

E-cigarette advertising directed toward youths, through social media, is not controlled. This can lead to a glamorized image of vaping which could lead to youths' usage without them fully understanding the dangers or consequences.

Resources:

Centers for Disease Control and Prevention (CDC). Smoking & Tobacco. E-cigarettes shaped like USB flash drives: Information for parents, educators and health care providers. 2018.

Additional video resources:

<https://freshempire.betobaccofree.hhs.gov/>
<https://escapethevape.org/>
<https://www.scholastic.com/vapingrisks/>



"I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime." —Elisabeth Kubler-Ross



Website: <http://www.tcoe.org/Choices/index.shtm>



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**Tulare County
Office of Education**

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