

“HOUSTON WE HAVE A PROBLEM”

Newsletter from the desk of
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**“1 IN 5 HIGH SCHOOL
STUDENTS
1 IN 20 MIDDLE SCHOOL
STUDENTS
CURRENTLY USE E-
CIGARETTES”
-CENTER FOR DISEASE
CONTROL**

When we think about our children, whether we are parents or teachers, one of the concerns we share include our children’s health. With the increase in marketing for e-cigarettes or vapes it is difficult not to consider how the marketing is affecting the health of children. Are youth paying attention? Are they smoking and if so, where? How come we are not actually “seeing” youth smoke? One reason is that e-cigarettes or vaping devices are so small or cleverly disguised it is difficult to know when someone is actually using them. In addition, the flavored liquids marketed to children, unless you really believe that adults who are trying to quit smoking want to smoke bubble gum flavored products are hard to detect. Yet, in a recent 2018 report from the Center for Disease Control we learn that 1 in 5 high school students and 1 in 20 middle school students are currently vaping. For our school district this means at least 5 students in a high school classroom and 1 student in a middle school classroom are vaping.

What can adults do to prevent vaping?

Know the Risks

Don’t forget nicotine is nicotine. Living in the age of technology has some advantages. Although we do not have longitudinal studies about the direct harm of vaping or e-cigarettes devices yet, you can find credible information on the internet about the dangers of smoking marijuana, nicotine and tobacco products in vaping devices including how smoking affects the teen brain.

Talk to Youth about the Dangers

There is scientific data that informs us about the chemicals that are harmful in the liquids, the quick heating of the metals in the apparatuses, the harm of addiction and how nicotine can train your brain to be more easily addicted to other substances. Quoting information that can be fact checked can be impressive, especially coming from an adult. Youth can check the facts on their own when you are not around.

Be a Role Model

It is said that youth learn more from what you do than what you say. Try modeling the behaviors you want youth to pay attention to as well as not using devices you don’t want them to use

Watch Spending

There is a saying in investigative reporting that we should adhere to—” Follow the money”. Many of the devices used for vaping cost \$50.00 or over. In addition, purchasing cartridges or other products over the internet requires a mailing address. Be mindful of purchases by checking purchase history on sites, even Amazon sells vaping products.

To read more the about dangers of vaping paste the links below in your browser

<https://www.cbsnews.com/news/surgeon-general-vivek-murthy-e-cigarettes-vaping-a-growing->

https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Full_Report_non-508.pdf