

WHAT'S TRENDING?

Summer Newsletter from the desk of Dornzella Milligan,
Student Support Services Prevention Coordinator



A 2017 study reported about 50% more high school and middle school students vape than smoke.

- Center for Disease Control

Each school year seems to fly by faster than before. Summer is reminiscent of vacation plans, entering into new phases in life, routine changes, students home more or hanging out with friends. I think it is important that we encourage each other to stay connected and informed on one of the biggest trends we've seen this year, vaping.

Vaping occurs when a person inhales the aerosol or vapor in an electronic cigarette (E-cigarette). The current most popular device amongst youth is the Juul. A Juul is so small it resembles a USB flash drive. It fits in the palm of your hand while heating up a pod (cartridge) containing non nicotine or nicotine liquid combined with other chemicals to create a "vapor" which dissolves into the air. Below are five things you can do at home to help keep your child safe over the summer.

What to do if your young person is vaping.

Know the facts

It is illegal in the county of Rockland to purchase tobacco products unless the consumer is 21 years of age. This includes e-cigarettes or liquids, both non-nicotine (found to have a trace of nicotine) and nicotine liquid.

Get credible information by doing your own research.

Young people who are vaping usually don't have all the facts. Information gained on the internet is confusing. For example the amount of nicotine in pods. Juul pods contains 59 milligrams of nicotine per milliliter of liquid, which is equivalent to about the amount of nicotine in two packs of cigarettes.

Have a conversation

Create a safe atmosphere for an open conversation. Share your concerns and try not to be defensive. It is important to express your expectations, be a good listener and comment when you hear positive feedback.

Don't fall into the trap

Vaping is not the lesser of "evils". Vaping is not safe! Non-tobacco liquids and tobacco liquids both influence negative behaviors—smoking.

Don't let your guard down

Trust your instincts. If you suspect vaping, you may be right. The "buzz" that comes from vaping for the first time is often the attraction. However the buzz does not last long, young people often find themselves vaping more than intended which increases tolerance.

"It is important to consider the situation. Popular social events where there is a possibility of increased social pressures to vape may increase the chance of it happening."

For additional help over the summer contact your local Prevention Council, Rockland Council on Alcoholism & other Drug Dependence (RCADD) at 215-9788 Ext 24

To read more about vaping copy and paste the links below in your browser

<https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

<https://drugfree.org/landing-page/get-help-support/>