

IT'S STILL RELEVANT

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



*E- CIGARETTES ARE THE
MOST COMMONLY USED
TOBACCO PRODUCT BY
YOUTH FOR THE 3RD
CONSECUTIVE YEAR.*

*- CENTER FOR DISEASE
CONTROL*

We are well into the school year and the holiday season is approaching. While routines may have become standard we still need to stay diligent and encourage each other to stay connected and informed on what is happening in our community.

As vaping become more common, we have to work harder at keeping our children safe. Electronic cigarettes (E-cigs) are being manufactured more frequently and are being developed smaller and harder to detect. For most adults going out to smoke a cigarette conjures up a very different imagine than what youth experience today. First, you may not have to go out to “smoke”. The current nicotine device fits into the palm of your hand, the smoke or “vapor” is hardly detectable, it can be used indoors and one device can heat up liquids or wax. Below are some ways that together we can help to keep our children safe.

Keeping our children safe from Vaping.

Monitor spending

Although it is illegal in the county of Rockland to purchase tobacco products unless the consumer is 21 years of age many youth are still able to purchase these products. As difficult as it may be, we have to pay close attention to how children are spending money. Perhaps you could assist your child with creating a budget. Have them journal their spending and hold them accountable for their purchases.

Have conversations

If you are beginning a conversation around this topic, make sure you have created 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. Perhaps you have created a safe atmosphere and feel as though your child (children) are very open during your conversations. If this is your experience then don't be afraid to bring up topics that you are concerned about that your child may think are unnecessary, i.e vaping.

It is not common

If you think something is not right, investigate. Although vaping may appear to be common because we are seeing it more and hearing about it less, vaping is still illegal and unsafe for children under 21 years of age. Remember vaping was created to help adults addicted to nicotine to cut down on or quit smoking. It was not developed for younger people to start smoking or use the device to smoke other substances like marijuana.

Partner, don't accuse

Parents, schools, community organizations, afterschool programs, sports teams, childcare, other guardians should not point fingers at each other about where vaping takes place. Anyone who cares about children wants to make sure that all children are safe. Ask about ways you can help and partner with one another to help keep your child(ren) safe.

*Our Coalition Against
Drug Abuse
(OCADA)
Your local coalition
working together to
protect our youth from
substance abuse.
Next meeting
November 27
@ Nyack Center*

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://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipsheet_508.pdf