

“WHERE DO WE GO FROM HERE?”

Newsletter from the desk of
Dornzella Milligan, Student Support Services



**“VAPE USER HAVE
INCREASED FROM 7 MILLION
(2011) TO 35 MILLION
(2016).**

-WORLD HEALTH ORGANIZATION

QUESTIONS OR CONCERNS

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***PLEASE NOTE Ms. MILLIGAN IS ON THE
SAME SCHOOL SCHEDULE AS THE HS
STUDENTS**

Yearly on the day of prom, Nyack High School reinforces its message to students about the dangers of alcohol and other substances. Seniors engage in focused workshops that reinforce positive messages, listen to guest speakers, and participate in activities that increase their knowledge and encourage them to show care and concern to one another when it comes to the use/abuse of alcohol and other substances. As national trends grow, we've added specific information on topics regarding the dangers of marijuana to the teenage brain, opioid use, and the dangers of using vaping devices. The county and national campaigns provide a multitude of information on opioid use/abuse.

However, we find that parents and sometimes even teachers are unaware of the rapid changes of the “improved” technology that allows vaping devices to go undetected. Vaping devices can be used to smoke marijuana and nicotine; the impact of both of these are sometimes not as immediate as other substances.

Vaping devices are disguised as USBs or asthma pumps and can be recharged from laptops and computers. They are easily accessible on the internet and marketed in a way that is appealing to youth. Did you know that vape devices are sold in “flexible vaping kits”? Or that it is difficult to purchase flavored liquid with zero nicotine from stores? Or that a higher concentration of vegetable glycerin (VG) produces “bigger clouds”?

What are our plans to address one of the most increasingly popular dangers of our time, vaping?

- A District Vaping Task Force at the secondary level
- Opportunities for Teaching Staff to Learn about Vaping Devices
- Continued focused units in Health Classes
- Community forums and OCADA meetings
- Opportunities for parents to attend meetings focused on Vape Education
- Computerized Vape Education Series for Students
- Student Health Fair

To read more about the 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