

THE POWER OF CHOICE



FACTS: E-CIGARETTES & VAPING

TIPS FOR VAPE-FREE SUMMER

Summer brings sun, outdoors, music and teen get togethers. While most high school students will not be using e-cigarettes, such as JUUL or Blu, while hanging out with friends, many have been or will be around others who are vaping. This can be an influence that your child will face. To help teens process what they think about e-cigarettes, talk honestly about it. Listen empathetically without judgment. If they tell you they have tried it and it made depression or anxiety better, it's a signal to address those uncomfortable feelings they're experiencing. Understanding why they use can help in getting support and treating underlying or contributing factors. If they haven't used it, do keep talking. Share that nicotine is a highly addictive drug that can be a difficult habit to break. More information about making a plan for quitting is available for those who need it (see below). Remember that feelings of boredom over summer can lead to experimentation. Engaging your teen in activities and responsibilities can help safeguard and protect them with problematic relationships with substances. Help them explore art, sports, theater, music, film, dance and work. Volunteering and activism can help them find purposes and roles in life far more rewarding than initiating use of nicotine. Nine of 10 e-cigarettes contain nicotine.

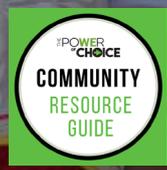
3 NICOTINE AND E-CIGARETTE CESSATION RESOURCES

HELP YOURSELF, YOUR TEEN, OR THEIR FRIENDS QUIT

- American Lung Association (1.800.586-4872).** The American Lung Association Freedom from Smoking program is available 24/7 throughout the state of Illinois at ffsonline.org and by calling the helpline.
- Illinois Quit Line (1.866.QUIT.YES/1.866.784.8937).** Free telephone-based counseling and advice available in English and Spanish. Must be 18 to receive counseling and medication.
- Linden Oaks ReThink Program (1.630.646.5102 or eehealth.org/services/behavioral-health)** The ReThink program is for adolescents who are experimenting with alcohol and other drugs including nicotine addiction or vaping marijuana. Referrals can be made by physicians, school officials, court systems or parents.



In this issue
Healthy Summer Ideas



- 1** FACTS: E-CIGS & VAPING
Tips for a vape-free summer!
- 2** TRUE OR FALSE:
MOST STUDENTS DON'T VAPE
Illinois Youth Survey stats D203 & 204
- 3** PARTY GUIDELINES & THE LAW 2019
Know the latest ordinances and laws for hosting teen get togethers

RESOURCES FOR YOU

- Surgeon General
- National Institute on Alcohol Abuse and Alcoholism
- Substance Abuse and Mental Health Services Administration
- Centers for Disease Control and Prevention
- National Institute on Drug Abuse

IN PARTNERSHIP WITH

The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 and 204 Parents. Survey and data analysis provided by Center for Prevention Research and Development (CPRD) at the University of Illinois.

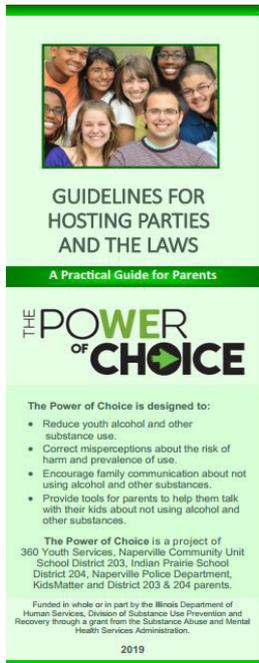
POWER OF CHOICE CONTACT

HIGH SCHOOL CAMPAIGN COORDINATOR
Janyce Hamilton
E-mail: jhamilton@360youthservices.org



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This poster finished out the school year! Students in focus groups approved the idea of themselves depicted as amazing as a superhero because they don't need alcohol. On the 2018 Illinois Youth Survey, 85% of our local students said that they respect their friends' choice to be alcohol-free.



Connect with us on social media!



D203 & 204 High School Student Statistics

VAPING/E-CIGARETTE PERCENTAGES
SOURCE: 2018 IYS*

- 82% of our local teens report no use of e-cigarettes in the past 30 days.
- 5% of our local teens who report e-cigarette use in the past 30 days do so more than once per day.
- 75% of our local teens report never having tried an e-cigarette.

*2018 Illinois Youth Survey District 203 & 204 High Schools, N=11,127 District 203 and 204 high school students. Survey and data analysis provided by Center for Prevention Research & Development at the University of Illinois.

Guidelines for Parties and the Law 2019

Warmer weather means graduation parties and bonfires. Parents should know the law about hosting and monitoring teen get togethers. Local ordinances as well as state laws have changed on substances including alcohol, vaping and e-cigarettes, tobacco and marijuana. Review the revised rules on underage use of prohibited substances and also about curfew, and driving. Click [here](#) to read the Guidelines for Hosting Parties and the Laws 2019!

High school students make healthy choices every day but it doesn't make the headlines. Yet, the research is showing that maybe it should. The number of local alcohol-free teens is growing, and is higher than the county and state levels.



The growing number of teens who refuse alcohol when faced with the choice seems to be related to increased awareness and support for the healthy choices most of our high school students are making.

Curious to learn more? Community members are welcome to visit a committee meeting. Contact: jhamilton@360youthservices.org



Metee Valley Mustangs taking a Power of Choice poll and enjoying Power of Choice taffy. Each taffy has a sticker sharing a statistic from the Illinois Youth Survey or a positive message.